

This Excel spreadsheet contains the nutrition information for all Central breakfast and lunch entrees, fruits, and vegetables. Please refer to the Cycle Dates Calendar (right) to determine which calendar date corresponds with a cycle date.

All milk and condiments are listed in a separate Excel spreadsheet.

### Cycle Dates 2018-2019

September 2018				
Mo	Tu	We	Th	Fr
	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

October 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

November 2018				
Mo	Tu	We	Th	Fr
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

December 2018				
Mo	Tu	We	Th	Fr
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

January 2019				
Mo	Tu	We	Th	Fr
		2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

February 2019				
Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

March 2019				
Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

April 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

May/June 2018				
Mo	Tu	We	Th	Fr
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31





## RECIPE NUTRITIONAL SUMMARY - Breakfast Feature Entrees 18/19 SY

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Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
1	M66465	Cheesy Sausage & Egg Breakfast Burrito	1 each (0 g)	180	80	9	3	0	135	260	17	1	3	10	6	15	15	8
2	M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
3	M53773	Egg, C. Ham & Cheddar Flatbread Sandwich	1 each (0 g)	160	70	7	3	0	95	260	15	1	2	8	4	0	8	4
4	M50206	Brown Sugar Oatmeal	1 cup (0 g)	260	40	4.5	0.5	*0	0	10	50	6	13	7	0	0	0	15
5	M53527	Blueberry Muffin Square	1 each (0 g)	420	100	11	5	0	10	630	77	4	37	5	0	0	0	6
6	M55691	Waffles	2 each (0 g)	180	50	6	0	0	0	320	28	2	2	4	10	0	10	20
7	M50756	Egg & Cheese Bagel	1 sandwich (0 g)	260	90	11	4	*0	110	490	22	4	6	12	4	0	15	10
8	M52244	Country Chicken & Cheese English Muffin	1 sandwich (0 g)	260	80	9	3.5	0	25	660	30	4	2	15	2	0	25	8
9	M53774	Cheesy Chicken Ham, Egg & Potato Bite Taco	1 each (0 g)	190	80	9	3	0	90	310	21	2	2	8	2	0	10	8
10	M50299	Strawberry Pineapple Yogurt Smoothie	8 fl oz (0 g)	150	5	1	0.5	0	<5	65	34	1	26	4	10	10	10	2
10	M50184	Graham Crackers	1 serving (0 g)	120	30	3.5	0	0	0	125	21	2	6	2	10	0	10	4
11	M50651	Denver Frittata	1/24 cut (0 g)	100	60	7	3	0	170	200	3	0	2	8	6	6	10	6
12	M66481	Cheese & Chicken Ham Breakfast Roll	1 each (0 g)	180	80	9	4	0	60	350	16	1	2	9	4	4	15	6
13	M52981	Apple Cinnamon Muffin Square	1 each (0 g)	420	100	11	5	0	10	630	78	3	37	5	0	0	0	6
14	M52920	Pancakes	2 each (0 g)	150	35	4	0.5	0	5	220	27	2	3	3	0	0	0	6
15	M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	4
16	M52983	Cinnamon Raisin Bagel	1 each (0 g)	170	15	1.5	0	0	0	150	33	5	8	7	0	6	2	10
17	M50067	Apple Orange Yogurt Smoothie	8 fl oz (0 g)	150	5	1	0.5	0	<5	65	32	1	25	4	10	35	10	0
17	M50184	Graham Crackers	1 serving (0 g)	120	30	3.5	0	0	0	125	21	2	6	2	10	0	10	4
18	M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	670	25	2	2	19	2	0	25	6
19	M52590	Blueberry Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	37	3	12	4	0	0	2	4
20	M53302	Turkey Pancake Wrap	1 each (0 g)	200	90	10	2.5	0	25	310	17	3	4	7	0	0	2	10
21	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8



