

# Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

PC 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 <sup>1</sup> (g)
Fri - 02/01/2019							
PC Breakfast K-5	Total						
French Toast Sticks: 3	3 PIECES	225	300	32.25	9.75	2.25	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		466	536	70.73	16.84	4.26	0.00
% of Calories				60.7%	32.5%	8.2%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 02/04/2019							
PC Breakfast K-5	Total						
Pancakes (2)	2 PANCAKES	160	260	27.33	4.0	0.67	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	Each	80	30	20.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		421	499	70.59	11.02	2.67	0.00
% of Calories				67.0%	23.5%	5.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 02/05/2019							
PC Breakfast K-5	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		360	273	68.40	7.09	2.01	*0.00
% of Calories				76.0%	17.7%	5.0%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 02/06/2019							
PC Breakfast K-5	Total						
Biscuit, So.Style WG 2.51oz	Biscuits	84	135	10.76	3.59	1.79	0.00
Sausage Patty	1.5 OZ	190	320	0.0	18.0	6.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		404	492	41.64	21.60	7.79	0.00
% of Calories				41.2%	48.1%	17.4%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

PC 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 <sup>1</sup> (g)
Thu - 02/07/2019							
PC Breakfast K-5	Total						
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	0.00
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		298	601	45.07	7.72	2.68	0.00
% of Calories				60.4%	23.3%	8.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 02/08/2019							
PC Breakfast K-5	Total						
French Toast Sticks: 3	3 PIECES	225	300	32.25	9.75	2.25	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		466	536	70.73	16.84	4.26	0.00
% of Calories				60.7%	32.5%	8.2%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 02/11/2019							
PC Breakfast K-5	Total						
Pancakes (2)	2 PANCAKES	160	260	27.33	4.0	0.67	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	Each	80	30	20.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		421	499	70.59	11.02	2.67	0.00
% of Calories				67.0%	23.5%	5.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 02/12/2019							
PC Breakfast K-5	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Shiver Shock	8 oz servings	111	62	21.5	0.75	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		391	312	72.60	7.59	2.35	*0.00
% of Calories				74.2%	17.5%	5.4%	*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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Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

PC 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 <sup>1</sup> (g)
<b>Wed - 02/13/2019</b>							
PC Breakfast K-5	Total						
Biscuit, So.Style WG 2.51oz	Biscuits	84	135	10.76	3.59	1.79	0.00
Chicken Patty for Biscuit	1 EACH	130	200	7.0	6.0	1.50	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		344	372	48.64	9.60	3.29	0.00
% of Calories				56.5%	25.1%	8.6%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Thu - 02/14/2019</b>							
PC Breakfast K-5	Total						
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	0.00
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		298	601	45.07	7.72	2.68	0.00
% of Calories				60.4%	23.3%	8.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Tue - 02/19/2019</b>							
PC Breakfast K-5	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		360	273	68.40	7.09	2.01	*0.00
% of Calories				76.0%	17.7%	5.0%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Wed - 02/20/2019</b>							
PC Breakfast K-5	Total						
Biscuit, So.Style WG 2.51oz	Biscuits	84	135	10.76	3.59	1.79	0.00
Sausage Patty	1.5 OZ	190	320	0.0	18.0	6.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		404	492	41.64	21.60	7.79	0.00
% of Calories				41.2%	48.1%	17.4%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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Base Menu Spreadsheet

PC 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 <sup>1</sup> (g)
<b>Thu - 02/21/2019</b>							
PC Breakfast K-5	Total						
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	0.00
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		298	601	45.07	7.72	2.68	0.00
% of Calories				60.4%	23.3%	8.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Fri - 02/22/2019</b>							
PC Breakfast K-5	Total						
French Toast Sticks: 3	3 PIECES	225	300	32.25	9.75	2.25	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		466	536	70.73	16.84	4.26	0.00
% of Calories				60.7%	32.5%	8.2%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Mon - 02/25/2019</b>							
PC Breakfast K-5	Total						
Pancakes (2)	2 PANCAKES	160	260	27.33	4.0	0.67	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Syrup, Ind.	Each	80	30	20.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
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MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		421	499	70.59	11.02	2.67	0.00
% of Calories				67.0%	23.5%	5.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Tue - 02/26/2019</b>							
PC Breakfast K-5	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Shiver Shock	8 oz servings	111	62	21.5	0.75	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		391	312	72.60	7.59	2.35	*0.00
% of Calories				74.2%	17.5%	5.4%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

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Base Menu Spreadsheet

PC 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 <sup>1</sup> (g)
<b>Wed - 02/27/2019</b>							
PC Breakfast K-5	Total						
Biscuit, So.Style WG 2.51oz	Biscuits	84	135	10.76	3.59	1.79	0.00
Chicken Patty for Biscuit	1 EACH	130	200	7.0	6.0	1.50	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		344	372	48.64	9.60	3.29	0.00
% of Calories				56.5%	25.1%	8.6%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Thu - 02/28/2019</b>							
PC Breakfast K-5	Total						
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	0.00
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	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 CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		298	601	45.07	7.72	2.68	0.00
% of Calories				60.4%	23.3%	8.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Weighted Average		381	467	59.27	11.46	3.47	*0.00
				62.3%	27.1%	8.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	381		350 - 500	100%				
Sodium (mg)	467		540					
Carbohydrate (g)	59.27	62.25%						
Total Fat (g)	11.46	27.08%						
Saturated Fat (g)	3.47	8.20%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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