

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

Menu Name: PC Breakfast K-5 **Include Cost:** No
Site: 7 - Pinecrest Elementary School **Report Style:** Detailed

Thursday - 10/01/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990071 Sausage Patty	1.5 OZ	150	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	150	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			572	10.51	886	*15	27.02	0.00	37	59.17	1.00	19.89	339	271.4	0.60	2.35
% of Calories				16.54%		*10.5%	42.5%	0.0%		41.4%		13.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 10/02/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001511 French Toast Sticks: 3	3 PIECES	150	225	2.25	300	11	9.75	0.00	0	32.25	2.25	4.50	56	0.0	0.00	1.08
001470 Sausage Link; 1 link	1 link	150	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			477	4.25	623	*23	16.75	0.00	27	63.36	2.25	16.38	395	171.2	0.60	1.62
% of Calories				8.02%		*19.3%	31.6%	0.0%		53.1%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Saturday - 10/03/2020

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001534 Cereal Bowl: Trix	BOWL	20	110	0.00	140	7	1.00	0.00	0	24.00	1.00	1.00	300	80.0	3.60	3.60
990001 Juice, Apple	CARTON	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			278	0.00	275	*19	1.00	0.00	8	53.66	1.00	8.82	680	279.2	4.05	3.75
% of Calories				0.00%		*27.3%	3.2%	0.0%		77.2%		12.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 10/05/2020

Reimbursable Meal Total 150

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990071 Sausage Patty	1.5 OZ	150	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	150	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			572	10.51	886	*15	27.02	0.00	37	59.17	1.00	19.89	339	271.4	0.60	2.35
% of Calories				16.54%		*10.5%	42.5%	0.0%		41.4%		13.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 10/06/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001511 French Toast Sticks: 3	3 PIECES	150	225	2.25	300	11	9.75	0.00	0	32.25	2.25	4.50	56	0.0	0.00	1.08
001470 Sausage Link; 1 link	1 link	150	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			477	4.25	623	*23	16.75	0.00	27	63.36	2.25	16.38	395	171.2	0.60	1.62
% of Calories				8.02%		*19.3%	31.6%	0.0%		53.1%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 10/07/2020

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900343 Muffin, Blueberry WG	each	20	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
990001 Juice, Apple	CARTON	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			328	0.50	260	*25	5.00	0.00	28	55.66	1.00	9.82	445	219.2	0.45	0.87
% of Calories				1.37%		*30.5%	13.7%	0.0%		67.9%		12.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 10/08/2020

Reimbursable Meal Total 105

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001631 Strudel Stick, Apple	EACH	105	210	1.50	280	11	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	2.52

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001499 Cheese, String, Mozz	1 OZ	105	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900319 Juice, Orange 4 oz.	4 oz.	105	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	80	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			464	5.00	576	*23	12.00	0.00	22	68.93	2.00	18.92	807	1062.1	30.69	2.94
% of Calories				9.70%		*19.8%	23.3%	0.0%		59.4%		16.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 10/09/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001744 MINI PANCAKE BITES WG 2019	SERVINGS	150	540	7.50	840	12	27.00	0.00	75	45.00	9.00	18.00	0	60.0	0.00	5.40
900314 Juice, Fruit Punch 4 oz, shelf	4.23 oz.	150	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			712	7.50	995	*25	27.00	0.00	82	77.10	9.00	25.88	779	251.2	60.60	5.58
% of Calories				9.48%		*14.0%	34.1%	0.0%		43.3%		14.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Saturday - 10/10/2020

Reimbursable Meal Total 20

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900343 Muffin, Blueberry WG	each	20	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
990001 Juice, Apple	CARTON	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			328	0.50	260	*25	5.00	0.00	28	55.66	1.00	9.82	445	219.2	0.45	0.87
% of Calories				1.37%		*30.5%	13.7%	0.0%		67.9%		12.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 10/12/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001583 Waffles, Mini Maple	EACH	150	210	1.00	170	13	6.00	0.00	4	38.00	3.00	4.00	65	20.0	0.00	0.72
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			382	1.00	315	*25	6.00	0.00	11	69.11	3.00	11.88	404	191.2	0.60	0.90
% of Calories				2.36%		*26.2%	14.1%	0.0%		72.4%		12.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 10/13/2020

Reimbursable Meal Total 150

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900040 Cinnamon Roll (WG)	each	150	220	2.00	240	16	7.00	0.00	40	35.00	2.00	5.00	200	40.0	3.00	1.80
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			392	2.00	385	*28	7.00	0.00	47	66.11	2.00	12.88	539	211.2	3.60	1.98
% of Calories				4.59%		*28.6%	16.1%	0.0%		67.5%		13.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 10/15/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	150	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
000303 Chicken Patty for Biscuit	EACH	150	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			512	6.01	766	*15	15.02	0.00	37	66.17	2.00	21.89	369	321.4	0.60	1.63
% of Calories				10.56%		*11.7%	26.4%	0.0%		51.7%		17.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 10/16/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001779 Breakfast Pizza, IW 2019	servings	150	182	3.22	322	3	7.51	0.00	16	19.31	2.15	9.66	0	160.9	0.00	1.16
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			354	3.22	467	*15	7.51	0.00	23	50.42	2.15	17.54	339	332.1	0.60	1.34
% of Calories				8.19%		*16.9%	19.1%	0.0%		57.0%		19.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 10/19/2020

