

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Menu Name: IV Lunch K-5 **Include Cost:** Yes
Site: 5 - Indian Valley Elementary School **Report Style:** Detailed

Friday - 10/01/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001146 Hot Dog WG	servings	485	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82	\$0.304
001240 Tater Tots: 1/2 cup	1/2 Cup	485	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00	\$0.123
990097 Carrot Sticks 1lb	1/4 CUP	125	13	0.01	29	2	0.05	0.00	0	3.11	1.10	0.24	5213	12.1	0.98	0.34	\$0.096
001085 Bananas	1/2 cup	485	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
001426 MILK, 1% FAT	HALF PINT	178	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	343	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
990099 CONDIMENT 2	EACH	485	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00	\$0.089
Weighted Daily Average			573	4.63	1050	*20	17.38	0.25	23	88.07	184.24	18.95	2064	232.7	8.61	2.30	\$0.616
% of Calories				7.27%		*14.0%	27.3%	0.4%		61.5%		13.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 10/04/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900377 Pizza, French Bread PEPPERONI	pizza	485	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08	\$0.669

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000267 Celery Sticks 1/4 cup	1/4 CUP	180	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06	\$0.096
001403 Romaine Salad w/extras: 1 cup	1 CUP	45	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
000814 Apples, Fresh (HUSSC)	1/2 CUP	425	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001426 MILK, 1% FAT	HALF PINT	140	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	285	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001187 Ranch Dressing, RC, Single Ser	12gm	45	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			434	4.54	837	*18	9.24	0.00	41	62.52	6.17	26.38	1479	565.3	13.40	1.46	\$0.881
% of Calories				9.41%		*16.6%	19.2%	0.0%		57.6%		24.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/05/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990225 Taco Stick	each	485	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00	\$1.130
900129 Beans, Pinto:1/2 cup	1/2 cup	155	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08	\$0.137
001420 Salsa: 1/4 cup	1/4 CUP	155	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.133
001123 Lettuce, Chopped	1/4 CUP	90	2	0.00	4	0	0.02	0.00	0	0.42	0.20	0.21	1120	5.4	2.72	0.13	\$0.035
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	90	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001187 Ranch Dressing, RC, Single Ser	12gm	90	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
900450 Sour Cream, Fat Free, Single	1 oz pouch	100	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00	\$0.173
Weighted Daily Average			572	8.05	918	*16	12.26	0.00	60	75.22	8.39	30.69	*946	*554.0	*15.26	*2.74	\$1.464
% of Calories				12.67%		*11.2%	19.3%	0.0%		52.6%		21.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/06/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990265 CROISSANT, TURKEY HAM CHEESE (LUNCH)	EACH	485	330	6.00	870	5	14.00	0.00	40	30.00	3.00	20.00	0	268.0	0.00	2.00	\$1.416
001687 Crackers, Cheez-It 2016 WG	each	485	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72	\$0.143
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001403 Romaine Salad w/extras: 1 cup	1 CUP	125	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	125	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001187 Ranch Dressing, RC, Single Ser	12gm	125	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			621	7.05	1197	*20	17.79	0.00	52	81.82	7.69	*28.57	1997	562.4	11.54	3.24	\$1.814
% of Calories				10.22%		*12.9%	25.8%	0.0%		52.7%		*18.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/07/2021

