

Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 1

Generated on: 7/8/2019 2:32:30 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------------------|
| Wed - 08/07/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Strudel Stick, Apple | 1 EACH | 210 | 0 | 280 | 6.0 | 1.50 | 0.00 |
| Strudel Stick, Cherry 2016 | 1 EACH | 210 | 0 | 280 | 6.0 | 1.50 | 0.00 |
| Icing | teaspoons | 35 | 0 | 0 | 0.0 | 0.00 | *0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 427 | 5 | 373 | 6.09 | 1.52 | *0.00 |
| % of Calories | | | | | 12.8% | 3.2% | *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|---------|----|-----|-------|--------|------|
| Thu - 08/08/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Pancake, mini Maple Flavor | serving | 210 | 10 | 320 | 6.0 | 1.00 | 0.00 |
| Sausage Link; 1 link | 1 link | 80 | 20 | 178 | 7.0 | 2.00 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 484 | 36 | 626 | 13.09 | 3.02 | 0.00 |
| % of Calories | | | | | 24.3% | 5.6% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|---------|----|-----|-------|--------|------|
| Fri - 08/09/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Breakfast Wrap | Wrap | 200 | 45 | 290 | 10.0 | 4.00 | 0.00 |
| Poptart, Strawberry WG | 1 EACH | 180 | 0 | 180 | 2.5 | 1.00 | 0.00 |
| Cheese, String, Mozz | 1 OZ | 80 | 15 | 150 | 6.0 | 3.50 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 525 | 37 | 561 | 12.12 | 5.93 | 0.00 |
| % of Calories | | | | | 20.8% | 10.2% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 2

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------------------|
| Mon - 08/12/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Cereal Bowl, Lucky Charms, WG | 1 each | 110 | 0 | 180 | 1.0 | 0.00 | 0.00 |
| Cereal Bowl, Cinn Toast Crunch | Bowl | 110 | 0 | 150 | 3.0 | 0.50 | 0.00 |
| Cereal Bowl, HoneyNut Cheerios | BOWL | 0 | 0 | 0 | 0.0 | 0.00 | 0.00 |
| Cereal, Frosted Flakes | 1 each | 100 | 0 | 160 | 0.0 | 0.00 | 0.00 |
| Cereal, Apple Jacks | 1 each | 110 | 0 | 160 | 1.0 | 0.50 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 293 | 6 | 279 | 1.22 | 0.23 | 0.00 |
| % of Calories | | | | | 3.7% | 0.7% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|---------|----|-----|-------|--------|------|
| Tue - 08/13/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Pancake/Sausage on a Stick | Serving | 226 | 24 | 338 | 14.1 | 4.23 | 0.00 |
| Syrup, Ind. | 1 Each | 80 | 0 | 30 | 0.0 | 0.00 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 475 | 28 | 464 | 14.19 | 4.25 | 0.00 |
| % of Calories | | | | | 26.9% | 8.1% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|---------|----|-----|-------|--------|------|
| Wed - 08/14/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Pancake, mini Maple Flavor | serving | 210 | 10 | 320 | 6.0 | 1.00 | 0.00 |
| Sausage Link; 1 link | 1 link | 80 | 20 | 178 | 7.0 | 2.00 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 484 | 36 | 626 | 13.09 | 3.02 | 0.00 |
| % of Calories | | | | | 24.3% | 5.6% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 3

