

# Sylacauga City Schools

May 1, 2019 thru May 22, 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 - 05/01/2019</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 - 05/02/2019</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 - 05/03/2019</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 - 05/06/2019</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

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

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May 1, 2019 thru May 22, 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)
Weighted Daily Average % of Calories		421	499	70.59 67.0%	11.02 23.5%	2.67 5.7%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 05/07/2019							
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 % of Calories		360	273	68.40 76.0%	7.09 17.7%	2.01 5.0%	*0.00 *0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 05/08/2019							
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 % of Calories		404	492	41.64 41.2%	21.60 48.1%	7.79 17.4%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 05/09/2019							
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 % of Calories		298	601	45.07 60.4%	7.72 23.3%	2.68 8.1%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 05/10/2019							
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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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)
Weighted Daily Average % of Calories		466	536	70.73 60.7%	16.84 32.5%	4.26 8.2%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 05/13/2019							
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 % of Calories		421	499	70.59 67.0%	11.02 23.5%	2.67 5.7%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 05/14/2019							
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 % of Calories		391	312	72.60 74.2%	7.59 17.5%	2.35 5.4%	*0.00 *0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 05/15/2019							
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 % of Calories		344	372	48.64 56.5%	9.60 25.1%	3.29 8.6%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 05/16/2019							
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

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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)
Weighted Daily Average % of Calories		298	601	45.07 60.4%	7.72 23.3%	2.68 8.1%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 05/17/2019							
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 % of Calories		466	536	70.73 60.7%	16.84 32.5%	4.26 8.2%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 05/20/2019							
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 % of Calories		421	499	70.59 67.0%	11.02 23.5%	2.67 5.7%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 05/21/2019							
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 % of Calories		360	273	68.40 76.0%	7.09 17.7%	2.01 5.0%	*0.00 *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)
Wed - 05/22/2019							
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	

Weighted Average		390	486	60.10 61.6%	12.28 28.3%	3.84 8.8%	*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	390		350 - 500	100%				
Sodium (mg)	486		540					
Carbohydrate (g)	60.10	61.59%						
Total Fat (g)	12.28	28.32%						
Saturated Fat (g)	3.84	8.85%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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