

Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

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 ¹ (g)
Mon - 03/02/2020							
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
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	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
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*
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
Weighted Daily Average		616	1512	90.45	15.26	4.84	*0.00
% of Calories				58.7%	22.3%	7.1%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Tue - 03/03/2020							
NL Lunch 6-8	Total						
Hamburger w/ WG Bun CASE	1 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, Roasted (Diced)	1/2 cup	171	196	30.57	4.28	0.61	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) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	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		646	1133	110.29	13.46	2.98	*0.00
% of Calories				68.3%	18.8%	4.2%	*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

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

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 ¹ (g)
Wed - 03/04/2020							
NL Lunch 6-8	Total						
Tatertot Casserole (Red. Cal)	Servings	398	612	16.16	26.26	9.67	*0.67
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Potatoes, Sweet: 1/4 cup	1/4 c	67	26	14.86	0.58	0.22	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, 1/2 Cup	1/2 CUP	26	59	6.23	0.1	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	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
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
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 each	105	91	18.29	1.96	0.00	0.00
Weighted Daily Average		694	1082	67.97	30.99	10.34	*0.67
% of Calories				39.2%	40.2%	13.4%	*0.9%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/05/2020							
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
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) 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
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
Brownie Pudding	1/2 cup	176	239	36.51	2.15	0.56	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		734	1253	114.85	16.93	*6.02	*0.00
% of Calories				62.6%	20.7%	*7.4%	*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 ¹ (g)
Fri - 03/06/2020							
NL Lunch 6-8	Total						
Salisbury Steak CASE	Servings	400	700	8.0	28.0	12.00	0.00
Gravy, Brown 1/4 cup	1/4 CUP	43	329	5.63	2.17	0.55	1.10
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	326	13.39	1.18	0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	117	181	20.9	0.65	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
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	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*
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	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
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
Peppers, Red Strips	2 OZ	9	52	1.89	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
Breadstick, Italian	1 EACH	83	100	15.72	1.02	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		754	1702	68.19	34.41	12.73	*0.94
% of Calories				36.2%	41.1%	15.2%	*1.1%
Nutrient Guideline		600-700	1360			<10.00	

Mon - 03/09/2020							
NL Lunch 6-8	Total						
Crispitos (2 EACH)	2 Crisptios	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, QUESO 1/8 cup	1/8 cup svgs	44	287	2.21	3.31	2.21	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
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
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
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		689	1131	84.42	23.89	6.64	*0.00
% of Calories				49.0%	31.2%	8.7%	*0.0%
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 ¹ (g)
Tue - 03/10/2020							
NL Lunch 6-8	Total						
Hot Dog (frankfurter only)	1 EACH	91	263	0.51	8.1	3.54	0.25
Hotdog Bun: WG	1 each	140	300	27.0	2.0	0.00	0.00
Chili Sauce: 1/8 C	1/8 C	30	186	3.01	1.25	0.50	0.00
Potato Wedges: FZN 3 oz	3oz servings	128	150	21.37	4.27	0.53	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
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*
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
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
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
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Weighted Daily Average		617	1398	85.83	22.73	6.38	*0.25
% of Calories				55.7%	33.2%	9.3%	*0.4%
Nutrient Guideline		600-700	1360			<10.00	

