

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

**Menu Name:** PC Breakfast K-5 **Include Cost:** Yes  
**Site:** 7 - Pinecrest Elementary School **Report Style:** Detailed

### Friday - 10/01/2021 Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001586 Mini Cinnis	servings	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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			474	1.96	446	*36	7.90	0.00	7	88.17	3.52	13.16	664	343.1	27.58	0.44	\$0.875
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.4%		11.1%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Monday - 10/04/2021 Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900343 Muffin, Blueberry WG	each	400	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72	\$0.180
001515 Cheese, Mozz, String: 1oz	1 OZ	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	4.00	424	*26	11.00	0.00	42	60.03	1.00	15.91	635	524.1	13.88	1.04	\$0.525
% of Calories				8.61%		*24.9%	23.7%	0.0%		57.4%		15.2%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

## Tuesday - 10/05/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001582 Waffles, Mini Blueberry	EACH	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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			451	1.02	335	*34	6.14	0.00	11	86.36	4.58	12.31	652	324.3	27.58	1.16	\$0.939
% of Calories				2.04%		*30.2%	12.3%	0.0%		76.6%		10.9%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

## Wednesday - 10/06/2021

Reimbursable Meal Total 370

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001574 Poptart, Strawberry WG	EACH	370	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80	\$0.225
900506 Yogurt, Go-Gurt, Strawberry	each	370	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
900065 Juice Assortment	SERVING	370	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	370	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	270	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			491	1.02	364	*47	3.14	0.00	8	100.18	4.58	12.30	1497	507.7	27.56	2.23	\$0.993
% of Calories				1.87%		*38.3%	5.8%	0.0%		81.6%		10.0%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Thursday - 10/07/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001586 Mini Cinnis	servings	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	300	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			474	1.96	446	*36	7.90	0.00	7	88.17	3.52	13.16	664	343.1	27.58	0.44	\$0.875
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.4%		11.1%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Friday - 10/08/2021

Reimbursable Meal Total 434

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900154 Breakfast, Sausage Sandwich	sandwich	434	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
900065 Juice Assortment	SERVING	434	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	434	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	334	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			446	2.02	620	*26	7.14	0.00	56	72.53	2.58	17.32	587	302.0	27.59	11.44	\$0.666
% of Calories				4.08%		*23.3%	14.4%	0.0%		65.0%		15.5%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Monday - 10/11/2021

Reimbursable Meal Total 400

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900343 Muffin, Blueberry WG	each	400	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72	\$0.180
001515 Cheese, Mozz, String: 1oz	1 OZ	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	4.00	424	*26	11.00	0.00	42	60.03	1.00	15.91	635	524.1	13.88	1.04	\$0.525
% of Calories				8.61%		*24.9%	23.7%	0.0%		57.4%		15.2%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Tuesday - 10/12/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001582 Waffles, Mini Blueberry	EACH	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	300	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			451	1.02	335	*34	6.14	0.00	11	86.36	4.58	12.31	652	324.3	27.58	1.16	\$0.939
% of Calories				2.04%		*30.2%	12.3%	0.0%		76.6%		10.9%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Wednesday - 10/13/2021

Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001574 Poptart, Strawberry WG	EACH	370	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80	\$0.225
900506 Yogurt, Go-Gurt, Strawberry	each	370	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
900065 Juice Assortment	SERVING	370	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	370	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	270	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			491	1.02	364	*47	3.14	0.00	8	100.18	4.58	12.30	1497	507.7	27.56	2.23	\$0.993
% of Calories				1.87%		*38.3%	5.8%	0.0%		81.6%		10.0%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Thursday - 10/14/2021

Reimbursable Meal Total 400

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001586 Mini Cinnis	servings	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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			474	1.96	446	*36	7.90	0.00	7	88.17	3.52	13.16	664	343.1	27.58	0.44	\$0.875
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.4%		11.1%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Friday - 10/15/2021

