

# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/07/2019							
NL Breakfast 6-8	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	40	240	7.0	2.00	*0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		500	64	515	14.07	4.01	*0.00
% of Calories					25.3%	7.2%	*0.0%
Nutrient Guideline		400-550		600		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/08/2019							
NL Breakfast 6-8	Total						
Pancake, Mini, Berry	pack	210	10	310	6.0	1.00	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Syrup, Ind.	Each	80	0	30	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		491	32	564	13.06	3.01	0.00
% of Calories					23.9%	5.5%	0.0%
Nutrient Guideline		400-550		600		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/09/2019							
NL Breakfast 6-8	Total						
Biscuit, So.Style WG 2.51oz	2.51 OZ	210	0	340	9.0	4.50	0.00
Sausage Patty	1.5 OZ	190	30	320	18.0	6.00	0.00
Jelly, Assorted	1 Each	35	0	2	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
Weighted Daily Average		576	31	688	27.14	10.52	0.00
% of Calories					42.4%	16.4%	0.0%
Nutrient Guideline		400-550		600		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/12/2019							
NL Breakfast 6-8	Total						
Pancakes (2)	2 PANCAKES	160	7	260	4.0	0.67	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Syrup, Ind.	Each	80	0	30	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		436	30	539	11.03	2.67	0.00
% of Calories					22.7%	5.5%	0.0%
Nutrient Guideline		400-550		600		<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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Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 08/13/2019</b>							
NL Breakfast 6-8	Total						
Muffin, Blueberry WG	1 each	160	20	125	5.0	0.50	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	0	4	1.33	0.27	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		503	43	386	13.42	2.78	*0.00
% of Calories					24.0%	5.0%	*0.0%
Nutrient Guideline		400-550		600		<10.00	

<b>Wed - 08/14/2019</b>							
NL Breakfast 6-8	Total						
Strudel Stick, Apple	1 EACH	210	0	280	6.0	1.50	0.00
Smoked Sausage 2016	svg	90	18	265	8.5	3.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		394	19	571	14.53	4.50	0.00
% of Calories					33.2%	10.3%	0.0%
Nutrient Guideline		400-550		600		<10.00	

<b>Thu - 08/15/2019</b>							
NL Breakfast 6-8	Total						
French Toast Sticks: 4=2B	4 PIECES	300	0	400	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Syrup, Ind.	Each	80	0	30	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		609	24	703	20.03	5.01	0.00
% of Calories					29.6%	7.4%	0.0%
Nutrient Guideline		400-550		600		<10.00	

<b>Fri - 08/16/2019</b>							
NL Breakfast 6-8	Total						
Biscuit, So.Style WG 2.51oz	2.51 OZ	210	0	340	9.0	4.50	0.00
Chicken Patty for Biscuit	1 EACH	130	30	200	6.0	1.50	0.00
Jelly, Assorted	1 Each	35	0	2	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00

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NL Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		401	26	487	12.03	4.80	0.00
% of Calories					27.0%	10.8%	0.0%
Nutrient Guideline		400-550		600		<10.00	

Mon - 08/19/2019							
NL Breakfast 6-8	Total						
Pizza, Breakfast WG, Sausage	slice	218	14	680	9.52	3.40	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	0	70	3.0	1.00	0.00
Weighted Daily Average		423	16	801	11.96	4.21	0.00
% of Calories					25.4%	9.0%	0.0%
Nutrient Guideline		400-550		600		<10.00	

Tue - 08/20/2019							
NL Breakfast 6-8	Total						
Pancake/Sausage on a Stick	SERVING	226	24	338	14.1	4.23	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Syrup, Ind.	Each	80	0	30	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		533	28	510	14.24	4.25	0.00
% of Calories					24.1%	7.2%	0.0%
Nutrient Guideline		400-550		600		<10.00	

Wed - 08/21/2019							
NL Breakfast 6-8	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	40	240	7.0	2.00	*0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		500	64	515	14.07	4.01	*0.00
% of Calories					25.3%	7.2%	*0.0%
Nutrient Guideline		400-550		600		<10.00	

Thu - 08/22/2019							
NL Breakfast 6-8	Total						
Waffles, Mini Blueberry	1 EACH	210	4	180	6.0	1.00	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Syrup, Ind.	Each	80	0	30	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00

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Base Menu Spreadsheet

NL Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories		491	26	434	13.05 23.9%	3.01 5.5%	0.00 0.0%
Nutrient Guideline		400-550		600		<10.00	

Fri - 08/23/2019							
NL Breakfast 6-8	Total						
Biscuit, So.Style WG 2.51oz	2.51 OZ	210	0	340	9.0	4.50	0.00
Sausage Patty	1.5 OZ	190	30	320	18.0	6.00	0.00
Jelly, Assorted	1 Each	35	0	2	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
Weighted Daily Average % of Calories		576	31	688	27.14 42.4%	10.52 16.4%	0.00 0.0%
Nutrient Guideline		400-550		600		<10.00	

Mon - 08/26/2019							
NL Breakfast 6-8	Total						
Pancakes (2)	2 PANCAKES	160	7	260	4.0	0.67	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Syrup, Ind.	Each	80	0	30	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average % of Calories		436	30	539	11.03 22.7%	2.67 5.5%	0.00 0.0%
Nutrient Guideline		400-550		600		<10.00	

Tue - 08/27/2019							
NL Breakfast 6-8	Total						
Muffin, Blueberry WG	1 each	160	20	125	5.0	0.50	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	0	4	1.33	0.27	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average % of Calories		503	43	386	13.42 24.0%	2.78 5.0%	*0.00 *0.0%
Nutrient Guideline		400-550		600		<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

NL Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/28/2019							
NL Breakfast 6-8	Total						
Strudel Stick, Apple	1 EACH	210	0	280	6.0	1.50	0.00
Smoked Sausage 2016	svg	90	18	265	8.5	3.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		394	19	571	14.53	4.50	0.00
% of Calories					33.2%	10.3%	0.0%
Nutrient Guideline		400-550		600		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/29/2019							
NL Breakfast 6-8	Total						
French Toast Sticks: 4=2B	4 PIECES	300	0	400	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Syrup, Ind.	Each	80	0	30	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		609	24	703	20.03	5.01	0.00
% of Calories					29.6%	7.4%	0.0%
Nutrient Guideline		400-550		600		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/30/2019							
NL Breakfast 6-8	Total						
Biscuit, So.Style WG 2.51oz	2.51 OZ	210	0	340	9.0	4.50	0.00
Chicken Patty for Biscuit	1 EACH	130	30	200	6.0	1.50	0.00
Jelly, Assorted	1 Each	35	0	2	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		401	26	487	12.03	4.80	0.00
% of Calories					27.0%	10.8%	0.0%
Nutrient Guideline		400-550		600		<10.00	

Weighted Average		488	32	561	15.38 28.4%	4.62 8.5%	*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	488		400 - 550	100%				
Cholesterol (mg)	32							
Sodium (mg)	561		600					
Total Fat (g)	15.38	28.38%						
Saturated Fat (g)	4.62	8.52%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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