

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Menu Name: SHS Breakfast 9-12 **Include Cost:** Yes
Site: 8 - Sylacauga High School **Report Style:** Detailed

Monday - 10/04/2021

Reimbursable Meal Total 409

| | 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 | 409 | 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 | 409 | 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 | 409 | 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 |
| 000339 Fruit, Canned, Assorted | 1/2 CUP | 0 | 74 | 0.00 | 9 | 15 | 0.03 | 0.00 | 0 | 18.68 | 1.17 | 0.10 | 92 | 3.4 | 3.69 | 0.18 | \$0.233 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 20 | 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 |
| 001428 MILK, FF SKIM | HALF PINT | 10 | 83 | 0.12 | 103 | 29 | 0.20 | 0.00 | 5 | 12.15 | 0.00 | 8.26 | 37 | 298.9 | 0.00 | 0.07 | \$0.005 |
| Weighted Daily Average | | | 306 | 3.99 | 289 | *27 | 10.59 | 0.00 | 33 | 43.98 | 0.98 | 8.56 | 377 | 374.9 | 30.02 | 0.85 | \$0.543 |
| % of Calories | | | | 11.74% | | *35.3% | 31.1% | 0.0% | | 57.5% | | 11.2% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Tuesday - 10/05/2021

Reimbursable Meal Total 407

| | 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 | 407 | 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 | 407 | 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 |

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 |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000339 Fruit, Canned, Assorted | 1/2 CUP | 0 | 74 | 0.00 | 9 | 15 | 0.03 | 0.00 | 0 | 18.68 | 1.17 | 0.10 | 92 | 3.4 | 3.69 | 0.18 | \$0.233 |
| 900065 Juice Assortment | SERVING | 407 | 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 |
| 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 | \$0.005 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 25 | 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 | | | 367 | 5.00 | 450 | *24 | 12.00 | 0.00 | 16 | 55.12 | 2.00 | 11.96 | 351 | 371.5 | 13.26 | 2.66 | \$0.775 |
| % of Calories | | | | 12.26% | | *26.2% | 29.4% | 0.0% | | 60.1% | | 13.0% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Wednesday - 10/06/2021

Reimbursable Meal Total 409

| | 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 | 409 | 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 |
| 900506 Yogurt, Go-Gurt, Strawberry | each | 409 | 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 |
| 001021 Fruit Cup - 4oz | 4 OZ. | 0 | 60 | 0.00 | 5 | *N/A* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 1.00 | 0 | 0.0 | 3.60 | 0.36 | \$0.335 |
| 900065 Juice Assortment | SERVING | 409 | 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 |
| 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 | \$0.005 |

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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 | 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 | \$0.005 |
| Weighted Daily Average | | | 303 | 0.50 | 174 | *37 | 4.50 | 0.00 | 2 | 59.38 | 3.00 | 4.66 | 1295 | 460.1 | 13.22 | 1.83 | \$0.750 |
| % of Calories | | | | 1.49% | | *48.8% | 13.4% | 0.0% | | 78.4% | | 6.2% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Friday - 10/08/2021

Reimbursable Meal Total 409

| | 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 |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001574 Poptart, Strawberry WG | EACH | 409 | 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 | 409 | 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 | 409 | 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 |
| 000339 Fruit, Canned, Assorted | 1/2 CUP | 0 | 74 | 0.00 | 9 | 15 | 0.03 | 0.00 | 0 | 18.68 | 1.17 | 0.10 | 92 | 3.4 | 3.69 | 0.18 | \$0.233 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 20 | 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 |
| 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 | \$0.005 |
| Weighted Daily Average | | | 322 | 1.00 | 224 | *38 | 3.00 | 0.00 | 2 | 67.45 | 3.00 | 4.58 | 1033 | 352.6 | 13.24 | 1.84 | \$0.722 |
| % of Calories | | | | 2.80% | | *47.2% | 8.4% | 0.0% | | 83.8% | | 5.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Wednesday - 10/13/2021

