

# Central Consolidated Schools

Oct 1, 2018 thru Oct 31, 2018

## Base Menu Spreadsheet

Middle Lunch

### Weighted Values - Detailed

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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 <sup>1</sup> (g)
Mon - 10/01/2018																
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	119	60	391	2.03	2.72	64.9	5059	5.0	*3	6.7	11.18	5.78	2.32	*0.00
Weighted Daily Average			658	88	1273	12.88	6.88	603.5	14028	84.04	*19	33.66	87.93	20.50	7.34	*0.00
% of Calories											*11.3%	20.5%	53.5%	28.0%	10.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 10/02/2018																
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	136	19	374	1.48	0.78	39.5	457	4.79	*0	6.76	13.81	5.88	1.99	*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			725	54	1174	14.22	5.89	583.7	13962	54.98	*25	36.39	103.58	19.78	6.70	*0.11
% of Calories											*13.6%	20.1%	57.1%	24.5%	8.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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 <sup>1</sup> (g)
Wed - 10/03/2018																
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
Choice of Chick Sand MS**1880	1 Serving	1	140	11	304	1.80	1.13	26.4	468	4.19	*1	6.0	12.36	7.05	1.25	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	110	12	192	1.17	0.90	141.7	167	3.5	1	6.83	9.67	4.83	2.50	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	155	13	158	0.65	0.74	230.5	433	16.22	*10	5.15	24.65	4.33	1.55	*0.00
Weighted Daily Average			847	57	1309	11.63	5.46	781.8	7858	86.02	*22	36.35	111.25	28.24	8.80	*0.00
% of Calories											*10.2%	17.2%	52.6%	30.0%	9.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 10/04/2018																
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
Burger/Deli Sand Choice**1891	1 Serving	1	102	14	280	1.11	0.58	29.6	343	3.6	*0	5.07	10.36	4.41	1.50	*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
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			606	36	1017	9.51	4.19	436.7	8787	33.70	*24	28.22	86.08	17.83	4.49	*0.12
% of Calories											*15.5%	18.6%	56.8%	26.5%	6.7%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 10/05/2018																
Middle Lunch	Total	1														
Fall Break	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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	0.0	0.0
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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	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 <sup>1</sup> (g)
<b>Mon - 10/08/2018</b>																
Middle Lunch	Total	1														
Fall Break	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

<b>Tue - 10/09/2018</b>																
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
Burger/Deli Sand Choice**1904	1 Serving	1	106	15	400	1.11	0.69	40.1	262	3.15	*0	5.45	10.43	4.73	1.74	*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
Salad,Grill Chix & Fruit**1996	3 cup	1	101	11	139	2.35	1.19	78.2	2993	18.71	*2	6.71	11.91	3.31	1.05	0.00
Weighted Daily Average			658	49	1164	16.18	5.91	582.2	8492	44.85	*14	36.57	91.21	16.70	6.03	*0.01
% of Calories											*8.8%	22.2%	55.4%	22.8%	8.2%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

<b>Wed - 10/10/2018</b>																
Middle Lunch	Total	4														
BBQ Sandwich-PP **1921	1 sand	1	98	9	364	1.57	0.55	27.6	73	3.03	*0	3.99	14.65	2.62	0.81	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	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00

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## Base Menu Spreadsheet

Middle Lunch

### Weighted Values - Detailed

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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 <sup>1</sup> (g)
Weighted Daily Average			687	43	1344	9.12	3.81	675.2	5469	57.19	*22	29.24	97.56	20.13	6.32	*0.00
% of Calories											*12.6%	17.0%	56.8%	26.4%	8.3%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 10/11/2018																
Middle Lunch	Total	3														
Steak Fingers**1166	4 Each	1	100	10	71	1.25	1.12	16.7	42	0.5	0	5.83	6.67	5.42	1.25	0.00
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	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	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	136	19	374	1.48	0.78	39.5	457	4.79	*0	6.76	13.81	5.88	1.99	*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			758	40	1243	11.73	5.83	285.8	10202	82.53	*10	28.90	111.46	22.44	5.24	*0.00
% of Calories											*5.5%	15.3%	58.8%	26.7%	6.2%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 10/12/2018																
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	54	15	63	1.00	0.59	12.1	392	3.75	*2	6.9	4.26	1.16	0.32	*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	117	50	213	3.30	2.93	110.7	5352	12.4	*5	5.57	15.29	4.53	1.62	*0.00

