

# Sylacauga City Schools

May 1, 2019 thru May 22, 2019

Base Menu Spreadsheet

NL Lunch 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 <sup>1</sup> (g)
Wed - 05/01/2019							
NL Lunch 6-8	Total						
Taco - Walking Taco	SERVINGS	337	544	26.2	17.25	*6.07	0.50
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	445	1.01	0.0	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Salsa: 1/8 cup	1/8 CUP	10	112	1.9	0.0	0.00	0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Sauce, Taco PC	PC	5	55	1.0	0.0	0.00	0.00
Weighted Daily Average		608	1055	69.73	21.02	*7.47	*0.50
% of Calories				45.9%	31.1%	*11.1%	*0.7%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/02/2019							
NL Lunch 6-8	Total						
BBQ Riblet	3.1 OZ	210	730	11.0	13.0	4.50	0.00
Bun, Hoagie WG 2016	1 each	200	330	36.0	3.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	33	61	2.05	2.67	0.27	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Pickles, Dill (slices)	3pickle serving	0	243	0.0	0.0	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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		719	1452	102.47	19.69	4.96	*0.00
% of Calories				57.0%	24.6%	6.2%	*0.0%
Nutrient Guideline		600-700	1360			<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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May 1, 2019 thru May 22, 2019

Base Menu Spreadsheet

NL Lunch 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 <sup>1</sup> (g)
Fri - 05/03/2019							
NL Lunch 6-8	Total						
Chicken, Bites whole muscle	6 nuggets	360	870	21.0	18.0	3.00	0.00
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	326	13.39	1.18	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Gravy, Chicken 1/4 cup	1/4 cup	22	317	3.74	0.58	0.14	0.18
Peas, Green:Canned 1/2 C	1/2 CUP	117	181	20.9	0.65	*0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Honey Mustard Packet	PACKET	140	200	7.0	13.0	2.00	0.00
Weighted Daily Average		773	1688	91.56	25.27	*3.68	*0.08
% of Calories				47.4%	29.4%	*4.3%	*0.1%
Nutrient Guideline		600-700	1360			<10.00	

Mon - 05/06/2019							
NL Lunch 6-8	Total						
Cheese Stix (2)	SERVING	300	740	34.0	12.0	4.00	0.00
Spaghetti Sauce 1/4 cup	1/4 CUP	35	269	7.02	0.27	0.00	0.00
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	471	27.84	1.33	0.66	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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		617	1510	90.63	15.29	4.84	*0.00
% of Calories				58.7%	22.3%	7.1%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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Base Menu Spreadsheet

NL Lunch 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 <sup>1</sup> (g)
Tue - 05/07/2019							
NL Lunch 6-8	Total						
Pig in Blanket	serving	259	619	15.88	16.99	7.00	0.50
Chili Sauce: 1/8 C	1/8 C	30	186	3.01	1.25	0.50	0.00
Potato Wedges: FZN 1/2c	serving	167	194	27.78	5.56	0.69	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Mustard: Individual Packet	PC packet	0	70	1.0	0.0	0.00	0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Weighted Daily Average		673	1473	80.50	29.77	9.85	*0.50
% of Calories				47.9%	39.8%	13.2%	*0.7%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/08/2019							
NL Lunch 6-8	Total						
Chicken Fajita Wrap	1 EACH	203	540	0.0	13.57	6.31	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Peppers, Jalapeno Slices, 1/8c	ounce	5	445	1.01	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
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
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Salsa: 1/8 cup	1/8 CUP	10	112	1.9	0.0	0.00	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Weighted Daily Average		630	1385	61.29	22.45	9.87	*0.00
% of Calories				38.9%	32.1%	14.1%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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Base Menu Spreadsheet

NL Lunch 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 <sup>1</sup> (g)
Thu - 05/09/2019							
NL Lunch 6-8	Total						
Chicken, Tenders 3 pieces	3 tenders	230	430	16.0	12.0	2.50	0.00
French Fries:Oven Straight Cut	3 oz	178	388	27.49	5.66	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Honey Mustard Packet	PACKET	140	200	7.0	13.0	2.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Brownie Pudding	1/2 cup	176	239	36.51	2.15	0.56	0.00
Weighted Daily Average		781	1285	105.54	28.46	4.43	*0.00
% of Calories				54.0%	32.8%	5.1%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/10/2019							
NL Lunch 6-8	Total						
Sloppy Joe on WG Bun: Mix	SANDWICH	354	759	32.88	14.08	*4.75	*0.81
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Hash Browns	SERVING	132	132	14.17	8.1	2.02	*N/A*
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
CONDIMENT 2	1 EACH	30	145	10.0	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
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Weighted Daily Average		913	1623	118.00	31.86	*8.92	*0.81
% of Calories				51.7%	31.4%	*8.8%	*0.8%
Nutrient Guideline		600-700	1360			<10.00	