Generated on: 7/8/2019 2:32:30 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------------------|
| Thu - 08/15/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Breakfast, Sausage Sandwich | sandwich | 230 | 30 | 320 | 14.0 | 5.00 | 0.00 |
| Breakfast, Egg and Cheese Sand | sandwich | 162 | 71 | 283 | 7.09 | 2.53 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Jelly, Assorted | 1 Each | 35 | 0 | 2 | 0.0 | 0.00 | 0.00 |
| Mayonaise: Individual Packet | PACKET | 40 | 5 | 90 | 4.0 | 0.50 | 0.00 |
| Weighted Daily Average | | 433 | 57 | 448 | 11.34 | 3.87 | 0.00 |
| % of Calories | | | | | 23.6% | 8.1% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|---------|----|-----|-------|--------|------|
| Fri - 08/16/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Breakfast Wrap | Wrap | 200 | 45 | 290 | 10.0 | 4.00 | 0.00 |
| Poptart, Strawberry WG | 1 EACH | 180 | 0 | 180 | 2.5 | 1.00 | 0.00 |
| Cheese, String, Mozz | 1 OZ | 80 | 15 | 150 | 6.0 | 3.50 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 525 | 37 | 561 | 12.12 | 5.93 | 0.00 |
| % of Calories | | | | | 20.8% | 10.2% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|--------------------------------|-----------|---------|----|-----|------|--------|------|
| Mon - 08/19/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Cereal Bowl, Lucky Charms, WG | 1 each | 110 | 0 | 180 | 1.0 | 0.00 | 0.00 |
| Cereal Bowl, Cinn Toast Crunch | Bowl | 110 | 0 | 150 | 3.0 | 0.50 | 0.00 |
| Cereal Bowl, HoneyNut Cheerios | BOWL | 0 | 0 | 0 | 0.0 | 0.00 | 0.00 |
| Cereal, Frosted Flakes | 1 each | 100 | 0 | 160 | 0.0 | 0.00 | 0.00 |
| Cereal, Apple Jacks | 1 each | 110 | 0 | 160 | 1.0 | 0.50 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 293 | 6 | 279 | 1.22 | 0.23 | 0.00 |
| % of Calories | | | | | 3.7% | 0.7% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

Page 4

Generated on: 7/8/2019 2:32:30 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------------------|
| Tue - 08/20/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Breakfast, Sausage Sandwich | sandwich | 230 | 30 | 320 | 14.0 | 5.00 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 425 | 36 | 449 | 14.09 | 5.02 | 0.00 |
| % of Calories | | | | | 29.9% | 10.6% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|---------|----|-----|-------|--------|-------|
| Wed - 08/21/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Strudel Stick, Apple | 1 EACH | 210 | 0 | 280 | 6.0 | 1.50 | 0.00 |
| Strudel Stick, Cherry 2016 | 1 EACH | 210 | 0 | 280 | 6.0 | 1.50 | 0.00 |
| Icing | teaspoons | 35 | 0 | 0 | 0.0 | 0.00 | *0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 427 | 5 | 373 | 6.09 | 1.52 | *0.00 |
| % of Calories | | | | | 12.8% | 3.2% | *0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|---------|----|-----|-------|--------|------|
| Thu - 08/22/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Pancake, mini Maple Flavor | serving | 210 | 10 | 320 | 6.0 | 1.00 | 0.00 |
| Sausage Link; 1 link | 1 link | 80 | 20 | 178 | 7.0 | 2.00 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 484 | 36 | 626 | 13.09 | 3.02 | 0.00 |
| % of Calories | | | | | 24.3% | 5.6% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|-----|----|-----|------|------|------|
| Fri - 08/23/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Breakfast Wrap | Wrap | 200 | 45 | 290 | 10.0 | 4.00 | 0.00 |
| Poptart, Strawberry WG | 1 EACH | 180 | 0 | 180 | 2.5 | 1.00 | 0.00 |
| Cheese, String, Mozz | 1 OZ | 80 | 15 | 150 | 6.0 | 3.50 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
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IV Breakfast K-5

