

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

PC Breakfast K-5

Portion Values - Detailed

Page 1

Generated on: 2/27/2019 11:40:27 AM

|                              | Portion Size | Cals (kcal) | Sodm (mg) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/01/2019             |              |             |           |          |           |           |                         |
| 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 - 03/04/2019             |           |         |     |       |       |        |      |
| PC 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 CHOCOLATE           | HALF PINT | 120     | 160 | 20.0  | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average       |           | 411     | 402 | 61.35 | 14.19 | 4.24   | 0.00 |
| % of Calories                |           |         |     | 59.7% | 31.1% | 9.3%   | 0.0% |
| Nutrient Guideline           |           | 350-500 | 540 |       |       | <10.00 |      |

|                              |           |         |     |       |       |        |       |
|------------------------------|-----------|---------|-----|-------|-------|--------|-------|
| Tue - 03/05/2019             |           |         |     |       |       |        |       |
| 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 - 03/06/2019            |           |         |     |       |       |        |      |
| 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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Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

PC Breakfast K-5

Portion Values - Detailed

Page 2

Generated on: 2/27/2019 11:40:27 AM

|                              | Portion Size | Cals (kcal) | Sodm (mg) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/07/2019             |              |             |           |          |           |           |                         |
| 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 - 03/08/2019             |           |         |     |       |       |        |      |
| 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 - 03/11/2019        |            |         |     |       |       |        |      |
| 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 - 03/12/2019             |               |         |     |       |       |        |       |
| 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

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

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Base Menu Spreadsheet

PC Breakfast K-5

Portion Values - Detailed

Page 3

Generated on: 2/27/2019 11:40:27 AM

|                              | Portion Size | Cals (kcal) | Sodm (mg) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------------|--------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Wed - 03/13/2019</b>      |              |             |           |          |           |           |                         |
| PC Breakfast K-5             | Total        |             |           |          |           |           |                         |
| Biscuit, So.Style WG 2.51oz  | 2.51 oz      | 210         | 340       | 27.0     | 9.0       | 4.50      | 0.00                    |
| Egg Scrambled Squares        | 1 EACH       | 45          | 125       | 1.0      | 3.0       | 1.00      | 0.00                    |
| Cheese Slice                 | 1 EACH       | 51          | 228       | 0.51     | 4.56      | 2.53      | 0.00                    |
| Jelly, Assorted              | 1 Each       | 35          | 2         | 9.0      | 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       |              | 424         | 650       | 61.03    | 15.13     | 7.27      | 0.00                    |
| % of Calories                |              |             |           | 57.6%    | 32.1%     | 15.4%     | 0.0%                    |
| Nutrient Guideline           |              | 350-500     | 540       |          |           | <10.00    |                         |

|                              |           |         |     |       |       |        |      |
|------------------------------|-----------|---------|-----|-------|-------|--------|------|
| <b>Thu - 03/14/2019</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>Fri - 03/15/2019</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 - 03/18/2019</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 |
| 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 |

\*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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Base Menu Spreadsheet

PC Breakfast K-5

Portion Values - Detailed

Page 4

Generated on: 2/27/2019 11:40:27 AM

|   | Portion Size | Cals (kcal) | Sodm (mg) | Carb (g)       | T-Fat (g)      | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|---|--------------|-------------|-----------|----------------|----------------|--------------|-------------------------|
| Weighted Daily Average<br>% of Calories |              | 421         | 499       | 70.59<br>67.0% | 11.02<br>23.5% | 2.67<br>5.7% | 0.00<br>0.0%            |
| Nutrient Guideline                      |              | 350-500     | 540       |                |                | <10.00       |                         |

| Tue - 03/19/2019                        |           |         |     |                |               |              |                |
|---|-----------|---------|-----|----------------|---------------|--------------|----------------|
| 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<br>% of Calories |           | 360     | 273 | 68.40<br>76.0% | 7.09<br>17.7% | 2.01<br>5.0% | *0.00<br>*0.0% |
| Nutrient Guideline                      |           | 350-500 | 540 |                |               | <10.00       |                |

| Wed - 03/20/2019                        |           |         |     |                |                |               |              |
|---|-----------|---------|-----|----------------|----------------|---------------|--------------|
| 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<br>% of Calories |           | 404     | 492 | 41.64<br>41.2% | 21.60<br>48.1% | 7.79<br>17.4% | 0.00<br>0.0% |
| Nutrient Guideline                      |           | 350-500 | 540 |                |                | <10.00        |              |

| Thu - 03/21/2019                        |           |         |     |                |               |              |              |
|---|-----------|---------|-----|----------------|---------------|--------------|--------------|
| 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<br>% of Calories |           | 298     | 601 | 45.07<br>60.4% | 7.72<br>23.3% | 2.68<br>8.1% | 0.00<br>0.0% |
| Nutrient Guideline                      |           | 350-500 | 540 |                |               | <10.00       |              |

| Fri - 03/22/2019             |           |     |     |       |      |      |      |
|------------------------------|-----------|-----|-----|-------|------|------|------|
| 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 |

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PC Breakfast K-5

Portion Values - Detailed

Page 5

Generated on: 2/27/2019 11:40:27 AM

|   | Portion Size | Cals (kcal) | Sodm (mg) | Carb (g)       | T-Fat (g)      | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|---|--------------|-------------|-----------|----------------|----------------|--------------|-------------------------|
| Weighted Daily Average<br>% of Calories |              | 466         | 536       | 70.73<br>60.7% | 16.84<br>32.5% | 4.26<br>8.2% | 0.00<br>0.0%            |
| Nutrient Guideline                      |              | 350-500     | 540       |                |                | <10.00       |                         |

|                  |  |     |     |                |                |              |                |
|------------------|--|-----|-----|----------------|----------------|--------------|----------------|
| Weighted Average |  | 397 | 490 | 60.90<br>61.3% | 12.93<br>29.3% | 4.00<br>9.1% | *0.00<br>*0.0% |
|------------------|--|-----|-----|----------------|----------------|--------------|----------------|

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 397      |           | 350 - 500     | 100%        |           |           |         |                         |
| Sodium (mg)                | 490      |           | 540           |             |           |           |         |                         |
| Carbohydrate (g)           | 60.90    | 61.32%    |               |             |           |           |         |                         |
| Total Fat (g)              | 12.93    | 29.29%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 4.00     | 9.05%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (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

<sup>1</sup> - 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.