

Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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Generated on: 2/21/2020 8:30:30 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020							
SHS Lunch 9-12	Total						
Chicken, Bites whole muscle	6 nuggets	360	870	21.0	18.0	3.00	0.00
Peas, Blackeye, African Stewed	1/2 Cup	162	484	28.95	*1.27	0.63	*0.00
Broccoli, Seasoned: 1/2c	1/2 cup	11	15	2.94	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
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	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
SAUCE, GENERAL TSO 2019	SERVING	54	398	12.26	0.0	0.00	0.00
Weighted Daily Average		813	1626	100.46	*28.28	*7.14	*0.00
% of Calories				49.4%	*31.3%	*7.9%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Tue - 03/03/2020							
SHS Lunch 9-12	Total						
Red Beans & Rice w/ Sausage	servings	449	669	53.36	20.18	6.34	*0.00
Vegetables, Cali Mix FZN 1/2 C	1/2 Cup	23	35	4.65	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
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Breadstick, WW	SLICE	79	99	14.88	0.99	0.00	0.00
Weighted Daily Average		907	1136	135.30	29.21	7.56	*0.00
% of Calories				59.6%	29.0%	7.5%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Base Menu Spreadsheet

SHS Lunch 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 - 03/04/2020							
SHS Lunch 9-12	Total						
Chicken Nachos w/ Chips	SERVINGS	273	808	21.33	13.03	2.48	0.00
Beans, Black: Canned: 1/4c	1/4 CUP	58	90	10.23	0.0	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
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cheese, Shredded	1oz servings	110	180	0.0	9.0	5.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	445	1.01	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0.0	0.0	0.00	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
Weighted Daily Average		572	1384	61.12	23.26	6.30	*0.00
% of Calories				42.7%	36.6%	9.9%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Thu - 03/05/2020							
SHS Lunch 9-12	Total						
Crispitos (2 EACH)	2 Crisptos	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, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	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
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Salsa: 1/8 cup	1/8 CUP	10	112	1.9	0.0	0.00	0.00
Brownie, Wrapped	1 EACH	149	74	26.5	4.0	0.70	0.00
Weighted Daily Average		920	1430	122.76	33.00	7.74	*0.00
% of Calories				53.4%	32.3%	7.6%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Fri - 03/06/2020							
SHS Lunch 9-12	Total						
Steak Nuggets: 8 CASE	8 pc serving	340	630	16.0	24.0	9.00	1.00
Gravy, Brown 1/4 cup	1/4 CUP	43	329	5.63	2.17	0.55	1.10
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Potatoes, Roasted,Italian 1/2c	1/2 CUP	99	178	17.8	1.98	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	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
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, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Banana Pudding	1/2 CUP	164	185	35.07	1.84	1.40	0.00
Weighted Daily Average		799	1308	112.18	28.77	9.65	*1.48
% of Calories				56.2%	32.4%	10.9%	*1.7%
Nutrient Guideline		750-850	1420			<10.00	

Mon - 03/09/2020							
SHS Lunch 9-12	Total						
Chicken Parmesan	serving	268	819	20.27	11.07	3.58	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	122	187	20.76	1.27	0.28	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	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
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Graham Cracker Snack, Honey	1 EACH	110	140	20.0	3.0	0.00	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	0.00	0.00
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average		775	1434	105.58	22.95	*5.88	*0.00
% of Calories				54.5%	26.7%	*6.8%	*0.0%
Nutrient Guideline		750-850	1420			<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 - 03/10/2020							
SHS Lunch 9-12	Total						
Cheese Stix (2)	Serving	300	740	34.0	12.0	4.00	0.00
Spaghetti Sauce w/ Cheese:1/8c	1/8 CUP	98	718	12.35	3.21	0.91	0.00
Potato, Rounds: 1/2 cup	serving	120	180	14.0	7.0	1.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
JELL-O 1/2 cup	1/2 CUP	139	189	33.82	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		817	1861	127.49	23.87	6.01	*0.00
% of Calories				62.4%	26.3%	6.6%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/11/2020							
SHS Lunch 9-12	Total						
Beef Patty Breaded	SERVINGS	329	384	14.8	23.4	9.10	0.00
Gravy Mix, Country	1/2 cup	16	65	2.28	0.91	0.46	*0.00
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	326	13.39	1.18	0.00	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	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
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Pudding, Choc Bear Par:1/2 Cup	1/2 Cup	154	175	28.96	3.51	3.43	0.00
Weighted Daily Average		826	1160	101.44	32.91	13.07	*0.00
% of Calories				49.1%	35.8%	14.2%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Thu - 03/12/2020							
SHS Lunch 9-12	Total						
Hot Dog w Chili Sauce	CHILI DOG	208	692	3.79	17.16	7.46	0.50
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Potato, Rounds: 1/2 cup	-serving	120	180	14.0	7.0	1.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
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
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Mustard, PC	PC	0	70	1.0	0.0	0.00	0.00
Muffin, Assorted	1 Each	146	111	24.5	4.23	0.47	0.00
Weighted Daily Average		818	1693	96.43	39.52	11.40	*0.50
% of Calories				47.1%	43.5%	12.5%	*0.6%
Nutrient Guideline		750-850	1420			<10.00	

