

Central Consolidated Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/02/2017																
Middle Lunch	Total	4														
LosCaboBn&CheeBurrito**2000	1 each	1	74	4	125	2.20	0.68	50.0	75	0.3	0	3.78	10.22	2.23	1.01	0.00
ChoLettuce/Tomato**0283	1/2 Cup	3	10	0	4	1.09	0.47	16.0	4010	3.43	1	0.66	1.94	0.16	0.02	0.00
Corn Salad**1945	1/2 cup	3	64	0	70	1.91	0.41	14.0	1020	40.33	*3	2.17	14.78	0.58	0.08	*0.00
Honeydew Chunks**0662	1/2 Cup	4	31	0	16	0.70	0.15	5.2	44	15.72	7	0.47	7.94	0.12	0.03	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			661	88	1259	12.93	5.30	604.3	14028	84.04	*18	34.23	88.69	19.93	7.22	*0.00
% of Calories											*11.1%	20.7%	53.7%	27.1%	9.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/03/2017																
Middle Lunch	Total	3														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	161	14	242	3.20	1.28	87.4	547	4.37	*0	8.05	20.66	5.47	2.05	*0.11
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5180	4.07	1	0.78	2.59	0.19	0.03	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	30	0	47	0.53	0.28	1.9	0	0.0	*1	0.88	5.51	0.62	0.09	*0.00
Peaches**0437	1/2 Cup	3	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Salad,Grill Chix & Fruit**1996	3 cup	1	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			723	53	1149	14.22	5.89	583.7	13962	54.98	*25	36.02	103.46	19.72	6.68	*0.11
% of Calories											*13.6%	19.9%	57.2%	24.5%	8.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/04/2017																
Middle Lunch	Total	4														
Chicken Bowl**1795	1 Bowl	1	120	8	210	1.44	0.64	40.4	100	2.22	*1	6.14	13.66	5.25	1.09	0.12
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*0.00
Pineapple Chunks**0092	1/2 Cup	4	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			670	41	1024	9.96	4.46	660.3	10164	44.30	*27	30.85	93.50	19.85	6.08	*0.12
% of Calories											*15.9%	18.4%	55.8%	26.7%	8.2%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 10/05/2017																
Middle Lunch	Total	3														
Pork Riblet Sandwich**1830	1 Sandwich	1	127	13	233	1.67	0.72	20.0	67	2.4	*2	6.67	16.34	3.67	1.17	0.00
Cucumber Slices**5047	1/2 Cup	2	8	0	1	0.27	0.15	8.7	57	1.52	1	0.35	1.98	0.06	0.02	0.00
Simplot Swt Pot CC Fries**1958	4 oz	2	145	0	176	2.45	0.72	16.7	3315	3.31	*N/A*	1.05	20.08	6.73	1.53	0.00
Fresh Strawberries**1875	1/2 cup	3	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
Crispy Chicken Salad**1909	1 Salad	1	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			740	47	1264	13.27	5.26	450.1	13851	73.58	*14	32.29	99.25	24.30	6.51	*0.00
% of Calories											*7.8%	17.4%	53.6%	29.5%	7.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 10/06/2017																
Middle Lunch	Total	1														
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Mon - 10/09/2017																
Middle Lunch	Total	4														
Taco- 2 w GB**1974	2 Tacos	1	95	15	127	1.30	0.86	83.1	413	2.7	*0	6.01	7.3	4.83	2.09	*0.01
Spanish Rice Elem**8189	1/2 Cup	1	28	0	89	0.47	0.24	3.8	94	2.97	*0	0.22	5.37	0.51	0.04	*0.00
Santiago Refried Beans**1999	1/2 cup	3	118	0	111	7.39	1.69	37.3	0	0.65	0	7.39	21.42	0.37	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	3	0	1	0.36	0.16	5.3	1337	1.14	0	0.22	0.65	0.05	0.01	0.00
Grape Cluster**0422	1/2 Cup	4	34	0	1	0.46	0.15	7.2	51	2.05	8	0.32	8.78	0.18	0.06	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			761	99	1373	17.01	6.69	655.7	10773	33.76	*16	41.31	97.33	22.78	8.26	*0.01
% of Calories											*8.5%	21.7%	51.2%	27.0%	9.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Tue - 10/10/2017																
