

# Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

SHS Breakfast 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 03/02/2020</b>							
SHS Breakfast 9-12	Total						
Waffle Sticks: 4	2 each	200	293	29.33	6.67	0.67	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
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	30.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		617	580	107.31	15.03	3.01	0.00
% of Calories				69.5%	21.9%	4.4%	0.0%
Nutrient Guideline		450-600	640			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 03/03/2020</b>							
SHS Breakfast 9-12	Total						
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Sausage, smoked rope(2 oz=1M)	1 serving	178	523	1.98	16.79	5.93	0.00
Egg Scrambled Squares	1 EACH	45	125	1.0	3.0	1.00	0.00
Cereal Bar: Cocoa Puffs	1 EACH	150	110	30.0	3.0	0.50	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Weighted Daily Average		687	1092	86.20	30.57	11.43	0.00
% of Calories				50.2%	40.0%	15.0%	0.0%
Nutrient Guideline		450-600	640			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 03/04/2020</b>							
SHS Breakfast 9-12	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	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
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Graham Cracker Snack, Honey	EACH	110	140	20.0	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	30	13.0	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Weighted Daily Average		405	435	64.61	12.68	3.06	0.00
% of Calories				63.8%	28.2%	6.8%	0.0%
Nutrient Guideline		450-600	640			<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

SHS Breakfast 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 03/05/2020</b>							
SHS Breakfast 9-12	Total						
Pancake, mini Maple Flavor	1 serving	210	320	35.0	6.0	1.00	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	30.0	3.0	0.50	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Weighted Daily Average		532	517	102.72	9.28	1.50	0.00
% of Calories				77.3%	15.7%	2.5%	0.0%
Nutrient Guideline		450-600	640			<10.00	

<b>Fri - 03/06/2020</b>							
SHS Breakfast 9-12	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	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
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Weighted Daily Average		574	530	90.44	17.39	4.99	0.00
% of Calories				63.0%	27.3%	7.8%	0.0%
Nutrient Guideline		450-600	640			<10.00	

<b>Mon - 03/09/2020</b>							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	30.0	3.0	0.50	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		493	849	77.58	12.81	3.91	0.00
% of Calories				62.9%	23.4%	7.1%	0.0%
Nutrient Guideline		450-600	640			<10.00	

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Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

SHS Breakfast 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/10/2020							
SHS Breakfast 9-12	Total						
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	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
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	30.0	3.0	0.50	0.00
Graham Cracker Snack, Honey	EACH	110	140	20.0	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	30	13.0	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		438	637	73.60	9.17	2.22	0.00
% of Calories				67.2%	18.8%	4.6%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Wed - 03/11/2020							
SHS Breakfast 9-12	Total						
Waffle Sticks: 4	2 each	200	293	29.33	6.67	0.67	0.00
Sausage Link; 1 link	1 link	80	178	0.0	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
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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Weighted Daily Average		538	582	87.23	15.24	3.18	0.00
% of Calories				64.8%	25.5%	5.3%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Thu - 03/12/2020							
SHS Breakfast 9-12	Total						
Muffin, Blueberry WG	1 each	160	125	26.0	5.0	0.50	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		596	497	101.81	15.28	3.01	0.00
% of Calories				68.4%	23.1%	4.5%	0.0%
Nutrient Guideline		450-600	640			<10.00	

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Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

SHS Breakfast 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/13/2020							
SHS Breakfast 9-12	Total						
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	30.0	3.0	0.50	0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		231	219	38.71	5.79	1.18	0.00
% of Calories				67.1%	22.6%	4.6%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Mon - 03/16/2020							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Cereal Bar: Cocoa Puffs	1 EACH	150	110	30.0	3.0	0.50	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	0.00
Weighted Daily Average		538	841	88.13	12.29	4.04	0.00
% of Calories				65.5%	20.5%	6.7%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Tue - 03/17/2020							
SHS Breakfast 9-12	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Weighted Daily Average		384	410	53.15	14.13	4.24	0.00
% of Calories				55.4%	33.1%	9.9%	0.0%
Nutrient Guideline		450-600	640			<10.00	

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/18/2020							
SHS Breakfast 9-12	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Syrup, Ind.	1 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
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		556	651	83.51	20.03	5.01	0.00
% of Calories				60.0%	32.4%	8.1%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Thu - 03/19/2020							
SHS Breakfast 9-12	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
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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		368	540	51.22	13.03	3.00	0.00
% of Calories				55.6%	31.8%	7.3%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Fri - 03/20/2020							
SHS Breakfast 9-12	Total						
Waffle Sticks: 4	2 each	200	293	29.33	6.67	0.67	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
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	30.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		617	580	107.31	15.03	3.01	0.00
% of Calories				69.5%	21.9%	4.4%	0.0%
Nutrient Guideline		450-600	640			<10.00	

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Base Menu Spreadsheet

SHS Breakfast 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/30/2020							
SHS Breakfast 9-12	Total						
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Chicken Patty for Biscuit	1 EACH	130	200	7.0	6.0	1.50	0.00
Cereal Bar: Cocoa Puffs	1 EACH	150	110	30.0	3.0	0.50	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Weighted Daily Average		385	428	57.77	10.66	3.85	0.00
% of Calories				60.0%	24.9%	9.0%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Tue - 03/31/2020							
SHS Breakfast 9-12	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	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
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Graham Cracker Snack, Honey	EACH	110	140	20.0	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	30	13.0	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Weighted Daily Average		405	435	64.61	12.68	3.06	0.00
% of Calories				63.8%	28.2%	6.8%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Weighted Average		492	578	78.58	14.18	3.74	0.00
				63.9%	25.9%	6.8%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	492		450 - 600	100%				
Sodium (mg)	578		640					
Carbohydrate (g)	78.58	63.87%						
Total Fat (g)	14.18	25.94%						
Saturated Fat (g)	3.74	6.85%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® 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.