Fri - 03/13/2020							
SHS Lunch 9-12	Total						
Pizza, Pepperoni 16"	Servings	248	581	23.22	10.1	5.07	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
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
Strawberry Cups: 4.5oz	4.5 OZ CUP	122	4	32.94	0.17	0.01	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
Brownies (Dry Mix)	1 EACH	75	80	13.53	1.99	0.40	0.00
Icing	teaspoons	35	0	9.05	0.0	0.00	*0.00
Weighted Daily Average		553	834	86.55	14.24	*5.60	*0.00
% of Calories				62.5%	23.2%	*9.1%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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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							
SHS Lunch 9-12	Total						
Beef, Patty Char-Broiled	patty	136	119	0.8	9.1	3.60	0.00
Buns, Hamburger, WG, CASE	1 each	139	298	26.86	1.99	0.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Beans, Baked: 1/2cup	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
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Pickles, Dill (slices)	3pickle serving	0	243	0.0	0.0	0.00	0.00
Onions, Fresh:1/4 c	1/4 CUP	14	1	3.26	0.03	0.01	*N/A*
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
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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, PC	PC	0	70	1.0	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		686	1171	88.85	25.18	7.37	*0.00
% of Calories				51.8%	33.0%	9.7%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Tue - 03/17/2020							
SHS Lunch 9-12	Total						
Chicken, Fajita Seasoned Strip	serving	116	450	0.0	5.71	1.64	0.00
Tortilla Chips (2oz-20chips)	2oz servings	263	344	38.47	10.12	0.00	0.00
CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	88	574	4.42	6.62	4.42	0.00
Beans, Black: Canned: 1/4c	1/4 CUP	58	90	10.23	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	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
Onions, Fresh:1/4 c	1/4 CUP	14	1	3.26	0.03	0.01	*N/A*
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
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Brownie Pudding	1/2 cup	176	239	36.51	2.15	0.56	0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	227	3.84	0.0	0.00	0.00
Weighted Daily Average		828	1713	120.27	23.67	4.88	*0.00
% of Calories				58.1%	25.7%	5.3%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

SHS Lunch 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 - 03/18/2020							
SHS Lunch 9-12	Total						
Taco Soup	serving	268	779	34.22	5.85	2.08	*0.00
Carrots, Glazed: 1/4 Cup	1/4 CUP	30	202	6.46	0.42	0.15	*0.00
Peas, Green:Canned 1/2 C	1/2 CUP	117	181	20.9	0.65	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
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
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
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
Cookie, Colored Candy	1 EACH	111	72	17.36	3.86	0.96	0.00
Grill Cheese Sandwich-1slice	1 EACH	312	1003	31.52	15.67	7.59	0.00
Weighted Daily Average		697	1519	93.19	22.44	8.77	*0.00
% of Calories				53.5%	29.0%	11.3%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/19/2020							
SHS Lunch 9-12	Total						
Salisbury Steak & Gravy	Serving	295	673	8.84	20.12	8.39	0.68
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	326	13.39	1.18	0.00	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	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
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	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
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
Roll Dough: Rich's,WG: 2 Rolls	2 roll serving	209	183	36.58	3.92	0.00	0.00
Apple Crisp	SERVINGS	187	98	29.53	7.6	3.33	*0.00
Weighted Daily Average		1042	1614	139.79	36.01	12.34	*0.68
% of Calories				53.6%	31.1%	10.7%	*0.6%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

SHS Lunch 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)
Fri - 03/20/2020							
SHS Lunch 9-12	Total						
Chicken, Grilled Breast Whole	1 each	120	320	1.0	2.5	0.50	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	80	16.15	3.52	0.00	0.00
Broccoli, Seasoned: 1/2c	1/2 cup	11	15	2.94	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
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
SAUCE, GENERAL TSO 2019	SERVING	54	398	12.26	0.0	0.00	0.00
Weighted Daily Average		632	1045	92.86	14.47	*2.13	*0.00
% of Calories				58.8%	20.6%	*3.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Mon - 03/30/2020							
SHS Lunch 9-12	Total						
Chicken, Spicy Fillet	patty	279	509	15.76	15.76	3.03	0.00
Buns, Hamburger, WG, CASE	1 each	139	298	26.86	1.99	0.00	0.00
Potato Wedges: FZN 1/2c	serving	167	194	27.78	5.56	0.69	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
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	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
Weighted Daily Average		949	1425	121.59	35.89	7.92	*0.00
% of Calories				51.2%	34.0%	7.5%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

SHS Lunch 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)
Tue - 03/31/2020							
SHS Lunch 9-12	Total						
Spaghetti w/Meat	3/4 CUP	292	525	26.87	10.79	4.10	0.68
Beans, Green, 1/2 c, Ranch	1/2 CUP	22	498	4.39	0.36	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
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	445	1.01	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Black Bean Salsa	1/2 CUP	158	393	30.58	1.34	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
Crackers, Animal SS	SERVING	130	95	20.0	4.0	0.00	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	0.00	0.00
Weighted Daily Average		733	1423	101.78	19.66	5.59	*0.68
% of Calories				55.5%	24.1%	6.9%	*0.8%
Nutrient Guideline		750-850	1420			<10.00	

Weighted Average		786	1399	106.33 54.1%	*26.67 *30.5%	*7.61 *8.7%	*0.20 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	786		750 - 850	100%				
Sodium (mg)	1399		1420					
Carbohydrate (g)	106.33	54.08%						
Total Fat (g)	26.67	30.52%			Missing			
Saturated Fat (g)	7.61	8.71%	<10.00%		Missing			
Trans Fat ¹ (g)	0.20	0.23%			Missing			

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