Middle Lunch	Total	3														
Chicken Alfredo**1887	1 Cup	1	118	28	278	1.52	0.91	36.2	234	6.5	*0	8.95	13.54	3.52	1.12	0.52
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5180	4.07	1	0.78	2.59	0.19	0.03	0.00
WG Breadsticks**1885	1 Each	1	27	0	33	0.67	0.12	2.2	0	0.0	*N/A*	1.0	5.0	0.33	0.00	0.00
Fresh Apple**0064	Apple	1	24	0	0	1.10	0.06	2.8	25	2.12	5	0.12	6.35	0.08	0.01	0.00
Sec FreshVeggie**1882	Servings	1	13	0	38	0.73	0.24	8.8	948	3.38	1	0.6	2.55	0.04	0.00	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Salad,Grill Chix & Fruit**1996	3 cup	1	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			607	67	1090	10.70	4.50	514.3	11335	49.45	*10	35.38	78.87	17.45	5.66	*0.52
% of Calories											*6.7%	23.3%	52.0%	25.9%	8.4%	*0.8%
Nutrient Guideline			600-700		1360										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/11/2017																
Middle Lunch	Total	4														
Hotdog**0162	1 Each	1	66	11	319	0.52	0.60	37.3	75	0.3	*N/A*	3.13	6.63	3.13	0.76	*0.00
Tater Tots**1299	3 Oz.	3	90	0	195	1.50	0.00	0.0	0	1.8	0	0.75	13.53	3.76	0.75	0.00
Coleslaw**0220	1/2 Cup	1	11	0	48	0.56	0.02	11.9	400	9.76	*0	0.29	2.42	0.01	0.00	*0.00
Watermelon Wedges**1226	1/2 Cup	4	45	0	1	0.60	0.36	10.5	852	12.12	9	0.91	11.3	0.22	0.02	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			640	44	1291	9.75	3.97	659.8	11343	55.73	*19	28.24	88.06	19.75	6.16	*0.00
% of Calories											*12.1%	17.6%	55.0%	27.7%	8.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 10/12/2017																
Middle Lunch	Total	3														
Meatloaf**1941	3/4" SLICE	1	67	22	38	0.45	0.74	9.4	45	0.54	*0	5.28	2.43	3.94	1.45	*0.21
Mashed Potatoes**0171	1/2 Cup	2	50	0	68	0.66	0.24	6.6	33	2.39	*N/A*	1.33	10.61	0.4	0.07	0.00
Gravy - Variety**1859	1/4 Cup	1	7	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.17	1.33	0.17	0.00	0.00
Mixed Veggies-FRZ**0646	1/2 Cup	3	38	0	30	1.52	0.27	0.0	951	2.74	3	0.76	8.37	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	3	91	0	141	1.59	0.83	5.7	1	0.0	*2	2.65	16.53	1.87	0.26	*0.00
Kiwi Strawberry Sidekick**1944	4.4 oz ser ving	3	80	0	45	0.00	0.36	80.0	1000	60.0	*N/A*	0.0	20.0	0.0	0.00	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	1	33	3	43	0.00	0.03	100.0	167	0.8	*N/A*	2.67	4.33	0.42	0.25	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Crispy Chicken Salad**1909	1 Salad	1	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			748	51	1262	12.39	5.92	296.1	12101	89.32	*12	29.18	112.20	20.98	5.44	*0.21
% of Calories											*6.6%	15.6%	60.0%	25.2%	6.5%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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Fri - 10/13/2017																
Middle Lunch	Total	4														
Grill Ham & Cheese Sand**2007	1 Sandwich	1	74	12	292	1.00	0.37	49.3	103	0.6	*1	4.25	7.68	3.43	1.61	*0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	2	41	7	59	1.00	0.47	12.1	392	3.75	*2	4.14	4.26	0.79	0.22	*0.00
Cucumber Slices**5047	1/2 Cup	2	6	0	1	0.20	0.11	6.5	43	1.14	1	0.27	1.48	0.04	0.02	0.00
Pears,Fresh**0090	1 EACH	3	63	0	1	3.44	0.20	10.0	28	4.77	11	0.4	16.91	0.16	0.02	0.00
Sec FreshVeggie**1882	Servings	3	29	0	86	1.64	0.54	19.7	2132	7.61	3	1.35	5.73	0.08	0.01	0.00
Friday Milk**1848	1 Carton	3	82	5	115	0.00	0.13	225.0	375	1.5	*N/A*	6.0	12.5	0.62	0.37	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.50	*0.00
Weighted Daily Average			636	91	1175	13.40	4.83	561.1	8902	38.49	*22	32.63	85.83	19.35	6.85	*0.00
