

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

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

Friday - 10/01/2021

Reimbursable Meal Total 527

	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)	Cost	
900266	French Toast Minis, choc. chip	1 package	527	210	1.50	270	10	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70	\$0.293
900319	Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
000814	Apples, Fresh (HUSSC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001426	MILK, 1% FAT	HALF PINT	179	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	347	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	1.51	410	*26	6.07	0.00	7	72.62	4.97	12.97	1155	974.4	32.46	3.05	\$0.447
% of Calories					3.38%		*25.9%	13.6%	0.0%		72.3%		12.9%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0											

Monday - 10/04/2021

Reimbursable Meal Total 527

	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)	Cost	
900154	Breakfast, Sausage Sandwich	sandwich	527	204	2.00	464	4	7.00	0.00	50	23.00	1.00	9.00	0	1.0	0.00	11.00	\$0.297
000086	Oranges	1/2 CUP	155	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	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
001426 MILK, 1% FAT	HALF PINT	179	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	347	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			394	2.01	608	*20	7.09	0.00	57	58.80	2.00	17.15	433	190.8	19.25	11.22	\$0.442
% of Calories				4.59%		*20.3%	16.2%	0.0%		59.7%		17.4%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Tuesday - 10/05/2021

Reimbursable Meal Total 527

	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)	Cost
000269 Muffin, Assorted	Each	527	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72	\$0.202
001515 Cheese, Mozz, String: 1oz	1 OZ	160	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10	\$0.242
990223 Raisins, Amazing Watermelon	each	160	110	0.00	10	22	0.00	0.00	0	25.00	2.00	1.00	0	22.0	0.00	0.72	\$0.294
900319 Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
001426 MILK, 1% FAT	HALF PINT	179	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	347	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			383	1.55	312	*32	6.41	0.00	30	65.41	1.59	11.95	749	956.5	47.37	1.27	\$0.468
% of Calories				3.64%		*33.4%	15.1%	0.0%		68.3%		12.5%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Wednesday - 10/06/2021

Reimbursable Meal Total 527

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
900506 Yogurt, Go-Gurt, Strawberry	each	527	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00	\$0.399
001454 Graham Cracker Snack, Honey	EACH	527	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00	\$0.137
000086 Oranges	1/2 CUP	155	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	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
001426 MILK, 1% FAT	HALF PINT	179	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	347	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			370	0.01	314	*37	3.59	0.00	8	68.80	8.00	11.44	1113	294.8	22.25	2.22	\$0.681
% of Calories				0.02%		*40.0%	8.7%	0.0%		74.4%		12.4%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Thursday - 10/07/2021

Reimbursable Meal Total 531

	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)	Cost
001630 Strudel Stick, Cherry 2016	EACH	531	210	1.50	280	11	6.00	0.00	0	37.00	2.00	5.00	0	0.0	0.00	2.52	\$0.435
001499 Cheese, String, Mozz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10	\$0.242
900319 Juice, Orange 4 oz.	4 oz.	531	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001426 MILK, 1% FAT	HALF PINT	194	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

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	297	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			418	2.60	453	*27	7.93	0.00	12	72.19	2.97	14.24	709	934.6	32.36	2.88	\$0.664
% of Calories				5.60%		*25.8%	17.1%	0.0%		69.1%		13.6%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Friday - 10/08/2021

Reimbursable Meal Total 527

	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)	Cost
990227 Sunrise Stick	Each	0	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
001085 Bananas	1/2 cup	155	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
990001 Juice, Apple	CARTON	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
001426 MILK, 1% FAT	HALF PINT	179	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	346	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			191	0.02	144	*15	0.07	0.00	7	36.01	0.57	8.09	354	172.9	2.51	0.24	\$0.116
% of Calories				0.09%		*31.4%	0.3%	0.0%		75.4%		16.9%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Monday - 10/11/2021

Reimbursable Meal Total 527

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
990263 IW B'fast English Muffin E/C WG	1 Each	527	209	2.20	529	2	6.61	0.00	72	25.33	1.10	13.22	0	209.2	*N/A*	1.76	\$0.859
990001 Juice, Apple	CARTON	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
000086 Oranges	1/2 CUP	155	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	179	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	346	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			399	2.21	673	*18	6.69	0.00	79	61.09	2.10	21.35	433	398.9	*19.25	1.98	\$1.004
% of Calories				4.98%		*18.0%	15.1%	0.0%		61.2%		21.4%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Tuesday - 10/12/2021