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Weighted Daily Average			647	100	1193	13.35	6.53	560.2	8901	38.49	*23	34.81	85.07	20.29	7.07	*0.00
% of Calories											*14.0%	21.5%	52.6%	28.2%	9.8%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 10/15/2018																
Middle Lunch	Total	3														
Tyson Chicken Popcorn**1956	3.36 oz 1 2 pc	1	85	9	129	1.02	0.61	0.0	34	0.0	0	5.1	5.44	5.1	0.85	0.00
Green Beans-FRZ**0426	1/2 cup	2	15	0	1	1.63	0.36	22.9	228	2.23	1	0.81	3.51	0.09	0.02	0.00
Mashed Potatoes**0171	1/2 Cup	1	25	0	34	0.33	0.12	3.3	17	1.19	*N/A*	0.66	5.3	0.2	0.03	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
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
Grape Cluster**0422	1/2 Cup	3	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	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
Choice of Chick Sand MS**1880	1 Serving	1	140	11	304	1.80	1.13	26.4	468	4.19	*1	6.0	12.36	7.05	1.25	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	110	12	192	1.17	0.90	141.7	167	3.5	1	6.83	9.67	4.83	2.50	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
Chef Salad**1907	1 Salad	1	159	80	522	2.70	3.63	86.6	6746	6.67	*4	8.94	14.91	7.71	3.10	*0.00
Weighted Daily Average			788	118	1646	12.56	8.15	617.4	11054	33.63	*19	40.13	93.73	29.12	9.05	*0.00
% of Calories											*9.8%	20.4%	47.6%	33.3%	10.3%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 10/16/2018																
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	136	19	374	1.48	0.78	39.5	457	4.79	*0	6.76	13.81	5.88	1.99	*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

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# Central Consolidated Schools

Oct 1, 2018 thru Oct 31, 2018

## 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 <sup>1</sup> (g)
Weighted Daily Average			734	54	1388	13.59	5.79	686.0	10809	62.20	*20	35.93	102.35	21.76	7.17	*0.01
% of Calories											*11.1%	19.6%	55.8%	26.7%	8.8%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Wed - 10/17/2018																
	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 <sup>1</sup> (g)
Middle Lunch	Total	4														
Corndog, Chicken, **0937	1 EACH	1	60	10	97	1.25	0.45	20.0	6	0.0	1	2.25	7.5	2.0	0.62	0.00
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
Baked Beans**8032	1/2 Cup	2	66	0	243	3.04	0.91	30.4	25	0.0	5	3.04	12.65	0.0	0.00	0.00
Applesauce**0356	1/2 Cup	4	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	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	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00
Weighted Daily Average			715	44	1208	11.72	4.40	679.4	4183	33.85	*37	29.28	107.14	18.23	5.91	*0.00
% of Calories											*20.7%	16.4%	59.9%	23.0%	7.4%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 10/18/2018																
	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 <sup>1</sup> (g)
Middle Lunch	Total	4														
Lasagna w/ GB **1936	5x5	1	72	11	160	0.49	0.61	61.2	122	0.9	*N/A*	5.27	5.99	2.86	1.25	*0.00
Tossed Salad**0202	1 Cup	3	14	0	8	1.50	0.61	21.9	5827	4.58	1	0.88	2.91	0.21	0.03	0.00
WG Breadsticks**1885	1 each	1	20	0	25	0.50	0.09	1.6	0	0.0	*N/A*	0.75	3.75	0.25	0.00	0.00
Orange Wedges**0600	1 orange	4	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	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
Burger/Deli Sand Choice**1891	1 Serving	1	102	14	280	1.11	0.58	29.6	343	3.6	*0	5.07	10.36	4.41	1.50	*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
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			550	39	963	11.47	4.27	500.4	14804	78.63	*17	28.78	75.39	15.40	4.62	*0.00
% of Calories											*12.2%	20.9%	54.9%	25.2%	7.6%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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# Central Consolidated Schools

