

Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/01/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Cereal, Frosted Corn Flakes	1 each	100	190	24.0	0.5	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		348	324	71.33	2.18	0.42	*0.00
% of Calories				81.9%	5.6%	1.1%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 03/04/2019							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		574	706	81.77	20.09	5.02	0.00
% of Calories				57.0%	31.5%	7.9%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 03/05/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		505	465	77.75	14.57	4.33	*0.00
% of Calories				61.6%	26.0%	7.7%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

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Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Breakfast K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/06/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Icing	teaspoons	35	0	9.05	0.0	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		456	374	89.53	6.45	1.59	*0.00
% of Calories				78.6%	12.7%	3.1%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 03/07/2019							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		482	549	64.68	16.59	5.91	0.00
% of Calories				53.7%	31.0%	11.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 03/08/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Cereal, Frosted Corn Flakes	1 each	100	190	24.0	0.5	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		348	324	71.33	2.18	0.42	*0.00
% of Calories				81.9%	5.6%	1.1%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

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Base Menu Spreadsheet

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/11/2019							
IV Breakfast K-5	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		420	467	55.81	14.19	4.25	0.00
% of Calories				53.1%	30.4%	9.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 03/12/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Weighted Daily Average		462	449	73.24	11.71	3.95	*0.00
% of Calories				63.4%	22.8%	7.7%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 03/13/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Breakfast Wrap	Wrap	200	290	17.0	10.0	4.00	0.00
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		553	562	89.56	12.47	6.00	*0.00
% of Calories				64.8%	20.3%	9.8%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/14/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		633	708	93.88	20.84	5.17	*0.00
% of Calories				59.3%	29.6%	7.4%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 03/15/2019							
IV Breakfast K-5	Total						
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Cereal, Frosted Corn Flakes	1 each	100	190	24.0	0.5	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		348	324	71.33	2.18	0.42	*0.00
% of Calories				81.9%	5.6%	1.1%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 03/18/2019							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		574	706	81.77	20.09	5.02	0.00
% of Calories				57.0%	31.5%	7.9%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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Base Menu Spreadsheet

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/19/2019							
IV Breakfast K-5	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		475	464	71.70	14.19	4.25	0.00
% of Calories				60.4%	26.9%	8.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 03/20/2019							
IV Breakfast K-5	Total						
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Icing	teaspoons	35	0	9.05	0.0	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		427	373	83.65	6.09	1.52	*0.00
% of Calories				78.3%	12.8%	3.2%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 03/21/2019							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		482	549	64.68	16.59	5.91	0.00
% of Calories				53.7%	31.0%	11.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 03/22/2019							
IV Breakfast K-5	Total						
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Cereal, Frosted Corn Flakes	1 each	100	190	24.0	0.5	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		319	323	65.27 81.9%	1.81 5.1%	0.34 1.0%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Weighted Average		463	479	75.45 65.2%	11.39 22.1%	3.41 6.6%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	463		350 - 500	100%				
Sodium (mg)	479		540					
Carbohydrate (g)	75.45	65.21%						
Total Fat (g)	11.39	22.14%						
Saturated Fat (g)	3.41	6.63%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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