Reimbursable Meal Total 409

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 |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001574 Poptart, Strawberry WG | EACH | 409 | 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 | 409 | 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 | 409 | 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 |
| 000339 Fruit, Canned, Assorted | 1/2 CUP | 0 | 74 | 0.00 | 9 | 15 | 0.03 | 0.00 | 0 | 18.68 | 1.17 | 0.10 | 92 | 3.4 | 3.69 | 0.18 | \$0.233 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 20 | 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 |
| 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 | \$0.005 |
| Weighted Daily Average | | | 322 | 1.00 | 224 | *38 | 3.00 | 0.00 | 2 | 67.45 | 3.00 | 4.58 | 1033 | 352.6 | 13.24 | 1.84 | \$0.722 |
| % of Calories | | | | 2.80% | | *47.2% | 8.4% | 0.0% | | 83.8% | | 5.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Wednesday - 10/20/2021

Reimbursable Meal Total 409

| | 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 | 409 | 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 |
| 900506 Yogurt, Go-Gurt, Strawberry | each | 409 | 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 |
| 001021 Fruit Cup - 4oz | 4 OZ. | 0 | 60 | 0.00 | 5 | *N/A* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 1.00 | 0 | 0.0 | 3.60 | 0.36 | \$0.335 |
| 900065 Juice Assortment | SERVING | 409 | 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 |
| 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 | \$0.005 |

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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 | 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 | \$0.005 |
| Weighted Daily Average | | | 303 | 0.50 | 174 | *37 | 4.50 | 0.00 | 2 | 59.38 | 3.00 | 4.66 | 1295 | 460.1 | 13.22 | 1.83 | \$0.750 |
| % of Calories | | | | 1.49% | | *48.8% | 13.4% | 0.0% | | 78.4% | | 6.2% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Thursday - 10/21/2021

Reimbursable Meal Total 409

| | 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 |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001002 Poptart, Variety | SERVINGS | 409 | 183 | 1.00 | 187 | 16 | 2.71 | 0.01 | 0 | 38.22 | 2.98 | 2.36 | 505 | 101.0 | 0.00 | 1.82 | \$0.232 |
| 001515 Cheese, Mozz, String: 1oz | 1 OZ | 409 | 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 | 409 | 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 |
| 000339 Fruit, Canned, Assorted | 1/2 CUP | 0 | 74 | 0.00 | 9 | 15 | 0.03 | 0.00 | 0 | 18.68 | 1.17 | 0.10 | 92 | 3.4 | 3.69 | 0.18 | \$0.233 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 25 | 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 |
| 001428 MILK, FF SKIM | HALF PINT | 10 | 83 | 0.12 | 103 | 29 | 0.20 | 0.00 | 5 | 12.15 | 0.00 | 8.26 | 37 | 298.9 | 0.00 | 0.07 | \$0.005 |
| Weighted Daily Average | | | 336 | 4.50 | 354 | *30 | 8.72 | 0.01 | 15 | 55.94 | 2.98 | 9.05 | 830 | 462.3 | 13.26 | 1.96 | \$0.572 |
| % of Calories | | | | 12.05% | | *35.7% | 23.4% | 0.0% | | 66.6% | | 10.8% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Friday - 10/22/2021

Reimbursable Meal Total 407

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 |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001630 Strudel Stick, Cherry 2016 | EACH | 407 | 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 | 407 | 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 |
| 000339 Fruit, Canned, Assorted | 1/2 CUP | 0 | 74 | 0.00 | 9 | 15 | 0.03 | 0.00 | 0 | 18.68 | 1.17 | 0.10 | 92 | 3.4 | 3.69 | 0.18 | \$0.233 |
| 900065 Juice Assortment | SERVING | 407 | 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 |
| 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 | \$0.005 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 25 | 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 | | | 367 | 5.00 | 450 | *24 | 12.00 | 0.00 | 16 | 55.12 | 2.00 | 11.96 | 351 | 371.5 | 13.26 | 2.66 | \$0.775 |
| % of Calories | | | | 12.26% | | *26.2% | 29.4% | 0.0% | | 60.1% | | 13.0% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Monday - 10/25/2021

Reimbursable Meal Total 409

| | 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 | 409 | 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 | 409 | 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 | 409 | 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 |
| 000339 Fruit, Canned, Assorted | 1/2 CUP | 0 | 74 | 0.00 | 9 | 15 | 0.03 | 0.00 | 0 | 18.68 | 1.17 | 0.10 | 92 | 3.4 | 3.69 | 0.18 | \$0.233 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 20 | 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 |

