

Sylacauga City Schools

May 1, 2019 thru May 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 ¹ (g)
Wed - 05/01/2019							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		276	554	40.64	7.18	2.56	0.00
% of Calories				59.0%	23.4%	8.3%	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 ¹ (g)
Thu - 05/02/2019							
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
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, 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		683	803	84.22	30.53	11.50	0.00
% of Calories				49.3%	40.2%	15.2%	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 ¹ (g)
Fri - 05/03/2019							
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

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Sylacauga City Schools

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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 ¹ (g)
Mon - 05/06/2019							
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
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	84.77	17.03	4.75	*0.00
% of Calories				62.9%	28.5%	7.9%	*0.0%
Nutrient Guideline		450-600	640			<10.00	

Tue - 05/07/2019							
SHS Breakfast 9-12	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
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
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
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Weighted Daily Average		579	570	90.94	17.38	4.49	0.00
% of Calories				62.8%	27.0%	7.0%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Wed - 05/08/2019							
SHS Breakfast 9-12	Total						
Pizza, Breakfast WG, Sausage	slice	218	680	21.77	9.52	3.40	0.00
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	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		511	709	86.64	11.93	3.56	0.00
% of Calories				67.9%	21.0%	6.3%	0.0%
Nutrient Guideline		450-600	640			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/09/2019							
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
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Cereal Bar, Cinnamon Toast Cru	1 EACH	150	115	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		340	554	54.85	7.25	2.04	0.00
% of Calories				64.4%	19.2%	5.4%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Fri - 05/10/2019							
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 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		721	788	115.01	23.28	5.26	0.00
% of Calories				63.8%	29.1%	6.6%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Mon - 05/13/2019							
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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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/14/2019							
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, 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		607	664	103.81	16.03	3.76	0.00
% of Calories				68.4%	23.8%	5.6%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Wed - 05/15/2019							
SHS Breakfast 9-12	Total						
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Chicken Patty for Biscuit	1 EACH	130	200	7.0	6.0	1.50	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
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Weighted Daily Average		572	651	82.33	16.79	6.51	0.00
% of Calories				57.6%	26.4%	10.2%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Thu - 05/16/2019							
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: 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- 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		600	572	97.96	17.28	4.51	*0.00
% of Calories				65.3%	25.9%	6.8%	*0.0%
Nutrient Guideline		450-600	640			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/17/2019							
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
Cereal Bar: Cocoa Puffs	1 EACH	150	110	30.0	3.0	0.50	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
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Weighted Daily Average		598	648	96.56	16.95	3.42	0.00
% of Calories				64.5%	25.5%	5.1%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Mon - 05/20/2019							
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	

Tue - 05/21/2019							
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
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		255	493	37.81	5.92	1.97	0.00
% of Calories				59.3%	20.9%	6.9%	0.0%
Nutrient Guideline		450-600	640			<10.00	

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Wed - 05/22/2019							
SHS Breakfast 9-12	Total						
Cereal Bar, Trix	1 EACH	150	105	30.0	3.0	0.50	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Weighted Daily Average		486	374	86.79	10.14	2.52	0.00
% of Calories				71.4%	18.8%	4.7%	0.0%
Nutrient Guideline		450-600	640			<10.00	

Weighted Average		532	622	83.26 62.6%	15.94 26.9%	4.34 7.3%	*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	532		450 - 600	100%				
Sodium (mg)	622		640					
Carbohydrate (g)	83.26	62.57%						
Total Fat (g)	15.94	26.94%						
Saturated Fat (g)	4.34	7.35%	<10.00%					
Trans Fat ¹ (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

¹ - 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.