

Sylacauga City Schools

Mar 2, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

Page 1

Generated on: 2/20/2020 11:22:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020							
PC Lunch K-5	Total						
Chicken Wings, Precooked, 2018	svg	601	1541	3.76	41.34	9.39	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Weighted Daily Average		868	1810	50.29	47.69	10.33	*0.00
% of Calories				23.2%	49.4%	10.7%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 03/03/2020							
PC Lunch K-5	Total						
Hot Pocket, Pepperoni	4.46 oz	300	680	32.0	11.0	5.00	0.00
Corn, Canned, WK, 1/4 cup	1/4 cup	57	88	11.33	0.63	*0.00	*0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Fruit Cup - 4oz	4 OZ.	60	5	17.0	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		484	908	65.33	13.90	*5.29	*0.00
% of Calories				53.9%	25.8%	*9.8%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 03/04/2020							
PC Lunch K-5	Total						
Teriyaki Chicken:Strips	2 OZ	101	361	1.95	4.57	1.31	0.00
Rice, Brown 1/2 cup	1/2 CUP	198	1	40.63	1.56	0.00	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Broccoli w/ Cheese(Mix):1/4 c	1/3 c servings	11	95	2.35	0.0	0.00	0.00
Carrots, Steamed(Seasoned)1/4c	1/4 C	15	33	3.53	0.06	*0.01	*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		461	598	71.06	8.74	*1.62	*0.00
% of Calories				61.6%	17.1%	*3.2%	*0.0%
Nutrient Guideline		550-650	1230			<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

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.

Sylacauga City Schools

Mar 2, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

Page 2

Generated on: 2/20/2020 11:22:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/05/2020							
PC Lunch K-5	Total						
Beef Nachos w/ Chips	SERVINGS	538	944	44.48	28.03	6.85	0.84
Corn Nuggets, FZN	1/2 cup	117	258	19.05	3.69	0.61	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	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
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average		808	1339	90.05	32.71	7.49	*0.84
% of Calories				44.6%	36.4%	8.3%	*0.9%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 03/06/2020							
PC Lunch K-5	Total						
Hot Dog WG	1 EACH	233	567	27.84	10.12	3.54	0.25
Sauerkraut:1/8 cup	1/8 CUP	5	170	0.94	0.0	0.00	0.00
Chili Sauce: 1/8 C	1/8 C	30	186	3.01	1.25	0.50	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Potato, Rounds: 1/2 cup	serving	120	180	14.0	7.0	1.00	0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
CONDIMENT 1	1 EACH	10	95	4.0	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
Pudding Cup, Chocolate 2016	1 each	80	140	20.0	0.0	0.00	0.00
Weighted Daily Average		598	1265	95.27	17.28	4.73	*0.25
% of Calories				63.7%	26.0%	7.1%	*0.4%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 03/09/2020							
PC Lunch K-5	Total						
Chicken Sandwich WG Bun - CASE	EACH	362	886	44.07	10.09	1.52	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Potatoes, Sweet: 1/4 cup	1/4 c	67	26	14.86	0.58	0.22	0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	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		619	1243	90.97	14.66	2.19	0.00
% of Calories				58.8%	21.3%	3.2%	0.0%
Nutrient Guideline		550-650	1230			<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

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.

Sylacauga City Schools

Mar 2, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

Page 3

Generated on: 2/20/2020 11:22:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/10/2020							
PC Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	470	34.0	11.0	4.00	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Vegetables, Mixed Canned	1/4 cup	16	18	0.0	1.78	0.81	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	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
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Weighted Daily Average		497	690	65.29	16.05	4.97	*0.00
% of Calories				52.5%	29.0%	9.0%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 03/11/2020							
PC Lunch K-5	Total						
Barbecue Pork Sandwich	2oz servings	513	1409	68.45	13.51	4.00	0.00
Tater Tots: 1/2 cup	1/2 Cups	120	180	14.0	7.0	1.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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 1	1 EACH	10	95	4.0	0.0	0.00	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Weighted Daily Average		905	1961	133.67	26.29	5.82	*0.00
% of Calories				59.1%	26.2%	5.8%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 03/12/2020							
PC Lunch K-5	Total						
Crispitos (2 EACH)	2 Crispitos	440	640	44.0	20.0	5.00	*N/A*
CHEESE SAUCE, QUESO 1/8 cup	1/8 cup svgs	44	287	2.21	3.31	2.21	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Peas, Blackeyed: 1/4 cup	1/4 CUP	77	229	13.55	0.64	0.32	0.00
Salsa: 1/4 cup	1/4 CUP	19	227	3.84	0.0	0.00	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
Weighted Daily Average		673	1356	78.73	25.65	7.61	*0.00
% of Calories				46.8%	34.3%	10.2%	*0.0%
Nutrient Guideline		550-650	1230			<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

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.

