

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

**Menu Name:** IV Breakfast K-5 **Include Cost:** Yes  
**Site:** 5 - Indian Valley Elementary School **Report Style:** Detailed

### Tuesday - 01/05/2021 Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900154 Breakfast, Sausage Sandwich	sandwich	422	230	5.00	320	4	14.00	0.00	30	19.00	2.00	7.00	20	40.0	9.00	1.44	\$0.306
900153 Breakfast, Egg and Cheese Sand	sandwich	1	162	2.53	283	4	7.09	0.00	71	19.24	2.02	6.08	304	81.0	9.11	1.09	\$0.363
990001 Juice, Apple	CARTON	422	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.107
001426 MILK, 1% FAT	HALF PINT	145	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	277	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			402	5.01	465	*16	14.02	0.00	37	50.06	2.00	14.89	362	213.1	9.61	1.62	\$0.419
% of Calories				11.22%		*15.9%	31.4%	0.0%		49.8%		14.8%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Thursday - 01/07/2021 Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900152 Breakfast Wrap	Wrap	422	200	4.00	290	0	10.00	0.00	45	17.00	2.00	11.00	400	200.0	3.60	5.40	\$0.547
000086 Oranges	1/2 CUP	422	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13	\$0.171
990001 Juice, Apple	CARTON	422	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.107

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001426 MILK, 1% FAT	HALF PINT	145	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	277	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			436	4.04	434	*25	10.30	0.00	52	64.29	5.38	19.86	1059	433.5	67.64	5.71	\$0.830
% of Calories				8.34%		*22.9%	21.3%	0.0%		59.0%		18.2%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Friday - 01/08/2021

Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001779 Breakfast Pizza, IW 2019	servings	422	182	3.22	322	3	7.51	0.00	16	19.31	2.15	9.66	0	160.9	0.00	1.16	\$0.580
000998 Raisins, Individual Box	Box	422	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00	\$0.251
001426 MILK, 1% FAT	HALF PINT	145	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	277	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			431	3.22	467	*34	7.51	0.00	23	69.40	4.43	18.67	281	356.7	0.59	1.34	\$0.836
% of Calories				6.72%		*31.6%	15.7%	0.0%		64.4%		17.3%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Monday - 01/11/2021

Reimbursable Meal Total 422

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990228 Beef Sausage Cheese Mini Bagel	each	422	235	2.00	437	4	7.00	0.00	33	26.00	2.00	15.00	89	56.0	1.00	2.00	\$0.818
900319 Juice, Orange 4 oz.	4 oz.	422	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.125
001426 MILK, 1% FAT	HALF PINT	145	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	277	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			406	2.00	576	*16	7.00	0.00	40	57.02	2.00	22.88	724	928.9	31.59	2.30	\$0.948
% of Calories				4.43%		*15.8%	15.5%	0.0%		56.2%		22.5%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

## Tuesday - 01/12/2021

Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900266 French Toast Minis, choc. chip	1 package	422	210	1.50	270	10	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70	\$0.291
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	422	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.262
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			489	1.52	536	*18	6.14	0.00	16	83.64	5.58	21.04	1361	505.7	14.60	3.22	\$0.563
% of Calories				2.80%		*14.7%	11.3%	0.0%		68.4%		17.2%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

## Thursday - 01/14/2021

Reimbursable Meal Total 422

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990236 Cinnamon Toast Crunch Soft Bar	each	422	260	2.50	290	15	8.00	0.00	*N/A*	41.00	3.00	0.00	0	0.0	0.00	0.00	\$0.282
990001 Juice, Apple	CARTON	422	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.107
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			535	2.50	555	*27	8.00	0.00	*16	86.32	3.00	15.64	701	398.5	0.90	0.31	\$0.399
% of Calories				4.21%		*20.2%	13.5%	0.0%		64.5%		11.7%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Friday - 01/15/2021

### Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900153 Breakfast, Egg and Cheese Sand	sandwich	422	162	2.53	283	4	7.09	0.00	71	19.24	2.02	6.08	304	81.0	9.11	1.09	\$0.363
000086 Oranges	1/2 CUP	422	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13	\$0.171
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
Weighted Daily Average			525	2.69	646	*46	7.58	0.00	92	78.98	5.41	30.96	1298	839.0	73.46	1.60	\$0.549
% of Calories				4.61%		*35.0%	13.0%	0.0%		60.2%		23.6%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Tuesday - 01/19/2021

Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900343 Muffin, Blueberry WG	each	422	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72	\$0.177
001515 Cheese, Mozz, String: 1oz	1 OZ	422	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10	\$0.184
001005 Applesauce Cup	SERVING	422	81	0.00	12	*N/A*	0.00	0.00	0	24.24	2.31	0.00	0	0.0	27.70	0.42	\$0.312
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
Weighted Daily Average			619	4.12	649	*42	11.20	0.00	56	94.70	3.31	31.90	941	924.4	28.60	1.62	\$0.688
% of Calories				5.99%		*27.1%	16.3%	0.0%		61.2%		20.6%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Thursday - 01/21/2021

Reimbursable Meal Total 422

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990226 Grilled Cheese Sandwich	Each	422	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00	\$0.775
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	422	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.262
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
Weighted Daily Average			642	5.14	949	*43	9.33	0.00	52	89.80	4.58	42.30	1421	1169.6	14.60	1.60	\$1.052
% of Calories				7.21%		*26.8%	13.1%	0.0%		56.0%		26.4%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Friday - 01/22/2021

Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900354 Pancake, mini Maple Flavor	serving	422	210	1.00	320	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70	\$0.293
001470 Sausage Link; 1 link	1 link	422	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36	\$0.134
990001 Juice, Apple	CARTON	422	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.107
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
Weighted Daily Average			649	3.12	866	*52	13.20	0.00	51	92.47	4.00	31.90	1237	757.4	0.90	3.44	\$0.549
% of Calories				4.33%		*32.0%	18.3%	0.0%		57.0%		19.7%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Monday - 01/25/2021

Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900154 Breakfast, Sausage Sandwich	sandwich	422	230	5.00	320	4	14.00	0.00	30	19.00	2.00	7.00	20	40.0	9.00	1.44	\$0.306
900319 Juice, Orange 4 oz.	4 oz.	422	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.125
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
Weighted Daily Average			589	5.12	683	*45	14.20	0.00	51	76.47	2.00	30.90	1051	1437.4	39.90	1.94	\$0.446
% of Calories				7.82%		*30.6%	21.7%	0.0%		51.9%		21.0%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Tuesday - 01/26/2021

Reimbursable Meal Total 422

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990227 Sunrise Stick	Each	422	168	3.00	299	1	7.00	0.00	21	16.00	2.00	9.00	104	156.0	3.00	1.00	\$0.627
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	422	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.262
900319 Juice, Orange 4 oz.	4 oz.	422	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.125
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
Weighted Daily Average			590	3.14	668	*51	7.33	0.00	42	89.80	3.58	33.30	1355	1560.6	47.60	1.72	\$1.029
% of Calories				4.79%		*34.6%	11.2%	0.0%		60.9%		22.6%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Thursday - 01/28/2021

Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001574 Poptart, Strawberry WG	EACH	422	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80	\$0.223
900504 Yogurt, Danimal Straw-Ban NF	each	422	80	0.00	65	13	0.00	0.00	5	16.00	0.00	4.00	65	150.0	0.00	0.00	\$0.213
990001 Juice, Apple	CARTON	422	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.107
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005



# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
Weighted Daily Average			619	1.12	613	*69	2.70	0.00	26	111.47	3.00	29.90	1302	947.4	0.90	2.18	\$0.558
% of Calories				1.63%		*44.6%	3.9%	0.0%		72.0%		19.3%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

## Friday - 01/29/2021

Reimbursable Meal Total 422

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
900353 Pancake, Mini, Berry	pack	422	210	1.00	310	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70	\$0.293
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	422	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.262
900319 Juice, Orange 4 oz.	4 oz.	422	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.125
001426 MILK, 1% FAT	HALF PINT	422	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
Weighted Daily Average			632	1.14	679	*61	6.33	0.00	31	108.80	5.58	28.30	1751	1464.6	44.60	3.42	\$0.695
% of Calories				1.62%		*38.6%	9.0%	0.0%		68.9%		17.9%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	540	3	628	*39	8.92	0.00	*42	82.37	3.85	26.60	1060	853	26.82	2.29	\$0.683

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

% of Calories				5.22%		*28.9%	14.9%	0.0%		61.0%		19.7%				
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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.