Reimbursable Meal Total 527

	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)	Cost
000918 Pancake/Sausage on a Stick	Serving	527	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	0.00	0.00	\$0.426
001005 Applesauce Cup	SERVING	165	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
900319 Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
001426 MILK, 1% FAT	HALF PINT	179	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

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	346	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			354	1.69	548	*19	5.63	0.00	18	56.59	2.98	16.86	633	871.8	39.26	0.43	\$0.627
% of Calories				4.30%		*21.5%	14.3%	0.0%		63.9%		19.1%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Wednesday - 10/13/2021

Reimbursable Meal Total 527

	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)	Cost
990215 Donut Holes	3 pieces	527	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40	\$0.214
000086 Oranges	1/2 CUP	155	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	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
001426 MILK, 1% FAT	HALF PINT	179	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	346	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			330	3.51	294	*19	8.09	0.00	7	50.76	2.00	10.14	439	196.5	19.25	0.62	\$0.359
% of Calories				9.57%		*23.0%	22.1%	0.0%		61.5%		12.3%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Thursday - 10/14/2021

Reimbursable Meal Total 527

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
990257 IW B'fast Turkey Ham Cheese Croissant (Osborn)	1 each	527	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	\$0.850
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
900319 Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
001426 MILK, 1% FAT	HALF PINT	179	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	347	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			*192	*0.01	*140	*16	*0.07	*0.00	*7	*36.62	*0.97	*7.97	*655	*874.4	*32.46	*0.35	\$1.004
% of Calories				*0.05%		*33.3%	*0.3%	*0.0%		*76.3%		*16.6%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Friday - 10/15/2021

Reimbursable Meal Total 527

	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)	Cost
990236 Cinnamon Toast Crunch Soft Bar	each	527	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00	\$0.282
990001 Juice, Apple	CARTON	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
000086 Oranges	1/2 CUP	155	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	179	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

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	347	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			450	2.51	434	*31	8.09	0.00	12	76.80	4.00	8.15	433	189.8	19.25	0.22	\$0.427
% of Calories				5.02%		*27.6%	16.2%	0.0%		68.3%		7.2%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Tuesday - 10/19/2021

Reimbursable Meal Total 527

	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)	Cost
001589 Cereal Bar, Cinnamon Toast Cru	EACH	527	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80	\$0.339
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10	\$0.242
990001 Juice, Apple	CARTON	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
000998 Raisins, Individual Box	Box	155	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00	\$0.237
001426 MILK, 1% FAT	HALF PINT	179	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	346	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			386	1.60	308	*29	4.88	0.00	12	71.02	3.67	13.06	442	443.3	0.59	2.01	\$0.579
% of Calories				3.73%		*30.1%	11.4%	0.0%		73.6%		13.5%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Wednesday - 10/20/2021

Reimbursable Meal Total 527

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
990287 POWERBITES (OSBORN)	SERVINGS	527	240	6.00	620	1	18.00	0.00	85	7.00	0.00	12.00	0	0.0	0.00	0.00	\$0.833
001454 Graham Cracker Snack, Honey	EACH	527	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00	\$0.137
900319 Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
000814 Apples, Fresh (HUSCC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001426 MILK, 1% FAT	HALF PINT	179	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	247	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			520	6.01	869	*28	21.07	0.00	91	59.82	7.97	19.74	898	857.6	35.29	2.30	\$1.124
% of Calories				10.40%		*21.5%	36.5%	0.0%		46.0%		15.2%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Thursday - 10/21/2021

Reimbursable Meal Total 527

	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)	Cost
001804 NutriGrain Bar - SWP 2020	Each	527	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80	\$0.253
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10	\$0.242
000814 Apples, Fresh (HUSCC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
900319 Juice, Orange 4 oz.	4 oz.	827	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
001426 MILK, 1% FAT	HALF PINT	179	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

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	346	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			411	1.61	316	*37	5.95	0.00	12	74.86	3.97	11.83	1668	1537.5	49.54	2.25	\$0.539
% of Calories				3.53%		*36.0%	13.0%	0.0%		72.9%		11.5%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Friday - 10/22/2021