Reimbursable Meal Total 434

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900154 Breakfast, Sausage Sandwich	sandwich	434	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
900065 Juice Assortment	SERVING	434	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	434	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	334	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			446	2.02	620	*26	7.14	0.00	56	72.53	2.58	17.32	587	302.0	27.59	11.44	\$0.666
% of Calories				4.08%		*23.3%	14.4%	0.0%		65.0%		15.5%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Tuesday - 10/19/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001582 Waffles, Mini Blueberry	EACH	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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			451	1.02	335	*34	6.14	0.00	11	86.36	4.58	12.31	652	324.3	27.58	1.16	\$0.939
% of Calories				2.04%		*30.2%	12.3%	0.0%		76.6%		10.9%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Wednesday - 10/20/2021

Reimbursable Meal Total 370



# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001574 Poptart, Strawberry WG	EACH	370	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80	\$0.225
900506 Yogurt, Go-Gurt, Strawberry	each	370	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
900065 Juice Assortment	SERVING	370	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	370	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	270	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			491	1.02	364	*47	3.14	0.00	8	100.18	4.58	12.30	1497	507.7	27.56	2.23	\$0.993
% of Calories				1.87%		*38.3%	5.8%	0.0%		81.6%		10.0%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Thursday - 10/21/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001586 Mini Cinnis	servings	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	300	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			474	1.96	446	*36	7.90	0.00	7	88.17	3.52	13.16	664	343.1	27.58	0.44	\$0.875
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.4%		11.1%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Friday - 10/22/2021

Reimbursable Meal Total 434

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900154 Breakfast, Sausage Sandwich	sandwich	434	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
900065 Juice Assortment	SERVING	434	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	434	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	334	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			446	2.02	620	*26	7.14	0.00	56	72.53	2.58	17.32	587	302.0	27.59	11.44	\$0.666
% of Calories				4.08%		*23.3%	14.4%	0.0%		65.0%		15.5%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Monday - 10/25/2021

Reimbursable Meal Total 400

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900343 Muffin, Blueberry WG	each	400	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72	\$0.180
001515 Cheese, Mozz, String: 1oz	1 OZ	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	4.00	424	*26	11.00	0.00	42	60.03	1.00	15.91	635	524.1	13.88	1.04	\$0.525
% of Calories				8.61%		*24.9%	23.7%	0.0%		57.4%		15.2%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

Tuesday - 10/26/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001582 Waffles, Mini Blueberry	EACH	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	300	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			451	1.02	335	*34	6.14	0.00	11	86.36	4.58	12.31	652	324.3	27.58	1.16	\$0.939
% of Calories				2.04%		*30.2%	12.3%	0.0%		76.6%		10.9%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Wednesday - 10/27/2021

Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001574 Poptart, Strawberry WG	EACH	370	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80	\$0.225
900506 Yogurt, Go-Gurt, Strawberry	each	370	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
900065 Juice Assortment	SERVING	370	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	370	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	270	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			491	1.02	364	*47	3.14	0.00	8	100.18	4.58	12.30	1497	507.7	27.56	2.23	\$0.993
% of Calories				1.87%		*38.3%	5.8%	0.0%		81.6%		10.0%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Thursday - 10/28/2021

Reimbursable Meal Total 400

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001586 Mini Cinnis	servings	400	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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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			474	1.96	446	*36	7.90	0.00	7	88.17	3.52	13.16	664	343.1	27.58	0.44	\$0.875
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.4%		11.1%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

### Friday - 10/29/2021

Reimbursable Meal Total 434

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
900154 Breakfast, Sausage Sandwich	sandwich	434	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
900065 Juice Assortment	SERVING	434	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	434	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	334	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			446	2.02	620	*26	7.14	0.00	56	72.53	2.58	17.32	587	302.0	27.59	11.44	\$0.666
% of Calories				4.08%		*23.3%	14.4%	0.0%		65.0%		15.5%					
Weekly Nutrient Guideline			350 - 500	<10	540		<=0										

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			459	2	439	*34	6.91	0.00	23	82.86	3.38	14.06	808	391	25.52	3.23	\$0.817
% of Calories				3.73%		*29.6%	13.5%	0.0%		72.2%		12.3%					

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.**