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|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001428 MILK, FF SKIM | HALF PINT | 10 | 83 | 0.12 | 103 | 29 | 0.20 | 0.00 | 5 | 12.15 | 0.00 | 8.26 | 37 | 298.9 | 0.00 | 0.07 | \$0.005 |
| Weighted Daily Average | | | 306 | 3.99 | 289 | *27 | 10.59 | 0.00 | 33 | 43.98 | 0.98 | 8.56 | 377 | 374.9 | 30.02 | 0.85 | \$0.543 |
| % of Calories | | | | 11.74% | | *35.3% | 31.1% | 0.0% | | 57.5% | | 11.2% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Tuesday - 10/26/2021

Reimbursable Meal Total 409

| | 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 |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990226 Grilled Cheese Sandwich | Each | 409 | 280 | 5.00 | 580 | 5 | 9.00 | 0.00 | 31 | 30.00 | 3.00 | 18.00 | 523 | 465.0 | 0.00 | 1.00 | \$0.945 |
| 001021 Fruit Cup - 4oz | 4 OZ. | 409 | 60 | 0.00 | 5 | *N/A* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 1.00 | 0 | 0.0 | 3.60 | 0.36 | \$0.335 |
| 900065 Juice Assortment | SERVING | 409 | 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 |
| 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 | \$0.005 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 25 | 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 | | | 414 | 5.00 | 601 | *18 | 9.00 | 0.00 | 32 | 63.70 | 4.00 | 19.68 | 659 | 619.0 | 16.86 | 1.40 | \$1.378 |
| % of Calories | | | | 10.87% | | *17.4% | 19.6% | 0.0% | | 61.5% | | 19.0% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Wednesday - 10/27/2021

Reimbursable Meal Total 409

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 |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001574 Poptart, Strawberry WG | EACH | 409 | 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 | 409 | 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 | 409 | 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 |
| 000803 Fruit, Fresh, Assorted Whole | 1/2 CUP | 0 | 72 | 0.05 | 1 | 12 | 0.30 | 0.00 | 0 | 18.65 | 3.29 | 0.78 | 116 | 23.5 | 31.98 | 0.21 | \$0.198 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 20 | 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 |
| 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 | \$0.005 |
| Weighted Daily Average | | | 322 | 1.00 | 224 | *38 | 3.00 | 0.00 | 2 | 67.45 | 3.00 | 4.58 | 1033 | 352.6 | 13.24 | 1.84 | \$0.722 |
| % of Calories | | | | 2.80% | | *47.2% | 8.4% | 0.0% | | 83.8% | | 5.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | | | | | | | | |

Thursday - 10/28/2021

Reimbursable Meal Total 407

| | 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 |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990071 Sausage Patty | 1.5 OZ | 407 | 190 | 6.00 | 320 | 0 | 18.00 | 0.00 | 30 | 0.00 | 0.00 | 7.00 | 0 | 0.0 | 0.00 | 0.72 | \$0.249 |
| 001477 Biscuit, So.Style WG 2.51oz | each | 407 | 210 | 4.50 | 340 | 3 | 9.00 | 0.00 | 0 | 27.00 | 2.00 | 5.00 | 15 | 80.0 | 0.00 | 1.08 | \$0.209 |
| 000339 Fruit, Canned, Assorted | 1/2 CUP | 0 | 74 | 0.00 | 9 | 15 | 0.03 | 0.00 | 0 | 18.68 | 1.17 | 0.10 | 92 | 3.4 | 3.69 | 0.18 | \$0.233 |
| 900065 Juice Assortment | SERVING | 407 | 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 |
| 001427 MILK, FF CHOCOLATE | HALF PINT | 25 | 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 |

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 |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 001428 MILK, FF SKIM | HALF PINT | 25 | 83 | 0.12 | 103 | 29 | 0.20 | 0.00 | 5 | 12.15 | 0.00 | 8.26 | 37 | 298.9 | 0.00 | 0.07 | \$0.005 |
| Weighted Daily Average | | | 476 | 10.51 | 680 | *18 | 27.01 | 0.00 | 31 | 44.17 | 2.00 | 13.00 | 142 | 245.4 | 13.26 | 1.84 | \$0.557 |
| % of Calories | | | | 19.87% | | *15.1% | 51.1% | 0.0% | | 37.1% | | 10.9% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=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 | 345 | 4 | 344 | *30 | 8.99 | 0.00 | 16 | 56.93 | 2.50 | 8.82 | 731 | 400 | 16.34 | 1.78 | \$0.734 |
| % of Calories | | 9.13% | | *34.8% | 23.5% | 0.0% | | 66.0% | | 10.2% | | | | | |

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.