Reimbursable Meal Total 527

	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)	Cost
990269 BITES, FRENCH TOAST WG	SERVINGS	572	192	5.04	272	7	12.10	0.00	15	19.16	1.01	2.02	0	0.0	0.00	2.02	\$0.250
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10	\$0.242
990001 Juice, Apple	CARTON	572	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
000086 Oranges	1/2 CUP	155	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	179	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	346	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			428	6.58	487	*24	15.10	0.00	28	58.07	2.09	12.21	500	254.4	19.25	2.44	\$0.500
% of Calories				13.84%		*22.4%	31.8%	0.0%		54.3%		11.4%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Monday - 10/25/2021

Reimbursable Meal Total 527

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
001586 Mini Cinnis	servings	527	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00	\$0.506
001515 Cheese, Mozz, String: 1oz	1 OZ	165	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10	\$0.242
000086 Oranges	1/2 CUP	155	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	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
001426 MILK, 1% FAT	HALF PINT	179	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	346	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			448	3.05	482	*30	9.73	0.00	12	74.89	2.94	14.87	568	293.3	19.25	0.25	\$0.727
% of Calories				6.13%		*26.8%	19.5%	0.0%		66.9%		13.3%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Tuesday - 10/26/2021

Reimbursable Meal Total 527

	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)	Cost
000918 Pancake/Sausage on a Stick	Serving	527	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	0.00	0.00	\$0.426
001005 Applesauce Cup	SERVING	155	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
900319 Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
001426 MILK, 1% FAT	HALF PINT	179	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

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	346	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			353	1.69	548	*19	5.63	0.00	18	56.13	2.93	16.86	633	871.8	38.74	0.42	\$0.621
% of Calories				4.31%		*21.5%	14.4%	0.0%		63.6%		19.1%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Wednesday - 10/27/2021

Reimbursable Meal Total 527

	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)	Cost
990318 MINI DONUTS, POWDERED, WG (OSBORN)	each	527	310	5.00	250	29	11.00	0.00	20	52.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.554
990215 Donut Holes	3 pieces	0	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40	\$0.214
990001 Juice, Apple	CARTON	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
000086 Oranges	1/2 CUP	155	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	179	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	346	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			500	5.01	394	*45	11.09	0.00	27	87.76	3.00	11.14	*433	*189.6	*19.25	*0.22	\$0.699
% of Calories				9.02%		*36.0%	20.0%	0.0%		70.2%		8.9%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Thursday - 10/28/2021

Reimbursable Meal Total 527

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
990267 CRESCENT ROLLS, GRAPE-FILLED	EACH	527	220	1.00	260	9	5.99	0.00	0	34.96	2.00	4.99	0	0.0	0.00	1.60	\$0.307
900319 Juice, Orange 4 oz.	4 oz.	527	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
001085 Bananas	1/2 cup	155	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
001426 MILK, 1% FAT	HALF PINT	179	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	346	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			411	1.02	399	*24	6.07	0.00	7	70.97	2.57	13.08	647	872.9	32.51	1.96	\$0.430
% of Calories				2.23%		*23.4%	13.3%	0.0%		69.1%		12.7%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Friday - 10/29/2021

Reimbursable Meal Total 527

	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)	Cost
001582 Waffles, Mini Blueberry	EACH	527	210	1.00	180	12	6.00	0.00	4	37.00	3.00	4.00	60	20.0	0.00	0.72	\$0.570
001085 Bananas	1/2 cup	155	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
990001 Juice, Apple	CARTON	527	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00	\$0.090
001426 MILK, 1% FAT	HALF PINT	179	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

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	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)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	346	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			401	1.02	324	*27	6.07	0.00	11	73.01	3.57	12.09	414	192.9	2.51	0.96	\$0.686
% of Calories				2.29%		*26.9%	13.6%	0.0%		72.8%		12.1%					
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)	Cost
Weighted Averages			*387	*2.26	*423	*26	*7.27	*0.00	*23	*64.11	*3.24	*13.26	*665	*578.4	*25.13	*1.86	\$0.607
% of Calories				*5.26%		*26.9%	*16.9%	*0.0%		*66.3%		*13.7%					

- *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.