% of Calories											*14.1%	20.5%	54.0%	27.4%	9.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 10/16/2017																
Middle Lunch	Total	4														
Tyson Chicken Popcorn**1956	3.36 oz 1 2 pc	1	64	6	97	0.77	0.46	0.0	26	0.0	0	3.83	4.08	3.83	0.64	0.00
Corn-FRZ**0271	1/2 Cup	2	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	0.00
Mashed Potatoes**0171	1/2 Cup	1	19	0	25	0.25	0.09	2.5	12	0.89	*N/A*	0.5	3.98	0.15	0.02	0.00
Gravy - Variety**1859	1/4 Cup	1	5	0	79	0.00	0.00	0.0	0	0.0	*N/A*	0.13	1.0	0.13	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*0.00
Grape Cluster**0422	1/2 Cup	4	34	0	1	0.46	0.15	7.2	51	2.05	8	0.32	8.78	0.18	0.06	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			659	90	1281	9.88	4.69	531.3	9050	28.63	*18	33.63	83.66	21.86	6.89	*0.00
% of Calories											*10.7%	20.4%	50.8%	29.9%	9.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Central Consolidated Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/17/2017																
Middle Lunch	Total	3														
Lasagna w/ GB **1936	5x5	1	96	14	213	0.66	0.82	81.6	163	1.2	*N/A*	7.03	7.99	3.81	1.67	*0.00
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5180	4.07	1	0.78	2.59	0.19	0.03	0.00
WG Breadsticks**1885	1 each	1	27	0	33	0.67	0.12	2.2	0	0.0	*N/A*	1.0	5.0	0.33	0.00	0.00
Orange Wedges**0600	1 orange	3	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1904	1 Serving	1	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	137	11	147	2.88	0.89	197.0	8263	17.91	*7	4.96	22.68	3.14	1.39	*0.00
Weighted Daily Average			642	53	1246	12.24	4.36	719.6	17513	92.24	*21	32.34	90.37	17.06	6.56	*0.00
% of Calories											*12.9%	20.1%	56.3%	23.9%	9.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 10/18/2017																
Middle Lunch	Total	4														
Chicken Fajita-S**1059	1 Each	1	91	23	263	0.40	0.30	51.2	213	6.79	*0	6.95	7.88	3.37	1.16	0.00
Santiago Refried Beans**1999	1/2 cup	3	118	0	111	7.39	1.69	37.3	0	0.65	0	7.39	21.42	0.37	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	3	10	0	4	1.09	0.47	16.0	4010	3.43	1	0.66	1.94	0.16	0.02	0.00
Honeydew Chunks**0662	1/2 Cup	4	31	0	16	0.70	0.15	5.2	44	15.72	7	0.47	7.94	0.12	0.03	0.00
Sec FreshVeggie**1882	Servings	3	29	0	86	1.64	0.54	19.7	2132	7.61	3	1.35	5.73	0.08	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	2	67	0	102	1.10	0.26	1.7	0	1.87	0	0.9	9.4	2.72	0.57	0.00
Crispy Chicken Salad**1909	1 Salad	1	124	6	195	2.83	1.34	20.5	4952	5.01	*3	5.65	15.75	4.84	0.78	*0.00
Weighted Daily Average			758	54	1279	17.36	6.35	577.8	12327	49.25	*15	41.00	99.58	21.82	6.14	*0.00
% of Calories											*7.9%	21.6%	52.5%	25.9%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Central Consolidated Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/19/2017																
Middle Lunch	Total	3														
Corndog, Chicken, **0937	1 EACH	1	80	13	130	1.67	0.60	26.7	8	0.0	2	3.0	10.0	2.67	0.83	0.00
Tater Tots**1299	3 Oz.	2	80	0	174	1.34	0.00	0.0	0	1.6	0	0.67	12.03	3.34	0.67	0.00
Baked Beans**8032	1/2 Cup	2	88	0	324	4.05	1.21	40.5	34	0.0	7	4.05	16.86	0.0	0.00	0.00
Applesauce**0356	1/2 Cup	3	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Friday Milk**1848	1 Carton	3	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Burger/Deli Sand Choice**1904	1 Serving	1	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*0.00
Garden Salad**1910	1 Salad	1	160	67	264	4.46	1.79	148.7	7136	16.54	*6	8.2	21.4	5.28	2.00	*0.00
Weighted Daily Average			785	108	1695	16.71	5.57	599.5	10878	36.65	*37	33.18	120.83	18.74	6.37	*0.00
