

Central Consolidated Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary 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)
Fri - 02/01/2019																
Elementary Lunch	Total	2														
Nardone WW PeppPizza 4x6**2005	piece	1	175	20	290	1.50	1.35	175.0	200	4.5	3	11.0	14.5	8.5	3.50	0.00
Italian Veggies**1112	1/2 Cup	1	12	0	14	0.00	0.00	8.1	303	3.64	*N/A*	0.4	2.02	0.0	0.00	0.00
Pineapple Chunks**0092	1/2 Cup	1	33	0	1	0.50	0.24	8.8	24	4.7	8	0.23	8.42	0.08	0.01	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Hope'sCChipCookie**1836	1 Each	2	110	5	160	0.00	0.72	0.0	0	0.0	*N/A*	1.0	18.0	4.5	1.50	0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			704	136	1130	6.52	7.70	620.8	4747	26.00	*18	31.49	87.04	27.34	9.43	*0.00
% of Calories											*10.2%	17.9%	49.5%	35.0%	12.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 02/04/2019																
Elementary Lunch	Total	2														
Chicken Fajita-S**1059	1 Each	1	183	46	527	0.80	0.59	102.4	425	13.59	*1	13.9	15.76	6.74	2.32	0.00
Pinto Beans**1365	1/2 Cup	1	27	0	37	1.47	0.47	13.9	0	0.29	*N/A*	1.56	4.88	0.26	0.05	0.00
Fresh Strawberries**1875	1/2 cup	1	12	0	0	0.72	0.15	5.8	4	21.17	2	0.24	2.76	0.11	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			505	67	1140	5.99	2.53	492.7	2674	43.64	*6	30.90	57.60	16.42	5.34	0.00
% of Calories											*4.5%	24.5%	45.6%	29.3%	9.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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)
Tue - 02/05/2019																
Elementary Lunch	Total	2														
Mac & Cheese-HMD**0285	2/3 CUP	1	178	28	462	0.42	0.45	196.1	413	0.29	*0	8.73	10.64	11.2	6.08	*0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Pears**0438	1/2 Cup	1	36	0	3	1.00	0.18	3.1	0	0.44	8	0.12	9.5	0.02	0.00	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			673	52	1594	7.46	3.46	587.6	4803	18.97	*15	33.26	76.90	25.30	10.31	*0.00
% of Calories											*8.8%	19.8%	45.7%	33.8%	13.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 02/06/2019																
Elementary Lunch	Total	2														
Corndog, Chicken, **0937	1 EACH	1	120	20	195	2.50	0.90	40.0	12	0.0	2	4.5	15.0	4.0	1.25	0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	1.0	9.5	2.25	0.75	0.00
Grape Cluster**0422	1/2 Cup	1	17	0	1	0.23	0.07	3.6	26	1.02	4	0.16	4.39	0.09	0.03	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			626	49	800	7.72	3.44	727.7	4530	41.92	*26	24.14	90.52	18.40	5.74	*0.00
% of Calories											*16.7%	15.4%	57.8%	26.5%	8.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 02/07/2019																
Elementary Lunch	Total	2														
Elementary Parent Teacher	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
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			600-650		1230										<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)
Fri - 02/08/2019																
Elementary Lunch	Total	2														
Tyson WG Trad Drumstick**2004	1 each	1	95	25	225	0.50	0.54	0.0	50	0.0	0	8.0	2.5	5.5	1.25	0.00
Baked Beans**8032	1/2 Cup	1	66	0	243	3.04	0.91	30.4	25	0.0	5	3.04	12.65	0.0	0.00	0.00
Cucumber Slices**5047	1/2 Cup	1	6	0	1	0.20	0.11	6.5	43	1.14	1	0.27	1.48	0.04	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			616	136	1205	10.41	7.43	472.1	4369	16.92	*19	31.63	76.83	20.84	5.84	*0.00
% of Calories											*12.6%	20.5%	49.9%	30.4%	8.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Mon - 02/11/2019																
Elementary Lunch	Total	2														
Chicken Sand**0919	1 Each	1	208	12	322	2.98	1.43	29.7	49	0.0	*2	10.89	20.89	8.4	1.23	*0.00
Simplot Swt Pot CC Fries**1958	4 oz	1	109	0	132	1.84	0.54	12.5	2486	2.48	*N/A*	0.79	15.06	5.05	1.15	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Pickles**1229	3 Each	1	1	0	85	0.11	0.03	6.0	13	0.24	0	0.05	0.25	0.03	0.01	0.00
Applesauce**0356	1/2 Cup	1	43	0	1	0.77	0.08	1.9	4	1.08	9	0.1	11.16	0.11	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			680	33	1210	10.93	4.15	448.1	9142	20.26	*18	28.73	88.43	23.05	5.39	*0.00
% of Calories											*10.4%	16.9%	52.1%	30.5%	7.1%	*0.0%
Nutrient Guideline			600-650		1230										<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 ¹ (g)
Tue - 02/12/2019																
Elementary Lunch	Total	2														
Taco- 2 w GB**1974	2 Tacos	1	191	30	254	2.60	1.72	166.2	825	5.4	*0	12.01	14.6	9.67	4.18	*0.02
Spanish Rice Elem**8189	1/2 Cup	1	57	0	178	0.94	0.48	7.6	187	5.93	*0	0.44	10.73	1.02	0.08	*0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			678	54	1571	9.13	4.92	565.5	8002	38.65	*10	35.61	77.47	23.94	8.38	*0.02
% of Calories											*6.1%	21.0%	45.7%	31.8%	11.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 02/13/2019																
Elementary Lunch	Total	2														
Pork Riblet Sandwich**1830	1 Sandwich	1	165	20	335	2.00	1.08	30.0	100	0.6	5	9.5	17.5	5.75	1.75	0.00
Tater Tots**1299	3 Oz.	1	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	0.00
Apricots**0248	1/2 Cup	1	42	0	3	1.06	0.26	7.3	877	1.79	10	0.35	10.94	0.03	0.00	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			696	49	1057	8.05	3.44	721.4	5470	41.49	*34	28.83	99.10	20.35	5.96	*0.00
% of Calories											*19.5%	16.6%	57.0%	26.3%	7.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Thu - 02/14/2019																
Elementary Lunch	Total	2														
Roast Turkey**0178	2 Oz.	1	61	23	228	0.00	0.27	0.0	0	0.0	*N/A*	7.6	0.0	2.49	0.82	0.00
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			506	44	1175	8.39	2.97	415.7	4143	20.24	*13	27.38	68.46	13.49	4.00	*0.00
% of Calories											*10.4%	21.7%	54.1%	24.0%	7.1%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 02/15/2019																
Elementary Lunch	Total	2														
LosCaboBn&CheeBurrito**2000	1 each	1	148	9	249	4.40	1.35	100.0	150	0.6	1	7.56	20.43	4.47	2.02	0.00
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Fruit Cocktail**0419	1/2 Cup	1	34	0	4	0.60	0.17	3.6	125	1.14	8	0.24	8.97	0.04	0.01	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			601	120	992	11.73	7.59	554.5	7326	19.23	*18	28.14	83.68	19.16	6.51	*0.00
% of Calories											*11.8%	18.7%	55.7%	28.7%	9.8%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 02/18/2019																
Elementary Lunch	Total	1														
President's Day	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	1	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