Reimbursable Meal Total 150

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	150	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
000303 Chicken Patty for Biscuit	EACH	150	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			512	6.01	766	*15	15.02	0.00	37	66.17	2.00	21.89	369	321.4	0.60	1.63
% of Calories				10.56%		*11.7%	26.4%	0.0%		51.7%		17.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 10/20/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001779 Breakfast Pizza, IW 2019	servings	150	182	3.22	322	3	7.51	0.00	16	19.31	2.15	9.66	0	160.9	0.00	1.16
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			354	3.22	467	*15	7.51	0.00	23	50.42	2.15	17.54	339	332.1	0.60	1.34
% of Calories				8.19%		*16.9%	19.1%	0.0%		57.0%		19.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

Wednesday - 10/21/2020

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001534 Cereal Bowl: Trix	BOWL	20	110	0.00	140	7	1.00	0.00	0	24.00	1.00	1.00	300	80.0	3.60	3.60
990001 Juice, Apple	CARTON	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			278	0.00	275	*19	1.00	0.00	8	53.66	1.00	8.82	680	279.2	4.05	3.75
% of Calories				0.00%		*27.3%	3.2%	0.0%		77.2%		12.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 10/22/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001583 Waffles, Mini Maple	EACH	150	210	1.00	170	13	6.00	0.00	4	38.00	3.00	4.00	65	20.0	0.00	0.72
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			382	1.00	315	*25	6.00	0.00	11	69.11	3.00	11.88	404	191.2	0.60	0.90
% of Calories				2.36%		*26.2%	14.1%	0.0%		72.4%		12.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 10/23/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900040 Cinnamon Roll (WG)	each	150	220	2.00	240	16	7.00	0.00	40	35.00	2.00	5.00	200	40.0	3.00	1.80
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			392	2.00	385	*28	7.00	0.00	47	66.11	2.00	12.88	539	211.2	3.60	1.98
% of Calories				4.59%		*28.6%	16.1%	0.0%		67.5%		13.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Saturday - 10/24/2020

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001534 Cereal Bowl: Trix	BOWL	20	110	0.00	140	7	1.00	0.00	0	24.00	1.00	1.00	300	80.0	3.60	3.60

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990001 Juice, Apple	CARTON	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			278	0.00	275	*19	1.00	0.00	8	53.66	1.00	8.82	680	279.2	4.05	3.75
% of Calories				0.00%		*27.3%	3.2%	0.0%		77.2%		12.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 10/26/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001744 MINI PANCAKE BITES WG 2019	SERVINGS	150	540	7.50	840	12	27.00	0.00	75	45.00	9.00	18.00	0	60.0	0.00	5.40
900314 Juice, Fruit Punch 4 oz, shelf	4.23 oz.	150	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			712	7.50	995	*25	27.00	0.00	82	77.10	9.00	25.88	779	251.2	60.60	5.58
% of Calories				9.48%		*14.0%	34.1%	0.0%		43.3%		14.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 10/27/2020

Reimbursable Meal Total 20

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000269 Muffin, Assorted	Each	20	146	0.47	111	11	4.23	0.00	19	24.50	1.27	2.13	56	15.1	17.73	0.73
900308 Juice, Apple 6 oz.	6 oz.	20	80	0.00	15	17	0.00	0.00	0	20.00	0.00	0.00	85	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			333	0.47	256	*28	4.23	0.00	28	60.16	1.27	9.95	461	214.3	18.18	0.88
% of Calories				1.27%		*33.6%	11.4%	0.0%		72.3%		12.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 10/28/2020

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900343 Muffin, Blueberry WG	each	20	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
990001 Juice, Apple	CARTON	20	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			328	0.50	260	*25	5.00	0.00	28	55.66	1.00	9.82	445	219.2	0.45	0.87
% of Calories				1.37%		*30.5%	13.7%	0.0%		67.9%		12.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 10/29/2020

Reimbursable Meal Total 150

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990071 Sausage Patty	1.5 OZ	150	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	150	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			572	10.51	886	*15	27.02	0.00	37	59.17	1.00	19.89	339	271.4	0.60	2.35
% of Calories				16.54%		*10.5%	42.5%	0.0%		41.4%		13.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 10/30/2020

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001511 French Toast Sticks: 3	3 PIECES	150	225	2.25	300	11	9.75	0.00	0	32.25	2.25	4.50	56	0.0	0.00	1.08
001470 Sausage Link; 1 link	1 link	150	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
990001 Juice, Apple	CARTON	150	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			477	4.25	623	*23	16.75	0.00	27	63.36	2.25	16.38	395	171.2	0.60	1.62
% of Calories				8.02%		*19.3%	31.6%	0.0%		53.1%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			436	4	534	*21	12.11	0.00	31	61.77	2.30	15.57	488	280	8.25	2.19
% of Calories				7.80%		*19.3%	25.0%	0.0%		56.7%		14.3%				

- *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
- ¹ - denotes required nutrient values
- ² - 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.