

# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Breakfast 9-12

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							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	14	680	9.52	3.40	0.00
Pineapple Chunks: 1/2 cup	1/2 CUP	65	0	1	0.15	0.01	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Cereal Bar, Trix	1 EACH	150	0	105	3.0	0.50	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	0	115	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	1	30	0.5	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	0	70	3.0	1.00	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Weighted Daily Average		511	13	713	11.93	3.55	0.00
% of Calories					21.0%	6.3%	0.0%
Nutrient Guideline		450-600		640		<10.00	

Thu - 08/08/2019							
SHS Breakfast 9-12	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
Sausage Patty	1.5 OZ	190	30	320	18.0	6.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 CUP	2	0	0	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	0	2	0.0	0.00	0.00
Weighted Daily Average		533	40	752	28.50	10.88	0.00
% of Calories					48.2%	18.4%	0.0%
Nutrient Guideline		450-600		640		<10.00	

Fri - 08/09/2019							
SHS Breakfast 9-12	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
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	0	30	0.0	0.00	0.00
Peaches: 1/2 cup	1/2 CUP	90	0	7	0.0	0.00	0.00
Cereal Bar, Trix	1 EACH	150	0	105	3.0	0.50	0.00
Graham Cracker Snack, Honey	EACH	110	0	140	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	1	30	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		728	23	789	23.25	5.25	0.00
% of Calories					28.7%	6.5%	0.0%
Nutrient Guideline		450-600		640		<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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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Breakfast 9-12

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)
Mon - 08/12/2019							
SHS Breakfast 9-12	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
Peaches: 1/2 cup	1/2 CUP	90	0	7	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		299	25	368	14.10	4.23	0.00
% of Calories					42.5%	12.7%	0.0%
Nutrient Guideline		450-600		640		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/13/2019							
SHS Breakfast 9-12	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
Bananas	1/2 cup	67	0	1	0.25	0.08	0.00
Cereal Bar, Trix	1 EACH	150	0	105	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	1	30	0.5	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	0	70	3.0	1.00	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	0	30	0.0	0.00	0.00
Weighted Daily Average		685	63	608	17.31	4.77	*0.00
% of Calories					22.8%	6.3%	*0.0%
Nutrient Guideline		450-600		640		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/14/2019							
SHS Breakfast 9-12	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
Applesauce 1/2 cup	1/2 CUP	2	0	0	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Weighted Daily Average		260	12	553	7.14	2.55	0.00
% of Calories					24.7%	8.8%	0.0%
Nutrient Guideline		450-600		640		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/15/2019							
SHS Breakfast 9-12	Total						
Breakfast Bagel	SERVING	177	451	451	5.89	1.96	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Pears, Sliced canned 1/2 cup	1/2 cup	77	0	14	0.0	0.00	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	0	115	3.0	0.50	0.00
Graham Cracker Snack, Honey	EACH	110	0	140	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	1	30	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Base Menu Spreadsheet

SHS Breakfast 9-12

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		344	454	556	7.21 18.9%	2.04 5.3%	0.00 0.0%
Nutrient Guideline		450-600		640		<10.00	

Fri - 08/16/2019							
SHS Breakfast 9-12	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
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	0	30	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 CUP	2	0	0	0.0	0.00	0.00
Cereal Bar: Cocoa Puffs	1 EACH	150	0	110	3.0	0.50	0.00
Graham Cracker Snack, Honey	EACH	110	0	140	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	1	30	0.5	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	5	125	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		697	22	780	23.25 30.0%	5.25 6.8%	0.00 0.0%
Nutrient Guideline		450-600		640		<10.00	

Mon - 08/19/2019							
SHS Breakfast 9-12	Total						
Waffle Sticks: 4	2 each	200	27	293	6.67	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
Pineapple Chunks: 1/2 cup	1/2 CUP	65	0	1	0.15	0.01	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	0	115	3.0	0.50	0.00
Graham Cracker Snack, Choc	1 EACH	100	0	70	3.0	1.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	1	30	0.5	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		606	49	638	16.95 25.2%	3.42 5.1%	0.00 0.0%
Nutrient Guideline		450-600		640		<10.00	