Sylacauga City Schools

Mar 2, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

Page 4

Generated on: 2/20/2020 11:22:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/13/2020							
PC Lunch K-5	Total						
Hamburger w/ WG Bun CASE	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
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	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*
Pickles, Dill (slices)	SERVING(3)	0	243	0.0	0.0	0.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	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 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		444	992	75.08	10.54	2.32	*0.00
% of Calories				67.7%	21.4%	4.7%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 03/16/2020							
PC Lunch K-5	Total						
Chicken, Bites whole muscle, 4	4 nuggets	239	578	13.95	11.96	1.99	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	80	16.15	3.52	0.00	0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	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 5	1 EACH	54	86	4.47	4.33	0.67	0.00
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Weighted Daily Average		317	327	52.50	7.82	0.69	0.00
% of Calories				66.2%	22.2%	2.0%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 03/17/2020							
PC Lunch K-5	Total						
Pizza, French Bread PEPPERONI	pizza	270	690	30.0	9.0	4.50	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Vegetables, Mixed Canned	1/2 CUP	32	36	0.0	3.56	1.62	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Fruit Cup - 4oz	4 OZ.	60	5	17.0	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		436	885	55.01	13.87	5.87	*0.00
% of Calories				50.5%	28.7%	12.1%	*0.0%
Nutrient Guideline		550-650	1230			<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

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.

Sylacauga City Schools

Mar 2, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

Page 5

Generated on: 2/20/2020 11:22:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/18/2020							
PC Lunch K-5	Total						
Chicken Alfredo with a Twist	1 CUP	349	717	39.85	9.47	2.79	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Steamed(Seasoned)1/4c	1/4 C	15	33	3.53	0.06	*0.01	*0.00
Peas, Green:Canned 1/4 C	1/4 CUP	61	94	10.38	0.63	0.14	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
Brownie w/Icing: from dry mix	1 Brownie	119	127	21.47	3.16	0.63	0.00
Weighted Daily Average		684	1104	98.49	15.94	*3.86	*0.00
% of Calories				57.6%	21.0%	*5.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 03/19/2020							
PC Lunch K-5	Total						
Egg Scrambled Squares	1 EACH	45	125	1.0	3.0	1.00	0.00
Sausage Patty	1.5 OZ	190	320	0.0	18.0	6.00	0.00
Corn Nuggets, FZN	1/2 cup	117	258	19.05	3.69	0.61	0.00
Hash Browns	SERVING	132	132	14.17	8.1	2.02	*N/A*
Grits, Plain 1/4 cup	1/4 CUP	77	84	13.23	2.16	1.19	0.00
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	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
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Ketchup, Individual Packet (2)	2 PC	20	50	6.0	0.0	0.00	0.00
Weighted Daily Average		832	1209	93.58	40.50	13.97	*0.00
% of Calories				45.0%	43.8%	15.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 03/20/2020							
PC Lunch K-5	Total						
Corn Dog WG	4 OZ	240	390	30.0	8.0	2.50	0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
Tater Tots: 1/2 cup	1/2 Cups	120	180	14.0	7.0	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
CONDIMENT 1	1 EACH	10	95	4.0	0.0	0.00	0.00
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Weighted Daily Average		589	870	90.78	16.01	3.52	0.00
% of Calories				61.6%	24.5%	5.4%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Weighted Average		614	1104	80.41	20.51	*5.35	*0.07
				52.4%	30.0%	*7.8%	*0.1%

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.

Sylacauga City Schools

Mar 2, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

Page 6

Generated on: 2/20/2020 11:22:09 AM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Carb (g) Shortfall	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g) Error Messages (if any)
Calories	614		550 - 650	100%					
Sodium (mg)	1104		1230						
Carbohydrate (g)	80.41	52.35%							
Total Fat (g)	20.51	30.04%							
Saturated Fat (g)	5.35	7.84%	<10.00%		Missing				
Trans Fat ¹ (g)	0.07	0.11%			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.