

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/01/2019							
NL Breakfast 6-8	Total						
Biscuit, So.Style WG 2.51oz	2.51 OZ	210	340	27.0	9.0	4.50	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
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		401	487	55.88	12.03	4.80	0.00
% of Calories				55.7%	27.0%	10.8%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Mon - 02/04/2019							
NL Breakfast 6-8	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	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, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Weighted Daily Average		423	801	63.39	11.96	4.21	0.00
% of Calories				60.0%	25.4%	9.0%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Tue - 02/05/2019							
NL Breakfast 6-8	Total						
Pancake/Sausage on a Stick	SERVING	226	338	16.92	14.1	4.23	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
Syrup, Ind.	Each	80	30	20.0	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		580	568	91.20	14.99	4.75	0.00
% of Calories				62.9%	23.3%	7.4%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Wed - 02/06/2019							
NL Breakfast 6-8	Total						
Cinnamon Roll (WG)	1 each	220	240	35.0	7.0	2.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	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		465	515	69.49	14.07	4.01	0.00
% of Calories				59.8%	27.2%	7.8%	0.0%
Nutrient Guideline		400-550	600			<10.00	

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Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/07/2019							
NL Breakfast 6-8	Total						
French Toast Minis, choc. chip	1 package	210	270	36.0	6.0	1.50	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
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		491	524	82.64	13.06	3.51	0.00
% of Calories				67.3%	23.9%	6.4%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Fri - 02/08/2019							
NL Breakfast 6-8	Total						
Biscuit, So.Style WG 2.51oz	2.51 OZ	210	340	27.0	9.0	4.50	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
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, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
Weighted Daily Average		576	688	69.58	27.14	10.52	0.00
% of Calories				48.3%	42.4%	16.4%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Mon - 02/11/2019							
NL Breakfast 6-8	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
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		436	539	70.70	11.03	2.67	0.00
% of Calories				64.8%	22.7%	5.5%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Tue - 02/12/2019							
NL Breakfast 6-8	Total						
Muffin, Assorted	1 Each	146	111	24.5	4.23	0.47	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*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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Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		488	372	79.85 65.4%	12.65 23.3%	2.75 5.1%	*0.00 *0.0%
Nutrient Guideline		400-550	600			<10.00	

Wed - 02/13/2019							
NL Breakfast 6-8	Total						
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Smoked Sausage 2016	svg	90	265	1.0	8.5	3.00	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		394	571	57.97 58.9%	14.53 33.2%	4.50 10.3%	0.00 0.0%
Nutrient Guideline		400-550	600			<10.00	

Thu - 02/14/2019							
NL Breakfast 6-8	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	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		609	703	93.41 61.3%	20.03 29.6%	5.01 7.4%	0.00 0.0%
Nutrient Guideline		400-550	600			<10.00	

Tue - 02/19/2019							
NL Breakfast 6-8	Total						
Pancake/Sausage on a Stick	SERVING	226	338	16.92	14.1	4.23	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
Syrup, Ind.	Each	80	30	20.0	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		533	510	84.90 63.8%	14.24 24.1%	4.25 7.2%	0.00 0.0%
Nutrient Guideline		400-550	600			<10.00	

Wed - 02/20/2019							
NL Breakfast 6-8	Total						
Cinnamon Roll (WG)	1 each	220	240	35.0	7.0	2.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	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

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		465	515	69.49 59.8%	14.07 27.2%	4.01 7.8%	0.00 0.0%
Nutrient Guideline		400-550	600			<10.00	

Thu - 02/21/2019							
NL Breakfast 6-8	Total						
Waffles, Mini Blueberry	1 EACH	210	180	37.0	6.0	1.00	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
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		491	434	83.64 68.1%	13.05 23.9%	3.01 5.5%	0.00 0.0%
Nutrient Guideline		400-550	600			<10.00	

Fri - 02/22/2019							
NL Breakfast 6-8	Total						
Biscuit, So.Style WG 2.51oz	2.51 OZ	210	340	27.0	9.0	4.50	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
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, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
Weighted Daily Average % of Calories		576	688	69.58 48.3%	27.14 42.4%	10.52 16.4%	0.00 0.0%
Nutrient Guideline		400-550	600			<10.00	

Mon - 02/25/2019							
NL Breakfast 6-8	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
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		436	539	70.70 64.8%	11.03 22.7%	2.67 5.5%	0.00 0.0%
Nutrient Guideline		400-550	600			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/26/2019							
NL Breakfast 6-8	Total						
Muffin, Assorted	1 Each	146	111	24.5	4.23	0.47	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	105	4	21.44	1.33	0.27	*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		488	372	79.85	12.65	2.75	*0.00
% of Calories				65.4%	23.3%	5.1%	*0.0%
Nutrient Guideline		400-550	600			<10.00	

Wed - 02/27/2019							
NL Breakfast 6-8	Total						
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Smoked Sausage 2016	svg	90	265	1.0	8.5	3.00	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		394	571	58.97	14.53	4.50	0.00
% of Calories				59.9%	33.2%	10.3%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Thu - 02/28/2019							
NL Breakfast 6-8	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	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		609	703	93.41	20.03	5.01	0.00
% of Calories				61.3%	29.6%	7.4%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Weighted Average		492	561	74.70	15.46	4.64	*0.00
				60.7%	28.3%	8.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	492		400 - 550	100%				
Sodium (mg)	561		600					
Carbohydrate (g)	74.70	60.74%						
Total Fat (g)	15.46	28.28%						
Saturated Fat (g)	4.64	8.48%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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