

Sylacauga City Schools

May 1, 2019 thru May 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 - 05/01/2019							
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		490	426	95.71	6.10	1.52	*0.00
% of Calories				78.2%	11.2%	2.8%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 05/02/2019							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	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		450	466	63.07	14.10	5.02	0.00
% of Calories				56.0%	28.2%	10.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 05/03/2019							
IV Breakfast K-5	Total						
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		456	460	74.27	9.20	4.32	0.00
% of Calories				65.1%	18.1%	8.5%	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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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/06/2019							
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
Cereal, Apple Jacks	1 each	110	160	24.0	1.0	0.50	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		315	331	60.07	3.35	1.29	0.00
% of Calories				76.4%	9.6%	3.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 05/07/2019							
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		526	515	81.04	14.20	4.25	0.00
% of Calories				61.6%	24.3%	7.3%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 05/08/2019							
IV Breakfast K-5	Total						
Pancake, mini Maple Flavor	serving	210	320	35.0	6.0	1.00	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		510	643	78.94	13.10	3.02	0.00
% of Calories				62.0%	23.1%	5.3%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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Sylacauga City Schools

May 1, 2019 thru May 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)
Thu - 05/09/2019							
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
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		434	462	63.98	12.13	4.24	0.00
% of Calories				59.0%	25.1%	8.8%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 05/10/2019							
IV Breakfast K-5	Total						
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		456	460	74.27	9.20	4.32	0.00
% of Calories				65.1%	18.1%	8.5%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 05/13/2019							
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
Cereal, Apple Jacks	1 each	110	160	24.0	1.0	0.50	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		315	331	60.07	3.35	1.29	0.00
% of Calories				76.4%	9.6%	3.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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Portion Values - Detailed

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Tue - 05/14/2019							
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
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		434	462	63.98	12.13	4.24	0.00
% of Calories				59.0%	25.1%	8.8%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 05/15/2019							
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		490	426	95.71	6.10	1.52	*0.00
% of Calories				78.2%	11.2%	2.8%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 05/16/2019							
IV Breakfast K-5	Total						
Pancake, mini Maple Flavor	serving	210	320	35.0	6.0	1.00	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		510	643	78.94	13.10	3.02	0.00
% of Calories				62.0%	23.1%	5.3%	0.0%
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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/17/2019							
IV Breakfast K-5	Total						
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		456	460	74.27	9.20	4.32	0.00
% of Calories				65.1%	18.1%	8.5%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 05/20/2019							
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
Cereal, Apple Jacks	1 each	110	160	24.0	1.0	0.50	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		315	331	60.07	3.35	1.29	0.00
% of Calories				76.4%	9.6%	3.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 05/21/2019							
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		526	515	81.04	14.20	4.25	0.00
% of Calories				61.6%	24.3%	7.3%	0.0%
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Wed - 05/22/2019							
IV Breakfast K-5	Total						
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		510	540	77.96	12.41	6.04	0.00
% of Calories				61.2%	21.9%	10.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Weighted Average		450	467	73.96 65.8%	9.70 19.4%	3.37 6.8%	*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	450		350 - 500	100%				
Sodium (mg)	467		540					
Carbohydrate (g)	73.96	65.81%						
Total Fat (g)	9.70	19.42%						
Saturated Fat (g)	3.37	6.76%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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