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary 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			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			600-650		1230											<10.00

Tue - 02/19/2019																
Elementary Lunch	Total	2														
Quesadilla w/Faj Mt**0744	1	1	185	25	439	1.65	1.28	315.8	197	0.0	*0	13.21	16.22	7.89	3.84	0.00
Santiago Refried Beans**1999	1/2 cup	1	79	0	74	4.92	1.13	24.9	0	0.43	0	4.92	14.28	0.25	0.00	0.00
Sidekick Smoothie**1944	4.4 oz serving	1	45	0	24	0.00	0.00	40.0	750	30.0	9	0.0	11.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			717	49	1665	11.09	4.74	759.0	5241	47.61	*15	40.61	88.37	21.22	7.93	0.00
% of Calories											*8.4%	22.7%	49.3%	26.6%	10.0%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 02/20/2019																
Elementary Lunch	Total	2														
Tyson Chicken Popcorn**1956	3.36 oz 1 pc	1	128	13	194	1.53	0.92	0.0	51	0.0	1	7.66	8.17	7.66	1.28	0.00
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Peaches**0437	1/2 Cup	1	34	0	3	0.81	0.23	1.9	222	1.5	8	0.28	9.11	0.02	0.00	0.00
Jello w/Topping**0385	1/2 Cup	1	48	0	0	0.00	0.00	0.0	0	15.0	*N/A*	1.0	9.5	1.0	1.00	*0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00

