

# Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Lunch K-5

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 - 03/02/2020							
IV Lunch K-5	Total						
Chicken Nuggets: 5 nuggets	5 Nuggets	231	415	15.43	11.57	2.41	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Hashbrown Casserole: 1/2 cup	1/2 cup	280	421	20.44	17.99	6.21	*0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	217	3.96	2.25	0.88	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Lunchable, Nacho	1 Each	286	839	29.63	14.72	4.87	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		748	1296	83.95	31.81	8.50	*0.00
% of Calories				44.9%	38.3%	10.2%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/03/2020							
IV Lunch K-5	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
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Salad, Kale	1 cup	154	242	32.71	2.73	0.42	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		517	1131	78.03	12.47	4.17	*0.00
% of Calories				60.4%	21.7%	7.3%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Lunch K-5

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 - 03/04/2020							
IV Lunch K-5	Total						
BBQ CHICKEN	SERVINGS	291	210	1.8	6.18	1.33	0.02
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Cornbread	1 piece	119	310	18.23	3.04	0.52	*0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Greens: Collard, 1/2 C	2/3 C	59	140	5.99	2.9	1.01	*0.00
Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	33	61	2.05	2.67	0.27	*0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	0.00
MILK, 1% FAT	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, FF SKIM	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	103	12.15	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 4	12gm	10	125	3.0	0.0	0.00	0.00
	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		674	708	70.47	16.08	3.19	*0.01
% of Calories				41.8%	21.5%	4.3%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 03/05/2020							
IV Lunch K-5	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
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Yogurt Choice	4 oz	80	65	16.03	0.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		506	936	72.56	11.70	4.97	0.00
% of Calories				57.4%	20.8%	8.8%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Lunch K-5

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 - 03/06/2020							
IV Lunch K-5	Total						
Chicken Nachos w/ Chips	SERVINGS	273	808	21.33	13.03	2.48	0.00
Tortilla Chips (1oz -10 chips)	1oz servings	132	172	19.24	5.06	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Pinto:1/2 cup	1/2 cup	90	140	16.0	0.0	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	227	3.84	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
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	1 each	100	150	14.0	3.5	1.00	0.00
MILK, FF SKIM	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	103	12.15	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 4	12gm	10	125	3.0	0.0	0.00	0.00
Sour Cream, Fat Free, Single	1 EACH	50	185	5.0	4.0	0.50	0.00
	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Weighted Daily Average		565	1040	70.84	18.32	4.29	0.00
% of Calories				50.1%	29.2%	6.8%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 03/09/2020							
IV Lunch K-5	Total						
Chicken, Bites whole muscle	6 nuggets	360	870	21.0	18.0	3.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Salad, Kale	1 cup	154	242	32.71	2.73	0.42	*0.00
Beans, Green, Seasoned 1/4 cup	1/4 CUP	19	111	2.03	1.15	0.45	0.00
Peas, Blackeyed: 1/4 cup	1/4 CUP	77	229	13.55	0.64	0.32	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Lunchable, pizza	1 Each	281	692	30.41	12.11	5.41	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
CONDIMENT 5	1 EACH	54	86	4.47	4.33	0.67	0.00
Weighted Daily Average		644	1223	76.89	19.95	4.25	*0.00
% of Calories				47.8%	27.9%	5.9%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Lunch K-5

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 - 03/10/2020							
IV Lunch K-5	Total						
Hot Dog WG	servings	233	567	27.84	10.12	3.54	0.25
Hot Dog w Chili Sauce	CHILI DOG	208	692	3.79	17.16	7.46	0.50
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Sauerkraut:1/8 cup	1/8 CUP	5	170	0.94	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
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		563	1061	78.01	19.24	6.19	0.34
% of Calories				55.4%	30.7%	9.9%	0.5%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 03/11/2020							
IV Lunch K-5	Total						
Cracked Out Chicken Casserole	1 cup	417	972	42.4	16.43	6.66	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	117	181	20.9	0.65	0.00	0.00
Potatoes, Sweet; 1/2 cup	1/2c servings	133	52	29.72	1.15	0.44	0.00
Sandwich, IW, WG, Soy Butter &	1 each	290	220	28.0	16.0	3.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		787	1165	107.90	22.58	6.71	0.00
% of Calories				54.8%	25.8%	7.7%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Base Menu Spreadsheet

IV Lunch K-5

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 - 03/12/2020							
IV Lunch K-5	Total						
Pizza, Cheese, 16"	Servings	222	477	23.02	7.67	4.26	0.00
Pizza, Pepperoni 16"	Servings	248	581	23.22	10.1	5.07	0.00
Pizza, Sausage 16"	Servings	291	741	23.83	13.34	6.09	0.00
Pizza, Chicken, BBQ	Servings	404	884	26.03	18.49	9.07	*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
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		476	823	67.20	11.18	*5.36	*0.00
% of Calories				56.5%	21.1%	*10.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 03/13/2020							
IV Lunch K-5	Total						
Egg Scrambled Squares	1 EACH	45	125	1.0	3.0	1.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Juice, Orange 4 oz.	4 oz.	60	0	14.0	0.0	0.00	0.00
Oatmeal: 1cup	1 CUP	136	7	25.4	2.27	0.45	0.00
Toast w/Butter - WW, WG	1 SLICE	114	197	15.0	4.69	1.68	0.00
Hash Browns	SERVING	132	132	14.17	8.1	2.02	*N/A*
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Sandwich, IW, WG, Soy Butter &	1 each	290	220	28.0	16.0	3.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Crackers, Cheez-It 2016 WG	1 each	100	150	14.0	3.5	1.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		622	808	77.25	24.07	7.04	*0.00
% of Calories				49.7%	34.8%	10.2%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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IV Lunch K-5