**RECIPE NUTRITIONAL SUMMARY - Breakfast Feature Entrees 18/19 SY**

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22	M52756	Spanish Frittata	1/24 cut (0 g)	110	70	7	3.5	0	170	160	3	0	2	9	6	10	10	6
23	M52745	Grilled C.Ham & Cheese Sandwich Cheese & Chicken Sausage	1/2 sandwich (0 g)	190	80	9	5	0	35	620	17	1	3	10	4	0	15	6
24	M66497	Quesadilla	1 each (0 g)	450	240	26	14	0	80	750	31	2	2	26	10	0	50	10
25	M50781	Biscuit	1 each (0 g)	200	80	9	7	0	0	410	27	2	2	4	0	0	15	6
25	M50443	Country Gravy	1/4 cup (0 g)	35	0	0	0	0	0	200	6	0	3	0	0	0	2	0







## RECIPE NUTRITIONAL SUMMARY - Breakfast Daily Serve Entrees 18/19 SY

2019-01-14 16:33

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
<b>CEREAL &amp; GRAINS</b>																	
M53786	Bagel	1/2 each (0 g)	70	0	0.5	0	0	0	90	10	2	3	3	0	0	2	6
M51434	Frosted Mini Wheats	1 bowl (0 g)	100	0	0	0	0	0	0	24	3	6	3	0	0	0	45
M50441	Honey Nut Cheerios	1 bowl (0 g)	110	15	1.5	0	0	0	160	22	2	9	2	10	10	10	25
M51320	Rice Krispies	1 bowl (0 g)	100	0	0.5	0	0	0	170	23	1	1	2	20	20	0	45
M51073	Sliced Toast	1 slice (0 g)	80	10	1	0	0	0	160	15	1	2	3	0	0	0	6
<b>PROTEIN</b>																	
M50670	Hard Boiled Egg	1 each (0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2	4
M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0



RECIPE NUTRITIONAL SUMMARY - Lunch Feature Entrees 18/19 SY

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Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
1	M54442	Roast Turkey	2 ozw (57 g)	90	30	3.5	1	*	30	390	2	0	0	12	0	0	0	6
1	M51751	Traditional Stuffing	1/2 cup (0 g)	170	60	6	0	*0	0	490	27	0	0	7	0	0	0	0
2	M55748	Breaded Chicken Parmesan	1 serving (0 g)	280	130	14	4.5	0	55	630	15	1	1	22	6	4	20	10
2	M55704	Spaghetti Sauce	1/2 cup (0 g)	60	0	0	0	0	0	45	11	2	7	2	15	15	0	8
2	M51072	Spaghetti	1 cup (0 g)	210	35	4	0	0	0	15	40	5	2	7	0	0	4	15
3	M68136	Baked Potato with Vegetable Chili	1 each (0 g)	320	90	10	6	*0	30	300	45	7	4	15	*35	*45	25	15
3	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
4	M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
4	M51108	Cheddar Cheese Omelet	1 each (0 g)	130	100	11	3.5	0	170	280	1	0	0	7	6	0	8	4
5	M54280	Vegetable Egg Roll	1 each (0 g)	140	30	3.5	1	0	0	150	22	4	4	4	4	0	4	6
5	M52464	Vegetarian Fried Rice	12 fl oz (0 g)	320	70	8	2.5	0	190	490	49	3	3	12	*25	*15	8	8
6	M66972	Mac and Cheese with Ham	12 fl oz (0 g)	460	170	19	11	*0	60	990	50	6	*2	23	4	0	40	20
7	M52345	Buffalo Chicken Artisan Flatbread Pizza	1 each (0 g)	360	150	17	6	0	40	800	30	3	3	20	4	0	25	8
8	M51979	Chicken Pot Pie	1 serving (0 g)	350	120	13	8	0	45	630	37	4	4	19	50	6	15	15
8	M50781	Biscuit	1 each (0 g)	200	80	9	7	0	0	410	27	2	2	4	0	0	15	6
9	M53537	Chicken Noodle Soup	8 fl oz (0 g)	100	20	2.5	0.5	0	25	170	9	1	2	8	45	2	2	4
9	M52005	Chicken Burger	1 each (0 g)	330	140	15	3.5	0	85	790	28	2	4	23	2	0	6	15
10	M66250	Chicken Enchiladas	2 each (0 g)	270	100	11	6	*0	50	440	27	2	5	17	*20	25	20	10
10	M53570	Rice & Corn Salad	3/4 cup (0 g)	180	40	4.5	1	*0	0	280	32	2	4	4	*4	*15	0	4
11	M53227	Breaded Chicken Salsa Melt	1 sandwich (0 g)	400	140	16	4.5	0	60	1120	42	3	6	24	6	6	15	20
12	M66166	Chicken & Sausage Etouffee	1 Spoodle 6 FLOZ (0 g)	170	60	7	2	*0	45	250	10	2	3	15	10	30	6	8
12	M52605	Cilantro Lime Rice	1 cup (0 g)	240	15	2	0	0	0	190	47	2	0	5	*0	*0	0	2
13	M67371	Roast Pork	2 ozw (0 g)	90	25	2.5	1	0	50	45	0	0	0	16	0	0	0	4