Wed - 03/11/2020							
NL Lunch 6-8	Total						
Chicken Parmesan	serving	268	819	20.27	11.07	3.58	0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	217	3.96	2.25	0.88	0.00
Potatoes, Sweet: 1/4 cup	1/4 c	67	26	14.86	0.58	0.22	0.00
Breadstick, Italian	EACH	83	100	15.72	1.02	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
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
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	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
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*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	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		562	1260	73.41	15.65	4.61	*0.00
% of Calories				52.2%	25.0%	7.4%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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Thu - 03/12/2020							
NL Lunch 6-8	Total						
Pizza, French Bread PEPPERONI	pizza	270	690	30.0	9.0	4.50	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
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	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
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	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
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
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
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, Van., FF/Bulk, 1/2 cup	1/2 cup	119	205	26.96	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		642	1219	102.99	12.36	*4.95	*0.00
% of Calories				64.1%	17.3%	*6.9%	*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 ¹ (g)
Fri - 03/13/2020							
NL Lunch 6-8	Total						
BBQ pork 2 oz	2 oz	307	769	12.2	14.43	5.31	0.00
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	80	16.15	3.52	0.00	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
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*
Pickles, Dill (slices)	SERVING	0	243	0.0	0.0	0.00	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	59	6.23	0.1	0.02	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
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	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
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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Weighted Daily Average		803	1536	100.11	23.98	5.98	*0.00
% of Calories				49.8%	26.9%	6.7%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

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 ¹ (g)
Mon - 03/16/2020							
NL Lunch 6-8	Total						
Pizza, Cheese 4X6	servings	300	470	34.0	11.0	4.00	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) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	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
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 Cup, Chocolate 2016	1 each	80	140	20.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		629	967	100.08	14.26	*4.30	*0.00
% of Calories				63.7%	20.4%	*6.2%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Tue - 03/17/2020							
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
Chicken Patty, WG, Breaded	1 EACH	193	508	14.88	7.0	1.31	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	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
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
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
Pickles, Dill (slices)	3pickle serving	0	243	0.0	0.0	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
Peppers, Red Strips	2 OZ	9	52	1.89	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
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		688	1385	84.95	23.07	3.79	*0.00
% of Calories				49.4%	30.2%	5.0%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

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 ¹ (g)
Wed - 03/18/2020							
NL Lunch 6-8	Total						
Beef Stroganoff	2 OZ SERVING	401	437	49.46	12.5	4.24	1.69
Carrots, Glazed (BBuds): 1/2c	1/2 CUP	49	297	11.76	0.17	0.02	*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, 1/2 Cup	1/2 CUP	26	59	6.23	0.1	0.02	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
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	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
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
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		592	864	82.67	15.28	4.87	*1.69
% of Calories				55.8%	23.2%	7.4%	*2.6%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/19/2020							
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
Greens: Collard, 1/2 C	2/3 C	59	140	5.99	2.9	1.01	*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		739	1664	83.04	26.55	4.26	*0.08
% of Calories				44.9%	32.3%	5.2%	*0.1%
Nutrient Guideline		600-700	1360			<10.00	

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

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 ¹ (g)
Fri - 03/20/2020							
NL Lunch 6-8	Total						
Corn Dog WG	4 OZ	240	390	30.0	8.0	2.50	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
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) Diced 1/8 c	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
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
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
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		601	912	99.05	10.90	3.06	*0.00
% of Calories				65.9%	16.3%	4.6%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Mon - 03/30/2020							
NL Lunch 6-8	Total						
Pizza, Mexican Fiestada	Servings/pizzas	340	851	39.06	14.02	6.01	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	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
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	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
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
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
Weighted Daily Average		596	1358	77.87	19.76	7.40	*0.00
% of Calories				52.3%	29.8%	11.2%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

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 ¹ (g)
Tue - 03/31/2020							
NL Lunch 6-8	Total						
Grilled Chicken Sandwich	Sandwiches	258	646	27.67	7.98	2.00	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	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
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
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
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
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*
Pickles, Dill (slices)	3pickle serving	0	243	0.0	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
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
Weighted Daily Average		629	1394	88.60	16.58	4.36	*0.00
% of Calories				56.3%	23.7%	6.2%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Weighted Average		661	1281	89.10	19.77	*5.74	*0.21
				53.9%	26.9%	*7.8%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	661		600 - 700	100%				
Sodium (mg)	1281		1360					
Carbohydrate (g)	89.10	53.94%						
Total Fat (g)	19.77	26.93%						
Saturated Fat (g)	5.74	7.81%	<10.00%		Missing			
Trans Fat ¹ (g)	0.21	0.29%			Missing			

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