Oct 1, 2018 thru Oct 31, 2018

## 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 <sup>1</sup> (g)
Fri - 10/19/2018																
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
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	2	67	0	102	1.10	0.26	1.7	0	1.87	0	0.9	9.4	2.72	0.57	0.00
Garden Salad**1910	1 Salad	1	117	50	213	3.30	2.93	110.7	5352	12.4	*5	5.57	15.29	4.53	1.62	*0.00
Weighted Daily Average			761	97	1320	17.83	8.03	667.9	12727	56.25	*17	40.92	102.79	21.09	6.73	*0.00
% of Calories											*8.8%	21.5%	54.0%	24.9%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 10/22/2018																
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	119	60	391	2.03	2.72	64.9	5059	5.0	*3	6.7	11.18	5.78	2.32	*0.00
Weighted Daily Average			670	92	1283	11.43	6.84	572.7	9800	68.64	*25	33.70	84.30	19.65	6.80	*0.00
% of Calories											*15.1%	20.1%	50.3%	26.4%	9.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# Central Consolidated Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Tue - 10/23/2018																
Middle Lunch	Total	3														
Navajo Taco w GB**1990	1 Nav Taco	1	114	10	228	2.13	1.09	57.7	59	1.95	*1	6.19	14.83	3.54	1.25	*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	136	19	374	1.48	0.78	39.5	457	4.79	*0	6.76	13.81	5.88	1.99	*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			661	50	1103	12.04	5.26	548.1	10593	61.04	*19	34.90	94.11	17.66	5.87	*0.00
% of Calories											*11.4%	21.1%	57.0%	24.0%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 10/24/2018																
Middle Lunch	Total	4														
Philly Cheese Steak Sand**2010	1 sand	1	106	20	155	1.11	0.78	66.1	61	4.08	*1	8.94	11.35	2.57	1.25	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
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	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00
Weighted Daily Average			682	54	1087	8.28	3.99	708.3	4320	40.12	*22	33.71	91.54	20.09	6.83	*0.00
% of Calories											*12.9%	19.8%	53.7%	26.5%	9.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 10/25/2018																
Middle Lunch	Total	3														
Mid Parent Teacher Conference	1	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

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# Central Consolidated Schools

Oct 1, 2018 thru Oct 31, 2018

## 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 <sup>1</sup> (g)
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

Fri - 10/26/2018																
Middle Lunch	Total	4														
AFS Tangerine Chicken**2001	3.9 oz	1	48	11	95	0.50	0.36	0.0	16	0.0	3	3.5	6.25	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	117	50	213	3.30	2.93	110.7	5352	12.4	*5	5.57	15.29	4.53	1.62	*0.00
Weighted Daily Average			627	*85	*1016	*11.49	*6.16	*587.8	*10468	*58.28	*13	*30.27	*84.25	17.00	*5.49	*0.00
% of Calories											*8.0%	*19.3%	*53.8%	24.4%	*7.9%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 10/29/2018																
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	119	60	391	2.03	2.72	64.9	5059	5.0	*3	6.7	11.18	5.78	2.32	*0.00
Weighted Daily Average			658	88	1273	12.88	6.88	603.5	14028	84.04	*19	33.66	87.93	20.50	7.34	*0.00
% of Calories											*11.3%	20.5%	53.5%	28.0%	10.0%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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# Central Consolidated Schools

Oct 1, 2018 thru Oct 31, 2018

## 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 <sup>1</sup> (g)
<b>Tue - 10/30/2018</b>																
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	136	19	374	1.48	0.78	39.5	457	4.79	*0	6.76	13.81	5.88	1.99	*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			725	54	1174	14.22	5.89	583.7	13962	54.98	*25	36.39	103.58	19.78	6.70	*0.11
% of Calories											*13.6%	20.1%	57.1%	24.5%	8.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

<b>Wed - 10/31/2018</b>																
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	136	19	374	1.48	0.78	39.5	457	4.79	*0	6.76	13.81	5.88	1.99	*0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	155	13	158	0.65	0.74	230.5	433	16.22	*10	5.15	24.65	4.33	1.55	*0.00
Weighted Daily Average			733	53	1187	10.14	4.21	653.2	7681	83.12	*20	30.27	103.03	22.24	7.04	*0.00
% of Calories											*11.0%	16.5%	56.3%	27.3%	8.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			694	*65	*1218	*12.31	*5.72	*595.9	*10106	*59.83	*20	*33.60	*95.21	20.42	*6.58	*0.02
											*26.6%	*19.4%	*54.8%	26.5%	*8.5%	*0.0%

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# Central Consolidated Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

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Nutrient	Menu AVG	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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	694		600 - 700	100%													
Cholesterol (mg)	65				Missing												
Sodium 1 (mg)	1218		1360		Missing												
Sodium 2 (mg)	1218		1035		Missing		183			Correction Required - Sodium too High							
Fiber (g)	12.31				Missing												
Iron (mg)	5.72				Missing												
Calcium (mg)	595.9				Missing												
Vitamin A (IU)	10106				Missing												
Sugars (g)	20	11.80%			Missing												
Vitamin C (mg)	59.83				Missing												
Protein (g)	33.60	19.36%			Missing												
Carbohydrate (g)	95.21	54.85%			Missing												
Total Fat (g)	20.42	26.47%															
Saturated Fat (g)	6.58	8.52%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.02	0.02%			Missing												

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