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13	M53950	Rosemary Gravy	1/4 cup (0 g)	25	0	0.5	0	*0	0	125	5	0	*0	0	0	0	0	0
13	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	0
14	M51559	Vegetable Pesto Pizza	1/8 cut (0 g)	410	190	22	8	0	30	770	32	3	3	20	10	60	45	6
14	M53000	Pepperoni Pizza	1/8 cut (0 g)	390	170	19	9	0	40	940	31	3	3	21	8	0	40	6
14	M51578	Cheese Pizza	1/8 cut (0 g)	350	140	16	8	0	30	810	31	3	3	19	8	0	40	6
15	M66653	Chicken Fajita	1 each (0 g)	330	110	12	5	*0	45	460	35	4	4	20	8	35	20	15
15	M52224	Mexican Spiced Rice	1/2 cup (0 g)	110	10	1	0	*0	0	65	22	1	0	3	*4	*0	0	4
16	M54325	Breaded Chicken Drumstick	1 each (0 g)	190	100	11	2.5	0	50	450	5	1	0	16	2	0	2	6
16	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	0
17	M68135	Vegetable Bean Chili Mac	16 fl oz (0 g)	350	30	3	0	*0	0	210	69	12	7	15	*50	*45	15	30
17	M67287	Breadstick	1 each (0 g)	70	10	1	0	0	0	130	13	1	1	2	0	0	0	2
18	M53447	Country Chicken Nugget Bowl	1 bowl (0 g)	430	130	15	4.5	0	50	840	54	4	6	21	6	35	15	15
18	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
19	M53876	Sweet & Sour Chicken w/ Vegetables	6 fl oz (0 g)	170	40	4.5	1	*0	40	200	18	2	10	15	140	45	2	6
19	M51356	Vegetarian Fried Rice	6 fl oz (0 g)	160	35	4	1	0	95	240	25	1	1	6	*10	*6	4	4
20	M52346	Chipotle BBQ Chicken Artisan Pizza	1 each (0 g)	380	150	16	8	0	55	650	38	3	9	20	8	4	25	8
21	M52223	Chicken Tenders	3 each (0 g)	210	100	11	2	0	55	730	13	1	1	15	2	0	2	10
21	M52189	Soft Pretzel Rod	1 each (0 g)	70	0	0.5	0	0	0	40	14	1	0	2	0	0	0	4
22	M52005	Chicken Burger	1 each (0 g)	330	140	15	3.5	0	85	790	28	2	4	23	2	0	6	15
22	M52180	Breaded Chicken Sandwich with Ginger Teriyaki Vegetables	1 sandwich (0 g)	360	110	12	2	0	45	840	43	3	7	21	8	30	6	20
23	M66178	White Cheese, Sausage & Herb Artisan FB Pizza	1 each (0 g)	410	170	18	7	*0	55	870	33	3	*3	27	6	6	35	15
24	M53367	BBQ Pork Riblet Sandwich	1 sandwich (0 g)	370	110	12	3.5	0	30	980	53	3	25	17	2	8	8	15
25	M52169	Spaghetti Carbonara with Peas, Bacon and Chicken	8 fl oz (0 g)	310	100	11	5	*0	50	550	30	4	2	20	8	4	25	15





