

Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

PC Breakfast K-5

Portion Values - Detailed

Page 1

Generated on: 2/21/2020 10:56:06 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020							
PC Breakfast K-5	Total						
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Yogurt Choice	4 oz	80	65	16.03	0.0	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		372	362	72.20	6.09	1.51	0.00
% of Calories				77.6%	14.7%	3.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 03/03/2020							
PC Breakfast K-5	Total						
Pancake, Mini, Berry	pack	210	310	35.0	6.0	1.00	0.00
Pancakes, Mini, Maple	pouch	210	320	35.0	6.0	1.00	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		306	362	55.61	6.07	1.01	0.00
% of Calories				72.6%	17.8%	3.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 03/04/2020							
PC Breakfast K-5	Total						
Biscuit, So.Style WG 2.51oz	Biscuits	84	135	10.76	3.59	1.79	0.00
Sausage Patty	1.5 OZ	190	320	0.0	18.0	6.00	0.00
Chicken Patty for Biscuit	1 EACH	130	200	7.0	6.0	1.50	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		384	452	43.98	17.60	6.29	0.00
% of Calories				45.8%	41.2%	14.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 03/05/2020							
PC Breakfast K-5	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		322	601	43.54	11.07	3.68	0.00
% of Calories				54.2%	31.0%	10.3%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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

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Page 2

Generated on: 2/21/2020 10:56:06 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/06/2020							
PC Breakfast K-5	Total						
French Toast Sticks: 3	3 PIECES	225	300	32.25	9.75	2.25	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	Each	80	30	20.0	0.0	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		466	536	70.73	16.84	4.26	0.00
% of Calories				60.7%	32.5%	8.2%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 03/09/2020							
PC Breakfast K-5	Total						
Pancakes (2)	2 PANCAKES	160	260	27.33	4.0	0.67	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	Each	80	30	20.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		421	499	70.59	11.02	2.67	0.00
% of Calories				67.0%	23.5%	5.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 03/10/2020							
PC Breakfast K-5	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		360	273	68.40	7.09	2.01	*0.00
% of Calories				76.0%	17.7%	5.0%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 03/11/2020							
PC Breakfast K-5	Total						
Biscuit, So.Style WG 2.51oz	Biscuits	84	135	10.76	3.59	1.79	0.00
Sausage Patty	1.5 OZ	190	320	0.0	18.0	6.00	0.00
Chicken Patty for Biscuit	1 EACH	130	200	7.0	6.0	1.50	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00

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Page 3

Generated on: 2/21/2020 10:56:06 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		384	452	43.98 45.8%	17.60 41.2%	6.29 14.7%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 03/12/2020							
PC Breakfast K-5	Total						
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	0.00
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		298	601	45.07 60.4%	7.72 23.3%	2.68 8.1%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 03/13/2020							
PC Breakfast K-5	Total						
French Toast Sticks: 3	3 PIECES	225	300	32.25	9.75	2.25	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	Each	80	30	20.0	0.0	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		466	536	70.73 60.7%	16.84 32.5%	4.26 8.2%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 03/16/2020							
PC Breakfast K-5	Total						
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Yogurt Choice	4 oz	80	65	16.03	0.0	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		372	362	72.20 77.6%	6.09 14.7%	1.51 3.7%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

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Page 4

Generated on: 2/21/2020 10:56:06 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/17/2020							
PC Breakfast K-5	Total						
Pancake, Mini, Berry	pack	210	310	35.0	6.0	1.00	0.00
Pancakes, Mini, Maple	pouch	210	320	35.0	6.0	1.00	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		306	362	55.61	6.07	1.01	0.00
% of Calories				72.6%	17.8%	3.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 03/18/2020							
PC Breakfast K-5	Total						
Biscuit, So.Style WG 2.51oz	Biscuits	84	135	10.76	3.59	1.79	0.00
Sausage Patty	1.5 OZ	190	320	0.0	18.0	6.00	0.00
Chicken Patty for Biscuit	1 EACH	130	200	7.0	6.0	1.50	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		384	452	43.98	17.60	6.29	0.00
% of Calories				45.8%	41.2%	14.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 03/19/2020							
PC Breakfast K-5	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		322	601	43.54	11.07	3.68	0.00
% of Calories				54.2%	31.0%	10.3%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 03/20/2020							
PC Breakfast K-5	Total						
French Toast Sticks: 3	3 PIECES	225	300	32.25	9.75	2.25	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	Each	80	30	20.0	0.0	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		466	536	70.73	16.84	4.26	0.00
% of Calories				60.7%	32.5%	8.2%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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Page 5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/30/2020							
PC Breakfast K-5	Total						
Pancakes (2)	2 PANCAKES	160	260	27.33	4.0	0.67	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	Each	80	30	20.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		421	499	70.59	11.02	2.67	0.00
% of Calories				67.0%	23.5%	5.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 03/31/2020							
PC Breakfast K-5	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		360	273	68.40	7.09	2.01	*0.00
% of Calories				76.0%	17.7%	5.0%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Weighted Average		377	456	59.40	11.40	3.30	*0.00
				63.0%	27.2%	7.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	377		350 - 500	100%				
Sodium (mg)	456		540					
Carbohydrate (g)	59.40	63.00%						
Total Fat (g)	11.40	27.20%						
Saturated Fat (g)	3.30	7.88%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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