Tue - 08/20/2019							
SHS Breakfast 9-12	Total						
Pancakes, Mini, Maple	pouch	210	10	320	6.0	1.00	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Syrup, Ind.	1 Each	80	0	30	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Pears, Sliced canned 1/2 cup	1/2 cup	77	0	14	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		475	32	562	13.00 24.6%	3.00 5.7%	0.00 0.0%
Nutrient Guideline		450-600		640		<10.00	

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Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Breakfast 9-12

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 - 08/21/2019							
SHS Breakfast 9-12	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
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	0	115	3.0	0.50	0.00
Graham Cracker Snack, Choc	1 EACH	100	0	70	3.0	1.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	1	30	0.5	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Oranges, Mandarin: 1/2 c	1/2 CUP	104	0	12	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	0	2	0.0	0.00	0.00
Weighted Daily Average		659	33	710	18.25	6.75	0.00
% of Calories					24.9%	9.2%	0.0%
Nutrient Guideline		450-600		640		<10.00	

Thu - 08/22/2019							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	14	680	9.52	3.40	0.00
Cereal Bar: Cocoa Puffs	1 EACH	150	0	110	3.0	0.50	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	0	105	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	1	30	0.5	0.00	0.00
Strawberry Cups: 4.5oz	4.5 OZ CUP	122	0	4	0.17	0.01	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Weighted Daily Average		508	16	846	12.82	3.90	0.00
% of Calories					22.7%	6.9%	0.0%
Nutrient Guideline		450-600		640		<10.00	

Fri - 08/23/2019							
SHS Breakfast 9-12	Total						
Waffle Sticks: 4	2 each	200	27	293	6.67	0.67	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
Apples, Fresh (HUSCC)	1/2 CUP	72	0	1	0.23	0.04	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	0	115	3.0	0.50	0.00
Graham Cracker Snack, Choc	1 EACH	100	0	70	3.0	1.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	1	30	0.5	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	0	30	0.0	0.00	0.00
Weighted Daily Average		600	49	650	16.97	3.43	0.00
% of Calories					25.4%	5.1%	0.0%
Nutrient Guideline		450-600		640		<10.00	

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Base Menu Spreadsheet

SHS Breakfast 9-12

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>Mon - 08/26/2019</b>							
SHS Breakfast 9-12	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
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	0	30	0.0	0.00	0.00
Bananas	1/2 cup	67	0	1	0.25	0.08	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	5	125	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		557	22	650	20.06 32.4%	5.02 8.1%	0.00 0.0%
Nutrient Guideline		450-600		640		<10.00	

<b>Tue - 08/27/2019</b>							
SHS Breakfast 9-12	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
Applesauce 1/2 cup	1/2 CUP	2	0	0	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		389	62	446	14.00 32.4%	4.00 9.2%	*0.00 *0.0%
Nutrient Guideline		450-600		640		<10.00	

<b>Wed - 08/28/2019</b>							
SHS Breakfast 9-12	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
Apples, Fresh (HUSCC)	1/2 CUP	72	0	1	0.23	0.04	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
Syrup, Ind.	1 Each	80	0	30	0.0	0.00	0.00
Weighted Daily Average % of Calories		405	26	414	14.16 31.5%	4.24 9.4%	0.00 0.0%
Nutrient Guideline		450-600		640		<10.00	

<b>Thu - 08/29/2019</b>							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	14	680	9.52	3.40	0.00
Applesauce 1/2 cup	1/2 CUP	2	0	0	0.0	0.00	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		249	12	540	7.14 25.8%	2.55 9.2%	0.00 0.0%
Nutrient Guideline		450-600		640		<10.00	

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SHS Breakfast 9-12

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)
Fri - 08/30/2019							
SHS Breakfast 9-12	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
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
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	0	115	3.0	0.50	0.00
Graham Cracker Snack, Choc	1 EACH	100	0	70	3.0	1.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	1	30	0.5	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Weighted Daily Average		798	33	917	33.53	12.00	0.00
% of Calories					37.8%	13.5%	0.0%
Nutrient Guideline		450-600		640		<10.00	

Weighted Average		517	55	638	16.64 29.0%	4.82 8.4%	*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	517		450 - 600	100%				
Cholesterol (mg)	55							
Sodium (mg)	638		640					
Total Fat (g)	16.64	28.98%						
Saturated Fat (g)	4.82	8.40%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.