% of Calories											*18.8%	16.9%	61.6%	21.5%	7.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 10/20/2017																
Middle Lunch	Total	4														
Professional Day-NonWork	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NO SCHOOL TODAY	No School	2	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 10/23/2017																
Middle Lunch	Total	4														
Salisbury Steak**0767	1 Each	1	56	8	75	0.25	0.36	5.0	1	0.0	0	2.75	0.75	1.25	0.50	0.00
Mashed Potatoes**0171	1/2 Cup	1	19	0	25	0.25	0.09	2.5	12	0.89	*N/A*	0.5	3.98	0.15	0.02	0.00
Gravy - Variety**1859	1/4 Cup	1	5	0	79	0.00	0.00	0.0	0	0.0	*N/A*	0.13	1.0	0.13	0.00	0.00
Broccoli-Froz**0258	1/2 Cup	3	24	0	9	2.55	0.52	28.1	860	34.1	1	2.64	4.55	0.1	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*0.00
Pineapple Chunks**0092	1/2 Cup	4	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00

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Central Consolidated Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			673	92	1269	11.48	5.26	573.5	9800	68.65	*25	34.28	85.06	19.08	6.68	*0.00
% of Calories											*15.0%	20.4%	50.6%	25.5%	8.9%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 10/24/2017																
Middle Lunch	Total	3														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	141	13	379	3.17	1.25	164.8	265	3.11	*1	6.71	14.85	6.35	2.03	*0.01
WG Cornbread Mix**1981	2 oz	1	46	0	134	0.51	0.37	30.8	10	0.0	2	0.51	8.22	1.28	0.51	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	4	0	2	0.48	0.21	7.1	1782	1.52	0	0.29	0.86	0.07	0.01	0.00
Corn-FRZ**0271	1/2 Cup	2	44	0	1	1.31	0.26	1.6	108	1.91	2	1.39	10.51	0.36	0.06	0.00
Watermelon Wedges**1226	1/2 Cup	3	45	0	1	0.60	0.36	10.5	852	12.12	9	0.91	11.3	0.22	0.02	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Salad,Grill Chix & Fruit**1996	3 cup	1	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			731	52	1363	13.59	5.79	686.0	10809	62.20	*20	35.56	102.22	21.70	7.15	*0.01
% of Calories											*11.2%	19.4%	55.9%	26.7%	8.8%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Wed - 10/25/2017																
Middle Lunch	Total	4														
Sloppy Joe**0114	1 Sandwich	1	84	13	144	0.94	0.87	26.1	100	3.27	*1	4.81	8.61	3.32	1.12	*0.17
Tater Tots**1299	3 Oz.	2	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	0.00
Cucumber Slices**5047	1/2 Cup	3	9	0	1	0.31	0.17	9.8	64	1.71	1	0.4	2.22	0.07	0.02	0.00
Grape Cluster**0422	1/2 Cup	4	34	0	1	0.46	0.15	7.2	51	2.05	8	0.32	8.78	0.18	0.06	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			616	46	1003	9.28	4.18	643.1	10232	39.98	*20	29.19	82.81	18.70	6.33	*0.17
% of Calories											*13.3%	18.9%	53.7%	27.3%	9.2%	*0.2%
Nutrient Guideline			600-700		1360											<10.00

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Central Consolidated Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/26/2017																
Middle Lunch	Total	3														
Green Chile Chicken Ench**1118	1 Cup	1	87	13	280	1.41	0.38	56.2	182	6.62	*0	5.29	10.8	2.66	1.09	*0.00
Pinto Beans**1365	1/2 Cup	2	37	0	50	1.95	0.62	18.5	0	0.39	*N/A*	2.07	6.51	0.35	0.07	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	4	0	2	0.48	0.21	7.1	1782	1.52	0	0.29	0.86	0.07	0.01	0.00
Kiwi Strawberry Sidekick**1944	4.4 oz serving	3	80	0	45	0.00	0.36	80.0	1000	60.0	*N/A*	0.0	20.0	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	30	0	47	0.53	0.28	1.9	0	0.0	*1	0.88	5.51	0.62	0.09	*0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Crispy Chicken Salad**1881	1 Salad	1	153	14	310	3.73	0.87	27.1	6172	5.6	*3	8.67	17.42	5.8	0.69	0.00