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 - 03/16/2020							
IV Lunch K-5	Total						
Chicken Nuggets: 5 nuggets	5 Nuggets	231	415	15.43	11.57	2.41	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	217	3.96	2.25	0.88	0.00
Potatoes, Sweet; 1/2 cup	1/2c servings	133	52	29.72	1.15	0.44	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Lunchable, Nacho	1 Each	286	839	29.63	14.72	4.87	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		571	1036	74.32	19.15	4.13	0.00
% of Calories				52.1%	30.2%	6.5%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/17/2020							
IV Lunch K-5	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
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Crackers, Animal SS	SERVING	130	95	20.0	4.0	0.00	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		542	1241	79.46	13.78	4.65	0.00
% of Calories				58.7%	22.9%	7.7%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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# Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Lunch K-5

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 - 03/18/2020							
IV Lunch K-5	Total						
Tatertot Casserole (Red. Cal)	SVG (3/4 cup)	398	612	16.16	26.26	9.67	*0.67
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	0.00	0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	117	181	20.9	0.65	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	0.00
MILK, 1% FAT	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, FF SKIM	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	103	12.15	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 4	12gm	10	125	3.0	0.0	0.00	0.00
	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		744	895	82.98	29.27	8.91	*0.50
% of Calories				44.6%	35.4%	10.8%	*0.6%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 03/19/2020							
IV Lunch K-5	Total						
Hamburger w/ WG Bun CASE	1 each	139	298	26.86	1.99	0.00	0.00
Cheeseburger: WW bun	servings	333	666	29.38	15.85	6.20	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
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		489	758	73.76	11.00	4.22	0.00
% of Calories				60.3%	20.2%	7.8%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 03/20/2020							
IV Lunch K-5	Total						
Yogurt Choice	4 oz	80	65	16.03	0.0	0.00	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	0.00
Rice Krispie Treats, mini	1 each	80	150	1.0	6.0	3.50	0.00
Crackers, Cheez-It 2016 WG	1 each	50	45	8.93	0.99	0.00	0.00
Fruit- Fresh, Frozen, Canned	1 each	100	150	14.0	3.5	1.00	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 cup	63	6	16.33	0.14	0.02	0.00
Celery Sticks 1/4 cup	1/2 CUP	26	59	6.23	0.1	0.02	0.00
Ranch Dressing, RC, Single Ser	1/4 CUP	5	26	0.96	0.06	0.01	0.00
MILK, 1% FAT	12gm	10	125	3.0	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	103	12.15	0.2	0.12	0.00
	HALF PINT	120	160	20.0	0.0	0.00	0.00

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# Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Lunch K-5

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)
Weighted Daily Average % of Calories		721	800	92.64 51.4%	26.68 33.3%	7.54 9.4%	0.00 0.0%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 03/30/2020							
IV Lunch K-5	Total						
Chicken, Bites whole muscle	6 nuggets	360	870	21.0	18.0	3.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Beans, Green, Seasoned 1/4 cup	1/4 CUP	19	111	2.03	1.15	0.45	0.00
Peas, Blackeyed: 1/4 cup	1/4 CUP	77	229	13.55	0.64	0.32	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Lunchable, pizza	1 Each	281	692	30.41	12.11	5.41	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
CONDIMENT 5	1 EACH	54	86	4.47	4.33	0.67	0.00
Weighted Daily Average % of Calories		601	1142	72.81 48.4%	18.27 27.3%	4.03 6.0%	0.00 0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 03/31/2020							
IV Lunch K-5	Total						
Hot Dog WG	servings	233	567	27.84	10.12	3.54	0.25
Hot Dog w Chili Sauce	CHILI DOG	208	692	3.79	17.16	7.46	0.50
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Sauerkraut:1/8 cup	1/8 CUP	5	170	0.94	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*
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	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
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	210	360	46.0	2.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average % of Calories		574	1086	80.33 55.9%	19.24 30.1%	6.19 9.7%	*0.34 *0.5%
Nutrient Guideline		550-650	1230			<10.00	

Weighted Average		608	1009	78.79 51.8%	19.10 28.3%	*5.55 *8.2%	*0.07 *0.1%
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# Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size		Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
			Weekly Target	% of Target							
Calories	608		550 - 650	100%							
Sodium (mg)	1009		1230								
Carbohydrate (g)	78.79	51.80%									
Total Fat (g)	19.10	28.26%									
Saturated Fat (g)	5.55	8.21%	<10.00%			Missing					
Trans Fat <sup>1</sup> (g)	0.07	0.10%				Missing					

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