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NL Lunch 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 <sup>1</sup> (g)
Mon - 05/13/2019							
NL Lunch 6-8	Total						
Crispitos (2 EACH)	2 Crispitos	440	640	44.0	20.0	5.00	*N/A*
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Salsa: 1/8 cup	1/8 CUP	10	112	1.9	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		710	1223	86.76	25.42	6.52	*0.00
% of Calories				48.9%	32.2%	8.3%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Tue - 05/14/2019							
NL Lunch 6-8	Total						
Beef Patty	2 OZ	159	50	0.0	10.0	3.93	0.67
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	0.00
Potatoes, Diced, roastedw/skin	serving	140	160	25.0	3.5	0.50	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Pickles, Dill (slices)	SERVING	0	243	0.0	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Mustard: Individual Packet	PC packet	0	70	1.0	0.0	0.00	0.00
Weighted Daily Average		775	1148	105.03	22.70	6.80	*0.67
% of Calories				54.2%	26.4%	7.9%	*0.8%
Nutrient Guideline		600-700	1360			<10.00	

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# Sylacauga City Schools

May 1, 2019 thru May 22, 2019

Base Menu Spreadsheet

NL Lunch 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 <sup>1</sup> (g)
Wed - 05/15/2019							
NL Lunch 6-8	Total						
Steak Nuggets: 8 CASE	8 pc serving	340	630	16.0	24.0	9.00	1.00
Potatoes, Creamed: 1/2 c Ranch	1/2 CUP	71	451	13.39	1.18	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Gravy, Chicken 1/4 cup	1/4 cup	22	317	3.74	0.58	0.14	0.18
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Sweet and Sour Sauce: Single oz.	oz.	13	34	3.4	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Weighted Daily Average		655	1534	71.71	30.04	9.51	*1.08
% of Calories				43.8%	41.3%	13.1%	*1.5%
Nutrient Guideline		600-700	1360			<10.00	

Thu - 05/16/2019							
NL Lunch 6-8	Total						
Hot Pocket, Pepperoni	4.46 oz	300	680	32.0	11.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Carrots, Glazed (BBuds): 1/2c	1/2 CUP	49	297	11.76	0.17	0.02	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	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
Pudding, Choc, FF/Bulk:1/2 Cup	1/2 Cup	108	173	24.81	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		610	1288	93.77	13.85	5.49	*0.00
% of Calories				61.5%	20.4%	8.1%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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# Sylacauga City Schools

May 1, 2019 thru May 22, 2019

Base Menu Spreadsheet

NL Lunch 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 <sup>1</sup> (g)
Fri - 05/17/2019							
NL Lunch 6-8	Total						
Pizza, Cheese Wedge WG	PIECE	300	470	34.0	11.0	4.00	0.00
PIZZA, PEPPERONI WEDGE	PIECE	0	0	0.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	445	1.01	0.0	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	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
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		584	969	80.70	16.83	*5.55	*0.00
% of Calories				55.3%	25.9%	*8.5%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Mon - 05/20/2019							
NL Lunch 6-8	Total						
Spicy Chicken Patty	SERVING	279	509	15.76	15.76	3.03	0.00
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Grilled Chicken Sandwich	Sandwiches	258	646	27.67	7.98	2.00	0.00
Chips, Baked: Nacho Cheese WG	BAG	128	198	19.75	4.94	0.49	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Pickles, Dill (slices)	3pickle serving	0	243	0.0	0.0	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
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
CONDIMENT 2	1 EACH	30	145	10.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		896	1747	120.45	27.65	4.72	*0.00
% of Calories				53.8%	27.8%	4.7%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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# Sylacauga City Schools

May 1, 2019 thru May 22, 2019

Base Menu Spreadsheet

NL Lunch 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 <sup>1</sup> (g)
Tue - 05/21/2019							
NL Lunch 6-8	Total						
Pizza, Mexican Fiestada	Servings/pizzas	340	851	39.06	14.02	6.01	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Weighted Daily Average		687	1319	101.18	19.95	*7.11	*0.00
% of Calories				58.9%	26.1%	*9.3%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Wed - 05/22/2019							
NL Lunch 6-8	Total						
Corn Dog WG	4 OZ	240	390	30.0	8.0	2.50	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
CONDIMENT 2	1 EACH	30	145	10.0	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
CROUTONS	1/8 cup	24	63	3.24	0.93	0.27	*N/A*
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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		536	771	84.74	11.99	3.22	*0.00
% of Calories				63.2%	20.1%	5.4%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Weighted Average		698	1342	91.51	22.64	*6.43	*0.23
				52.4%	29.2%	*8.3%	*0.3%

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# Sylacauga City Schools

May 1, 2019 thru May 22, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Carb (g) Shortfall	T-Fat (g) Overage	S-Fat (g)	Tr-Fat <sup>1</sup> (g) Error Messages (if any)
Calories	698		600 - 700	100%					
Sodium (mg)	1342		1360						
Carbohydrate (g)	91.51	52.45%							
Total Fat (g)	22.64	29.20%							
Saturated Fat (g)	6.43	8.30%	<10.00%		Missing				
Trans Fat <sup>1</sup> (g)	0.23	0.29%			Missing				

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