

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

SHS Breakfast 9-12

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 - 03/01/2019							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Fruit Cocktail - Canned 1/2c	1/2 Cup	101	13	26.5	0.0	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		285	556	43.18	7.14	2.55	0.00
% of Calories				60.6%	22.6%	8.1%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Mon - 03/04/2019							
SHS Breakfast 9-12	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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Strawberry Cups: 4.5oz	4.5 OZ CUP	122	4	32.94	0.17	0.01	0.00
Cereal Bowl, HoneyNut Cheerios	BOWL	0	0	0.0	0.0	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Weighted Daily Average		696	803	87.88	30.54	11.50	0.00
% of Calories				50.5%	39.5%	14.9%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Tue - 03/05/2019							
SHS Breakfast 9-12	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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Syrup, Ind.	1 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
Cereal Bowl, HoneyNut Cheerios	BOWL	0	0	0.0	0.0	0.00	0.00
Graham Cracker Snack, Honey	EACH	110	140	20.0	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	30	13.0	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		646	736	100.01	21.78	5.01	0.00
% of Calories				61.9%	30.3%	7.0%	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

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

SHS Breakfast 9-12

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 - 03/06/2019							
SHS Breakfast 9-12	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	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
Oranges	1/2 CUP	65	0	16.27	0.3	0.04	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		539	547	84.94	17.03	4.76	*0.00
% of Calories				63.0%	28.4%	7.9%	*0.0%
Nutrient Guideline		450-600	640			<10.00	

Thu - 03/07/2019							
SHS Breakfast 9-12	Total						
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	30.0	3.0	0.50	0.00
Graham Cracker Snack, Honey	1 EACH	110	140	20.0	3.0	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		404	625	67.20	8.92	2.22	0.00
% of Calories				66.5%	19.9%	4.9%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Fri - 03/08/2019							
SHS Breakfast 9-12	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
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		415	460	66.56	11.53	2.76	0.00
% of Calories				64.2%	25.0%	6.0%	0.0%
Nutrient Guideline		450-600	640			<10.00	

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Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

SHS Breakfast 9-12

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 - 03/11/2019							
SHS Breakfast 9-12	Total						
Breakfast, Egg and Cheese Sand	sandwich	162	283	19.24	7.09	2.53	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
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Graham Cracker Snack, Honey	EACH	110	140	20.0	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	30	13.0	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		361	386	61.50	8.45	2.61	0.00
% of Calories				68.2%	21.1%	6.5%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Tue - 03/12/2019							
SHS Breakfast 9-12	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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Syrup, Ind.	1 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
Cereal Bowl, HoneyNut Cheerios	BOWL	0	0	0.0	0.0	0.00	0.00
Graham Cracker Snack, Honey	EACH	110	140	20.0	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	30	13.0	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		646	736	100.01	21.78	5.01	0.00
% of Calories				61.9%	30.3%	7.0%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Wed - 03/13/2019							
SHS Breakfast 9-12	Total						
Waffle Sticks: 4	2 each	200	293	29.33	6.67	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 STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		456	544	69.85	13.70	2.67	0.00
% of Calories				61.2%	27.0%	5.3%	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)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/14/2019							
SHS Breakfast 9-12	Total						
Pancakes, Mini, Maple	pouch	210	320	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.	1 Each	80	30	20.0	0.0	0.00	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Cereal, Bar Cinn Toast	bar	150	115	30.0	3.0	0.50	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	0.04	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		604	664	102.86	16.06	3.76	0.00
% of Calories				68.1%	23.9%	5.6%	0.0%
Nutrient Guideline		450-600	640			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/15/2019							
SHS Breakfast 9-12	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Cereal Bowl, HoneyNut Cheerios	BOWL	0	0	0.0	0.0	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	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 STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		422	448	56.25	15.89	4.74	0.00
% of Calories				53.3%	33.9%	10.1%	0.0%
Nutrient Guideline		450-600	640			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/18/2019							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Cereal Bar: Cocoa Puffs	1 EACH	150	110	30.0	3.0	0.50	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	0.00	0.00
Fruit Cocktail - Canned 1/2c	1/2 Cup	101	13	26.5	0.0	0.00	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		492	836	78.23	12.77	3.90	0.00
% of Calories				63.6%	23.4%	7.1%	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)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/19/2019							
SHS Breakfast 9-12	Total						
Waffle Sticks: 4	2 each	200	293	29.33	6.67	0.67	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
Oranges	1/2 CUP	65	0	16.27	0.3	0.04	0.00
Cereal Bowl, HoneyNut Cheerios	BOWL	0	0	0.0	0.0	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Yogurt, Go-Gurt, Strawberry	1 each	70	30	13.0	0.5	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
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Weighted Daily Average		476	563	70.03	15.47	3.18	0.00
% of Calories				58.8%	29.2%	6.0%	0.0%
Nutrient Guideline		450-600	640			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/20/2019							
SHS Breakfast 9-12	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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Syrup, Ind.	1 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
Cereal Bowl, HoneyNut Cheerios	BOWL	0	0	0.0	0.0	0.00	0.00
Graham Cracker Snack, Honey	EACH	110	140	20.0	3.0	0.00	0.00
Yogurt, Go-Gurt, Strawberry	each	70	30	13.0	0.5	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		646	736	100.01	21.78	5.01	0.00
% of Calories				61.9%	30.3%	7.0%	0.0%
Nutrient Guideline		450-600	640			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/21/2019							
SHS Breakfast 9-12	Total						
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	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
Oranges	1/2 CUP	65	0	16.27	0.3	0.04	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		539	547	84.94	17.03	4.76	*0.00
% of Calories				63.0%	28.4%	7.9%	*0.0%
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SHS Breakfast 9-12

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 - 03/22/2019							
SHS Breakfast 9-12	Total						
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Sausage, smoked rope(2 oz=1M)	serving	178	523	1.98	16.79	5.93	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	30.0	3.0	0.50	0.00
Graham Cracker Snack, Honey	1 EACH	110	140	20.0	3.0	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		615	1037	74.59	28.82	10.68	0.00
% of Calories				48.5%	42.2%	15.6%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Weighted Average		515	639	78.00 60.6%	16.80 29.3%	4.69 8.2%	*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	515		450 - 600	100%				
Sodium (mg)	639		640					
Carbohydrate (g)	78.00	60.55%						
Total Fat (g)	16.80	29.34%						
Saturated Fat (g)	4.69	8.20%	<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.