

# Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 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 <sup>1</sup> (g)
Tue - 01/01/2019																
Elementary Lunch	Total	1														
Winter 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			600-650		1230											<10.00

Wed - 01/02/2019																
Elementary Lunch	Total	1														
Winter 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			600-650		1230											<10.00

Thu - 01/03/2019																
Elementary Lunch	Total	1														
Winter 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			600-650		1230											<10.00

Fri - 01/04/2019																
Elementary Lunch	Total	1														
Winter 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			600-650		1230											<10.00

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

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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 <sup>1</sup> (g)
Mon - 01/07/2019																
Elementary Lunch	Total	1														
Winter 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			600-650		1230											<10.00

Tue - 01/08/2019																
Elementary Lunch	Total	1														
Winter 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			600-650		1230											<10.00

Wed - 01/09/2019																
Elementary Lunch	Total	2														
Salisbury Steak**0767	1 Each	1	112	15	150	0.50	0.72	10.0	3	0.0	0	5.5	1.5	2.5	1.00	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
Mixed Veggies-FRZ**0646	1/2 Cup	1	19	0	15	0.76	0.14	0.0	476	1.37	2	0.38	4.19	0.0	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
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
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			698	44	1057	6.54	3.55	741.9	5746	71.05	*32	26.93	96.54	16.04	4.89	*0.00
% of Calories											*18.1%	15.4%	55.3%	20.7%	6.3%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Elementary Lunch

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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)
Thu - 01/10/2019																
Elementary Lunch	Total	2														
EM Chick&Cheese Taquitos**2015	2 each	1	140	15	400	2.00	1.08	60.0	100	2.4	1	8.0	15.0	6.0	1.50	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
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			526	36	1142	10.08	3.60	472.7	6877	23.49	*14	26.08	72.78	15.83	4.54	0.00
% of Calories											*11.0%	19.9%	55.4%	27.1%	7.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 01/11/2019																
Elementary Lunch	Total	2														
Sloppy Joe**0114	1 Sandwich	1	179	27	295	1.89	1.56	22.3	201	4.75	*4	10.63	17.79	6.89	2.24	*0.34
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
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 -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			636	138	1090	8.56	6.99	470.5	4529	44.66	*16	30.45	76.55	23.73	7.18	*0.34
% of Calories											*10.0%	19.2%	48.2%	33.6%	10.2%	*0.5%
Nutrient Guideline			600-650		1230										<10.00	

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Elementary Lunch

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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)
Mon - 01/14/2019																
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	

Tue - 01/15/2019																
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	

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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)
Wed - 01/16/2019																
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
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			671	49	1055	7.22	3.26	717.7	4618	40.72	*28	28.64	92.55	20.41	5.99	*0.00
% of Calories											*16.8%	17.1%	55.2%	27.4%	8.0%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 01/17/2019																
Elementary Lunch	Total	2														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	242	21	364	4.80	1.92	131.2	821	6.55	*0	12.08	30.99	8.2	3.07	*0.17
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
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			638	42	1107	12.47	4.58	539.3	8653	26.38	*13	30.59	88.80	18.73	6.20	*0.17
% of Calories											*8.3%	19.2%	55.7%	26.4%	8.8%	*0.2%
Nutrient Guideline			600-650		1230											<10.00

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Fri - 01/18/2019																
Elementary Lunch	Total	2														
Tasty Cheese Stuff Stic**2017	2 Each	1	189	10	450	1.72	1.47	164.4	280	1.73	*2	9.72	20.97	7.08	3.36	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
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
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			611	121	1118	7.50	7.22	607.2	5421	17.83	*20	29.20	77.49	21.43	7.80	*0.00
% of Calories											*12.8%	19.1%	50.7%	31.6%	11.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 01/21/2019																
Elementary Lunch	Total	1														
Martin Luther King's BD	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	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			600-650		1230										<10.00	

Tue - 01/22/2019																
Elementary Lunch	Total	2														
Tyson Chicken Popcorn**1956	3.36 oz 1 2 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
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

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# Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			657	37	1533	7.65	3.88	378.0	4516	19.86	*15 *9.3%	32.98 20.1%	81.36 49.5%	22.24 30.4%	5.55 7.6%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 01/23/2019																
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
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
Weighted Daily Average % of Calories			673	49	800	7.72	3.44	727.7	4530	56.92	*26 *15.5%	25.14 14.9%	100.02 59.4%	19.40 25.9%	6.74 9.0%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 01/24/2019																
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

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# Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 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 <sup>1</sup> (g)
Fri - 01/25/2019																
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			563	126	846	7.54	7.18	676.3	5067	25.40	*15	30.92	67.39	20.45	7.46	*0.00
% of Calories											*10.9%	22.0%	47.9%	32.7%	11.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 01/28/2019																
Elementary Lunch	Total	2														
AFS Tangerine Chicken**2001	3.9 oz	1	95	23	190	1.00	0.72	0.0	33	0.0	7	7.0	12.5	2.0	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			511	*44	*869	*8.25	*3.15	*412.9	*5632	*53.72	*13	*25.68	*69.09	11.82	*3.49	*0.00
% of Calories											*10.2%	*20.1%	*54.1%	20.8%	*6.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 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 <sup>1</sup> (g)
Tue - 01/29/2019																
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

Wed - 01/30/2019																
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

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# Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 2019

## Base Menu Spreadsheet

Elementary Lunch

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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)
Thu - 01/31/2019																
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			626	*60	*1128	*8.87	*4.49	*565.1	*6256	*36.08	*18	*29.70	*81.99	19.66	*6.18	*0.08
											*26.2%	*19.0%	*52.4%	28.3%	*8.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	626		600 - 650	100%				
Cholesterol (mg)	60				Missing			
Sodium 1 (mg)	1128		1230		Missing			
Sodium 2 (mg)	1128		935		Missing	193		Correction Required - Sodium too High
Fiber (g)	8.87				Missing			
Iron (mg)	4.49				Missing			
Calcium (mg)	565.1				Missing			
Vitamin A (IU)	6256				Missing			
Sugars (g)	18	11.64%			Missing			
Vitamin C (mg)	36.08				Missing			
Protein (g)	29.70	18.98%			Missing			
Carbohydrate (g)	81.99	52.41%			Missing			
Total Fat (g)	19.66	28.28%						
Saturated Fat (g)	6.18	8.89%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.08	0.12%			Missing			

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