

Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

PC Breakfast K-5

Generated on: 1/2/2019 9:45:35 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/07/2019							
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 - 01/08/2019							
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 - 01/09/2019							
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	

Thu - 01/10/2019							
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	

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

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

PC Breakfast K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/11/2019							
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 - 01/14/2019							
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 - 01/15/2019							
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	

Wed - 01/16/2019							
PC Breakfast K-5	Total						
Biscuit, So.Style WG 2.51oz	Biscuits	84	135	10.76	3.59	1.79	0.00
Gravy Mix, Country	1/2 cup	16	65	2.28	0.91	0.46	*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		219	214	41.66	4.21	2.10	*0.00
% of Calories				76.1%	17.3%	8.6%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

PC Breakfast K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/17/2019							
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 - 01/18/2019							
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	

Tue - 01/22/2019							
PC Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Grits, Plain 1/4 cup	1/4 CUP	77	84	13.23	2.16	1.19	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	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		408	439	55.62	16.18	6.19	0.00
% of Calories				54.5%	35.7%	13.7%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 01/23/2019							
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	

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Jan 7, 2019 thru Jan 31, 2019

PC Breakfast K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/24/2019							
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 - 01/25/2019							
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 - 01/28/2019							
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 - 01/29/2019							
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	

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PC Breakfast K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/30/2019							
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	

Thu - 01/31/2019							
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	

Weighted Average		375	465	57.94	11.64	3.62	*0.00
				61.8%	27.9%	8.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	375		350 - 500	100%				
Sodium (mg)	465		540					
Carbohydrate (g)	57.94	61.84%						
Total Fat (g)	11.64	27.94%						
Saturated Fat (g)	3.62	8.68%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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