Portion Values - Detailed

Page 5

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|----------------|---------------|-------------------------|
| Weighted Daily Average % of Calories | | 525 | 37 | 561 | 12.12 20.8% | 5.93 10.2% | 0.00 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| Mon - 08/26/2019 | | | | | | | |
|--------------------------------------|-----------|---------|----|-----|--------------|--------------|--------------|
| IV Breakfast K-5 | Total | | | | | | |
| Cereal Bowl, Lucky Charms, WG | 1 each | 110 | 0 | 180 | 1.0 | 0.00 | 0.00 |
| Cereal Bowl, Cinn Toast Crunch | Bowl | 110 | 0 | 150 | 3.0 | 0.50 | 0.00 |
| Cereal Bowl, HoneyNut Cheerios | BOWL | 0 | 0 | 0 | 0.0 | 0.00 | 0.00 |
| Cereal, Frosted Flakes | 1 each | 100 | 0 | 160 | 0.0 | 0.00 | 0.00 |
| Cereal, Apple Jacks | 1 each | 110 | 0 | 160 | 1.0 | 0.50 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | 293 | 6 | 279 | 1.22 3.7% | 0.23 0.7% | 0.00 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| Tue - 08/27/2019 | | | | | | | |
|--------------------------------------|-----------|---------|----|-----|----------------|--------------|--------------|
| IV Breakfast K-5 | Total | | | | | | |
| Pancake/Sausage on a Stick | Serving | 226 | 24 | 338 | 14.1 | 4.23 | 0.00 |
| Syrup, Ind. | 1 Each | 80 | 0 | 30 | 0.0 | 0.00 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | 475 | 28 | 464 | 14.19 26.9% | 4.25 8.1% | 0.00 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| Wed - 08/28/2019 | | | | | | | |
|--------------------------------------|-----------|---------|----|-----|----------------|--------------|--------------|
| IV Breakfast K-5 | Total | | | | | | |
| Pancake, mini Maple Flavor | serving | 210 | 10 | 320 | 6.0 | 1.00 | 0.00 |
| Sausage Link; 1 link | 1 link | 80 | 20 | 178 | 7.0 | 2.00 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | 484 | 36 | 626 | 13.09 24.3% | 3.02 5.6% | 0.00 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-------------------------|
| Thu - 08/29/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Breakfast, Sausage Sandwich | sandwich | 230 | 30 | 320 | 14.0 | 5.00 | 0.00 |
| Breakfast, Egg and Cheese Sand | sandwich | 162 | 71 | 283 | 7.09 | 2.53 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Jelly, Assorted | 1 Each | 35 | 0 | 2 | 0.0 | 0.00 | 0.00 |
| Mayonaise: Individual Packet | PACKET | 40 | 5 | 90 | 4.0 | 0.50 | 0.00 |
| Weighted Daily Average | | 433 | 57 | 448 | 11.34 | 3.87 | 0.00 |
| % of Calories | | | | | 23.6% | 8.1% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------------------|-----------|---------|----|-----|-------|--------|------|
| Fri - 08/30/2019 | | | | | | | |
| IV Breakfast K-5 | Total | | | | | | |
| Breakfast Wrap | Wrap | 200 | 45 | 290 | 10.0 | 4.00 | 0.00 |
| Poptart, Strawberry WG | 1 EACH | 180 | 0 | 180 | 2.5 | 1.00 | 0.00 |
| Cheese, String, Mozz | 1 OZ | 80 | 15 | 150 | 6.0 | 3.50 | 0.00 |
| Fruit- Fresh, Frozen, Canned | 1/2 cup | 63 | 0 | 6 | 0.14 | 0.02 | 0.00 |
| Juice Assortment | SERVING | 64 | 0 | 4 | 0.0 | 0.00 | 0.00 |
| MILK, 1% FAT | HALF PINT | 95 | 11 | 100 | 0.0 | 0.00 | 0.00 |
| MILK, FF SKIM | HALF PINT | 83 | 5 | 103 | 0.2 | 0.12 | 0.00 |
| MILK, FF CHOCOLATE | HALF PINT | 120 | 5 | 160 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 525 | 37 | 561 | 12.12 | 5.93 | 0.00 |
| % of Calories | | | | | 20.8% | 10.2% | 0.0% |
| Nutrient Guideline | | 350-500 | | 540 | | <10.00 | |

| | | | | | | | |
|------------------|--|-----|----|-----|----------------|--------------|----------------|
| Weighted Average | | 445 | 29 | 478 | 10.10 20.4% | 3.38 6.8% | *0.00 *0.0% |
|------------------|--|-----|----|-----|----------------|--------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 445 | | 350 - 500 | 100% | | | | |
| Cholesterol (mg) | 29 | | | | | | | |
| Sodium (mg) | 478 | | 540 | | | | | |
| Total Fat (g) | 10.10 | 20.43% | | | | | | |
| Saturated Fat (g) | 3.38 | 6.83% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | |

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 - 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.