Weighted Daily Average			709	52	1394	12.50	4.48	557.8	12937	92.72	*8	34.00	101.69	18.49	5.06	*0.00
% of Calories											*4.4%	19.2%	57.4%	23.5%	6.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/27/2017																
Middle Lunch	Total	4														
AF Japan Cher Bloss Chick**1964	3.9 oz	1	50	11	87	0.50	0.32	0.0	0	0.6	*N/A*	3.25	6.75	1.0	0.25	0.00
Brown Rice**0687	1 Cup	1	17	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.14	*N/A*	*N/A*
Oriental Blend**1109	1/2 Cup	3	21	0	13	1.70	0.00	17.0	170	10.21	*N/A*	0.85	3.4	0.0	0.00	*N/A*
Mandarin Oranges**1163	1/2 Cup	4	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*N/A*
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Friday Milk**1848	1 Carton	4	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.50	*0.00
Weighted Daily Average			632	*85	*994	*11.53	*4.53	*588.6	*10452	*58.88	*9	*30.59	*85.52	16.43	*5.37	*0.00
% of Calories											*5.8%	*19.4%	*54.1%	23.4%	*7.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Central Consolidated Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/30/2017																
Middle Lunch	Total	4														
LosCaboBn&CheeBurrito**2000	1 each	1	74	4	125	2.20	0.68	50.0	75	0.3	0	3.78	10.22	2.23	1.01	0.00
ChoLettuce/Tomato**0283	1/2 Cup	3	10	0	4	1.09	0.47	16.0	4010	3.43	1	0.66	1.94	0.16	0.02	0.00
Corn Salad**1945	1/2 cup	3	64	0	70	1.91	0.41	14.0	1020	40.33	*3	2.17	14.78	0.58	0.08	*0.00
Honeydew Chunks**0662	1/2 Cup	4	31	0	16	0.70	0.15	5.2	44	15.72	7	0.47	7.94	0.12	0.03	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			661	88	1259	12.93	5.30	604.3	14028	84.04	*18	34.23	88.69	19.93	7.22	*0.00
% of Calories											*11.1%	20.7%	53.7%	27.1%	9.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 10/31/2017																
Middle Lunch	Total	3														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	161	14	242	3.20	1.28	87.4	547	4.37	*0	8.05	20.66	5.47	2.05	*0.11
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5180	4.07	1	0.78	2.59	0.19	0.03	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	30	0	47	0.53	0.28	1.9	0	0.0	*1	0.88	5.51	0.62	0.09	*0.00
Peaches**0437	1/2 Cup	3	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Salad,Grill Chix & Fruit**1996	3 cup	1	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			723	53	1149	14.22	5.89	583.7	13962	54.98	*25	36.02	103.46	19.72	6.68	*0.11
% of Calories											*13.6%	19.9%	57.2%	24.5%	8.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			689	*68	*1241	*12.77	*5.16	*582.5	*11922	*59.59	*19	*33.71	*94.56	19.88	*6.46	*0.06
											*24.9%	*19.6%	*54.9%	26.0%	*8.4%	*0.1%

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Central Consolidated Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

Page 11

Generated on: 9/12/2017 9:41:43 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	689		600 - 700	100%													
Cholesterol (mg)	68				Missing												
Sodium (mg)	1241		1360		Missing												
Fiber (g)	12.77				Missing												
Iron (mg)	5.16				Missing												
Calcium (mg)	582.5				Missing												
Vitamin A (IU)	11922				Missing												
Sugars (g)	19	11.06%			Missing												
Vitamin C (mg)	59.59				Missing												
Protein (g)	33.71	19.58%			Missing												
Carbohydrate (g)	94.56	54.92%			Missing												
Total Fat (g)	19.88	25.98%															
Saturated Fat (g)	6.46	8.45%	<10.00%		Missing												
Trans Fat ¹ (g)	0.06	0.08%			Missing												

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