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Central Consolidated Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary 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 % of Calories			730	42	1065	7.62	3.84	693.8	4790	56.19	*29 *15.9%	29.98 16.4%	106.63 58.4%	22.22 27.4%	6.17 7.6%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 02/21/2019																
Elementary Lunch	Total	2														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	211	20	569	4.75	1.88	247.1	397	4.66	*1	10.06	22.28	9.53	3.05	*0.01
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average % of Calories			597	41	1311	12.83	4.40	659.9	7174	25.75	*14 *9.6%	28.14 18.9%	80.06 53.7%	19.36 29.2%	6.09 9.2%	*0.01 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 02/22/2019																
Elementary Lunch	Total	2														
Nardone Cheese Pizza 4x6**2006	peice/serv	1	155	15	180	1.50	1.35	225.0	250	4.5	3	11.0	15.0	6.0	3.00	0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
Watermelon Wedges**1226	1/2 Cup	1	22	0	1	0.30	0.18	5.2	426	6.06	5	0.46	5.65	0.11	0.01	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average % of Calories			563	126	846	7.54	7.18	676.3	5067	25.40	*15 *10.9%	30.92 22.0%	67.39 47.9%	20.45 32.7%	7.46 11.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

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Central Consolidated Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary 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)
Mon - 02/25/2019																
Elementary Lunch	Total	2														
AFS Teriyaki Chicken**1839	2.85 oz serving	1	73	26	207	0.00	0.54	10.0	50	0.6	7	7.5	7.0	1.25	0.50	0.00
Brown Rice**0687	1 Cup	1	35	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.28	*N/A*	*N/A*
Broccoli-Froz**0258	1/2 Cup	1	16	0	6	1.70	0.35	18.7	573	22.74	1	1.76	3.03	0.07	0.01	0.00
Mandarin Oranges**1163	1/2 Cup	2	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			489	*48	*886	*7.25	*2.97	*422.9	*5650	*54.32	*14	*26.18	*63.59	11.07	*3.49	*0.00
% of Calories											*11.1%	*21.4%	*52.0%	20.4%	*6.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 02/26/2019																
Elementary Lunch	Total	2														
HmdGrillCheese-Elem**0116	1 Sandwich	1	135	14	357	1.00	0.75	78.5	197	0.0	*2	5.16	13.24	7.3	3.03	*0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	1	54	15	63	1.00	0.59	12.1	392	3.75	*2	6.9	4.26	1.16	0.32	*0.00
Orange Wedges**0600	1 orange	1	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			616	52	1477	7.17	3.53	478.2	4915	45.86	*14	34.98	69.01	21.60	7.45	*0.00
% of Calories											*9.0%	22.7%	44.8%	31.6%	10.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Consolidated Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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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 ¹ (g)
Wed - 02/27/2019																
Elementary Lunch	Total	2														
Chick Alfredo w Dice Chk**2014	1 Cup	1	160	32	157	2.29	1.26	20.3	11	1.58	*0	13.79	19.8	3.72	1.21	0.77
Tossed Salad**0202	1 Cup	1	10	0	6	1.00	0.40	14.6	3885	3.05	1	0.58	1.94	0.14	0.02	0.00
WG Breadsticks**1885	1 each	1	40	0	50	1.00	0.19	3.3	0	0.0	*N/A*	1.5	7.5	0.5	0.00	0.00
Peaches**0437	1/2 Cup	1	34	0	3	0.81	0.23	1.9	222	1.5	8	0.28	9.11	0.02	0.00	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			672	61	805	9.09	4.17	724.2	8610	44.03	*29	34.64	99.99	16.44	4.94	*0.77
% of Calories											*17.1%	20.6%	59.5%	22.0%	6.6%	*1.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 02/28/2019																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	177	20	369	1.64	1.24	19.9	50	0.66	*2	8.37	15.84	8.33	3.02	*0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	1.0	9.5	2.25	0.75	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			584	41	1055	9.24	3.75	421.4	6671	22.72	*14	26.41	74.24	20.14	6.77	*0.00
% of Calories											*9.4%	18.1%	50.8%	31.0%	10.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			625	*67	*1166	*8.79	*4.57	*580.1	*5740	*33.84	*18	*30.67	*80.85	20.04	*6.51	*0.04
											*25.6%	*19.6%	*51.7%	28.9%	*9.4%	*0.1%

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Central Consolidated Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	625		600 - 650	100%													
Cholesterol (mg)	67				Missing												
Sodium 1 (mg)	1166		1230		Missing												
Sodium 2 (mg)	1166		935		Missing		231			Correction Required - Sodium too High							
Fiber (g)	8.79				Missing												
Iron (mg)	4.57				Missing												
Calcium (mg)	580.1				Missing												
Vitamin A (IU)	5740				Missing												
Sugars (g)	18	11.39%			Missing												
Vitamin C (mg)	33.84				Missing												
Protein (g)	30.67	19.62%			Missing												
Carbohydrate (g)	80.85	51.73%			Missing												
Total Fat (g)	20.04	28.86%															
Saturated Fat (g)	6.51	9.37%	<10.00%		Missing												
Trans Fat ¹ (g)	0.04	0.06%			Missing												

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