

Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

NL Breakfast 6-8

Generated on: 1/2/2019 9:50:42 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/07/2019							
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 - 01/08/2019							
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		533	510	84.90	14.24	4.25	0.00
% of Calories				63.8%	24.1%	7.2%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Wed - 01/09/2019							
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	

Thu - 01/10/2019							
NL Breakfast 6-8	Total						
Pancake, Mini, Berry	pack	210	310	35.0	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
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		538	622	87.94	13.80	3.51	0.00
% of Calories				65.4%	23.1%	5.9%	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

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Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

NL Breakfast 6-8

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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							
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 - 01/14/2019							
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 - 01/15/2019							
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
Shiver Shock	8 oz servings	111	62	21.5	0.75	0.50	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		535	430	86.14	13.40	3.25	*0.00
% of Calories				64.4%	22.5%	5.5%	*0.0%
Nutrient Guideline		400-550	600			<10.00	

Wed - 01/16/2019							
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		394	571	57.97	14.53	4.50	0.00
% of Calories				58.9%	33.2%	10.3%	0.0%
Nutrient Guideline		400-550	600			<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

NL Breakfast 6-8

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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							
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	

Fri - 01/18/2019							
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	

Tue - 01/22/2019							
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		533	510	84.90	14.24	4.25	0.00
% of Calories				63.8%	24.1%	7.2%	0.0%
Nutrient Guideline		400-550	600			<10.00	

Wed - 01/23/2019							
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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NL Breakfast 6-8

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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 - 01/24/2019							
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
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		538	492	89.94 66.9%	13.80 23.1%	3.51 5.9%	0.00 0.0%
Nutrient Guideline		400-550	600			<10.00	

Fri - 01/25/2019							
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 - 01/28/2019							
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 - 01/29/2019							
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
Shiver Shock	8 oz servings	111	62	21.5	0.75	0.50	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		535	430	86.14	13.40	3.25	*0.00
% of Calories				64.4%	22.5%	5.5%	*0.0%
Nutrient Guideline		400-550	600			<10.00	

Wed - 01/30/2019							
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 - 01/31/2019							
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		500	573	75.70	15.58	4.69	*0.00
				60.6%	28.1%	8.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	500		400 - 550	100%				
Sodium (mg)	573		600					
Carbohydrate (g)	75.70	60.58%						
Total Fat (g)	15.58	28.06%						
Saturated Fat (g)	4.69	8.45%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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