# RECIPE NUTRITIONAL SUMMARY - Salad Bar MTO 18/19 SY

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Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
<b>LETTUCE</b>																	
M52604	Romaine Salad	1 cup (0 g)	5	0	0	0	0	0	0	1	<1	0	0	70	2	0	2
M52831	Spinach Salad	1 cup (0 g)	15	0	0	0	0	0	55	3	2	0	2	130	35	8	10
<b>MEAT &amp; CHEESE</b>																	
M53569	Black Forest Deli Chicken Ham Slices	1 serving (0 g)	80	40	4.5	1.5	0	40	330	2	0	1	8	0	0	0	2
M53961	Cheddar Cheese Cubes	12 piece (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	6	0	20	2
M51824	Chicken	2 fl oz (0 g)	70	25	3	1	0	30	55	<1	0	0	10	0	0	0	0
M51721	Cottage Cheese	2 fl oz (0 g)	40	0	0.5	0	0	<5	220	3	0	2	7	2	0	6	0
M52365	Diced Turkey	3 fl oz (0 g)	60	20	2	0.5	0	25	230	2	0	0	10	0	0	2	2
M50670	Hard Boiled Egg	1 each (0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2	4
M51720	Mozzarella Cheese Shreds	2 fl oz (0 g)	90	50	6	3.5	0	15	210	1	0	0	7	2	0	20	0
<b>VEGETABLES</b>																	
M68209	Black Beans	1/4 cup (0 g)	50	0	0	0	0	0	55	9	3	0	3	*	*	4	6
M50891	Black Olives	1 tablespoon (0 g)	15	10	1.5	0	0	0	60	<1	0	0	0	0	0	0	0
M51714	Celery Sticks	1/4 cup (0 g)	5	0	0	0	0	0	25	<1	<1	0	0	2	0	0	0
M51546	Fresh Broccoli	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	10	0	0
M51549	Fresh Cauliflower	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	10	0	0
M52661	Fresh Cucumber Slices	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
M51007	Fresh Diced Tomato	1/8 cup (0 g)	0	0	0	0	0	0	0	1	0	<1	0	4	6	0	0
M52338	Fresh Green Pepper	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	25	0	0
M68126	Garbanzo Beans	1/4 cup (0 g)	60	10	1	0	0	0	45	10	2	0	3	*	*	0	4
M53083	Green Peas	1/4 cup (0 g)	35	0	0	0	0	0	35	7	2	2	2	20	8	0	4
M51671	Kidney Beans	1/4 cup (0 g)	60	0	0	0	0	0	50	11	3	<1	4	0	0	4	4



## RECIPE NUTRITIONAL SUMMARY - Salad Bar MTO 18/19 SY

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M52337	Shredded Carrot	1/8 cup (0 g)	0	0	0	0	0	0	10	1	0	<1	0	40	0	0	0
M50892	Sliced Jalapenos	1 tablespoon (0 g)	0	0	0	0	0	0	170	0	0	0	0	4	0	0	0
<b>CONDIMENTS &amp; EXTRAS</b>																	
M50624	Ranch Dressing	1 each (0 g)	50	45	5	0	0	<5	100	1	0	1	0	0	0	0	0
M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
M52107	French Dressing	1 each (0 g)	50	40	4.5	0.5	0	0	130	3	0	1	0	2	0	0	0
M50623	Italian Dressing	1 each (0 g)	30	25	3	0	0	0	130	0	0	0	0	2	0	0	0
M50185	Sliced Bread	1 slice (0 g)	80	10	1	0	0	0	160	15	1	2	3	0	0	0	6