

Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020							
IV Breakfast K-5	Total						
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Apple Jacks	1 each	110	160	24.0	1.0	0.50	0.00
Cereal, Frosted Flakes	1 each	100	160	24.0	0.0	0.00	0.00
Cereal, Cheerios	bowl	100	140	20.0	2.0	0.50	0.00
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		452	469	88.11	6.54	1.51	*0.00
% of Calories				78.0%	13.0%	3.0%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 03/03/2020							
IV Breakfast K-5	Total						
Pancake, mini Maple Flavor	serving	210	320	35.0	6.0	1.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		484	626	73.77	13.09	3.02	0.00
% of Calories				61.0%	24.3%	5.6%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 03/04/2020							
IV Breakfast K-5	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Breakfast Wrap	Wrap	200	290	17.0	10.0	4.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		277	386	47.13	3.70	1.31	0.00
% of Calories				68.0%	12.0%	4.3%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/05/2020							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Pancake, Mini, Berry	pack	210	310	35.0	6.0	1.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		429	470	73.79	8.35	1.96	0.00
% of Calories				68.9%	17.5%	4.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 03/06/2020							
IV Breakfast K-5	Total						
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Poptart, Variety	SERVINGS	183	187	38.22	2.71	1.00	0.01
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		449	498	71.33	10.28	5.06	0.00
% of Calories				63.5%	20.6%	10.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 03/09/2020							
IV Breakfast K-5	Total						
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Apple Jacks	1 each	110	160	24.0	1.0	0.50	0.00
Cereal, Frosted Flakes	1 each	100	160	24.0	0.0	0.00	0.00
Cereal, Cheerios	1 bowl	100	140	20.0	2.0	0.50	0.00
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		452	469	88.11	6.54	1.51	*0.00
% of Calories				78.0%	13.0%	3.0%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

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Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/10/2020							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Pancake, Mini, Berry	pack	210	310	35.0	6.0	1.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		429	470	73.79	8.35	1.96	0.00
% of Calories				68.9%	17.5%	4.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 03/11/2020							
IV Breakfast K-5	Total						
Pancake, mini Maple Flavor	serving	210	320	35.0	6.0	1.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		484	626	73.77	13.09	3.02	0.00
% of Calories				61.0%	24.3%	5.6%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 03/12/2020							
IV Breakfast K-5	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Breakfast Wrap	Wrap	200	290	17.0	10.0	4.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		277	386	47.13	3.70	1.31	0.00
% of Calories				68.0%	12.0%	4.3%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 03/13/2020							
IV Breakfast K-5	Total						
Breakfast Wrap	Wrap	200	290	17.0	10.0	4.00	0.00
Poptart, Variety	SERVINGS	183	187	38.22	2.71	1.00	0.01
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00

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Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		462	500	70.54 61.0%	11.30 22.0%	5.58 10.9%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 03/16/2020							
IV Breakfast K-5	Total						
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Apple Jacks	1 each	110	160	24.0	1.0	0.50	0.00
Cereal, Frosted Flakes	1 each	100	160	24.0	0.0	0.00	0.00
Cereal, Cheerios	1 bowl	100	140	20.0	2.0	0.50	0.00
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		452	469	88.11 78.0%	6.54 13.0%	1.51 3.0%	*0.00 *0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 03/17/2020							
IV Breakfast K-5	Total						
Pancake, mini Maple Flavor	1 serving	210	320	35.0	6.0	1.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		484	626	73.77 61.0%	13.09 24.3%	3.02 5.6%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 03/18/2020							
IV Breakfast K-5	Total						
Pizza, Breakfast WG, Sausage	1 slice	218	680	21.77	9.52	3.40	0.00
Breakfast Wrap	1 Wrap	200	290	17.0	10.0	4.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		277	386	47.13 68.0%	3.70 12.0%	1.31 4.3%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/19/2020							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Pancake, Mini, Berry	pack	210	310	35.0	6.0	1.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		429	470	73.79	8.35	1.96	0.00
% of Calories				68.9%	17.5%	4.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 03/20/2020							
IV Breakfast K-5	Total						
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Poptart, Variety	SERVINGS	183	187	38.22	2.71	1.00	0.01
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		449	498	71.33	10.28	5.06	0.00
% of Calories				63.5%	20.6%	10.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 03/30/2020							
IV Breakfast K-5	Total						
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Apple Jacks	1 each	110	160	24.0	1.0	0.50	0.00
Cereal, Frosted Flakes	1 each	100	160	24.0	0.0	0.00	0.00
Cereal, Cheerios	1 bowl	100	140	20.0	2.0	0.50	0.00
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		452	469	88.11	6.54	1.51	*0.00
% of Calories				78.0%	13.0%	3.0%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

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Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/31/2020							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Pancake, Mini, Berry	pack	210	310	35.0	6.0	1.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		429	470	73.79	8.35	1.96	0.00
% of Calories				68.9%	17.5%	4.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Weighted Average		422	487	71.97 68.3%	8.34 17.8%	2.51 5.4%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	422		350 - 500	100%				
Sodium (mg)	487		540					
Carbohydrate (g)	71.97	68.30%						
Total Fat (g)	8.34	17.81%						
Saturated Fat (g)	2.51	5.35%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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