Reimbursable Meal Total 475

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990302 Pizza, pepperoni, Calzone 2021 (swp)	EACH	475	270	2.50	560	3	7.00	0.00	20	33.00	4.00	19.00	0	310.0	0.00	2.70	\$0.736
001403 Romaine Salad w/extras: 1 cup	1 CUP	150	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
900060 Tomatoes, Fresh 1lb	1/4 CUP	150	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
000814 Apples, Fresh (HUSC)	1/2 CUP	475	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001085 Bananas	1/2 cup	0	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
001187 Ranch Dressing, RC, Single Ser	12gm	150	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
001426 MILK, 1% FAT	HALF PINT	165	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	310	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			463	2.55	745	*18	7.30	0.00	27	71.26	7.78	27.65	1753	506.6	12.58	3.26	\$1.007
% of Calories				4.96%		*15.6%	14.2%	0.0%		61.6%		23.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Friday - 10/08/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990294 BREADSTICK, CHEESE FILLED WG (OSBORN)	SERVINGS	485	279	3.98	537	2	11.94	0.00	30	29.84	1.99	13.93	12	29.8	0.00	7.96	\$1.190
990248 Marinara Dipping Sauce	1/4 CUP	485	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00	\$0.097
001403 Romaine Salad w/extras: 1 cup	1 CUP	125	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
000814 Apples, Fresh (HUSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001187 Ranch Dressing, RC, Single Ser	12gm	125	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			483	4.02	1070	*20	12.34	0.00	37	70.18	*6.49	*23.35	*1402	*222.8	*14.24	*8.44	\$1.518
% of Calories				7.49%		*16.6%	23.0%	0.0%		58.1%		*19.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 10/11/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001113 Cheeseburger: WW bun	servings	485	333	6.20	666	4	15.85	0.00	56	29.38	2.48	20.85	854	229.6	0.00	4.18	\$0.629
900222 Chips, Doritos: Cool Ranch WG	bag	485	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36	\$0.201
000814 Apples, Fresh (HUSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001403 Romaine Salad w/extras: 1 cup	1 CUP	125	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	125	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001011 CONDIMENT 4	EACH	200	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00	\$0.095
990083 Ketchup: Individual Packet (1)	EACH	200	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00	\$0.018
Weighted Daily Average			676	7.46	1057	*22	22.79	0.00	65	88.73	8.17	31.43	2437	458.8	11.54	5.06	\$1.121
% of Calories				9.93%		*13.0%	30.3%	0.0%		52.5%		18.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/12/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001723 Quesadilla, Chicken WG 2016	each	485	150	2.25	280	1	5.50	0.00	20	15.50	1.50	9.50	100	125.0	0.00	1.35	\$0.364
001722 Quesadilla, Cheese 2016	each	0	160	3.53	204	1	7.00	0.00	20	15.80	2.00	8.00	56	158.0	1.20	1.44	\$0.368
990233 Burrito, IW Mini Pork	each	0	320	4.00	620	1	15.00	0.00	60	31.00	4.00	24.00	2	6.0	0.00	0.00	\$1.438
001263 Chips, Baked: Nacho Cheese WG	BAG	485	128	0.49	198	0	4.94	0.00	0	19.75	1.98	1.98	99	0.0	0.00	0.36	\$0.201
900129 Beans, Pinto:1/2 cup	1/2 cup	150	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08	\$0.137
001420 Salsa: 1/4 cup	1/4 CUP	150	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.133

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001425 Grapes,Fresh 1/2 cup	1/2 CUP	460	63	0.05	2	14	0.15	0.00	0	16.42	0.82	0.65	60	9.1	2.90	0.33	\$0.277
001426 MILK, 1% FAT	HALF PINT	145	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			478	2.79	726	*14	10.58	0.00	27	73.34	6.10	21.43	*516	*317.8	*3.71	*2.53	\$0.917
% of Calories				5.25%		*11.7%	19.9%	0.0%		61.4%		17.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/13/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900534 MACARONI AND CHEESE	2/3 CUP	485	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86	\$0.126
001687 Crackers, Cheez-It 2016 WG	each	485	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72	\$0.143
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	155	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12	\$0.065
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	155	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67	\$0.192
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001187 Ranch Dressing, RC, Single Ser	12gm	155	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			617	7.93	1311	*25	15.98	*0.00	45	83.83	5.95	*31.48	5888	914.2	13.11	2.18	\$0.544
% of Calories				11.57%		*16.2%	23.3%	*0.0%		54.3%		*20.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/14/2021

Reimbursable Meal Total 475

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001146 Hot Dog WG	servings	475	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82	\$0.304
001240 Tater Tots: 1/2 cup	1/2 Cup	475	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00	\$0.123
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	125	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11	\$0.015
001425 Grapes,Fresh 1/2 cup	1/2 CUP	475	63	0.05	2	14	0.15	0.00	0	16.42	0.82	0.65	60	9.1	2.90	0.33	\$0.277
001426 MILK, 1% FAT	HALF PINT	165	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	310	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
990099 CONDIMENT 2	EACH	475	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00	\$0.089
Weighted Daily Average			565	4.66	1049	*24	17.97	*0.25	24	85.79	182.93	18.20	735	225.4	6.23	2.36	\$0.802
% of Calories				7.42%		*17.0%	28.6%	*0.4%		60.7%		12.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/15/2021

Reimbursable Meal Total 485

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001778 Sandwich, IW, WG, Soy Butter &	each	485	290	3.00	220	11	16.00	0.00	0	28.00	4.00	9.00	55	80.0	*N/A*	2.70	\$0.705
900222 Chips, Doritos: Cool Ranch WG	bag	485	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36	\$0.201
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	155	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12	\$0.065
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	155	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
000267 Celery Sticks 1/4 cup	1/4 CUP	155	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06	\$0.096
000998 Raisins, Individual Box	Box	485	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00	\$0.237
001426 MILK, 1% FAT	HALF PINT	165	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001428 MILK, FF SKIM	HALF PINT	320	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
001187 Ranch Dressing, RC, Single Ser	12gm	155	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			654	4.09	538	*63	21.20	0.00	7	94.26	8.80	20.56	467	451.2	*7.42	3.24	\$1.243
% of Calories				5.63%		*38.5%	29.2%	0.0%		57.7%		12.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/19/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990226 Grilled Cheese Sandwich	Each	485	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00	\$0.945
900222 Chips, Doritos: Cool Ranch WG	bag	485	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36	\$0.201

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001403 Romaine Salad w/extras: 1 cup	1 CUP	125	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	125	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
001085 Bananas	1/2 cup	485	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001428 MILK, FF SKIM	HALF PINT	315	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07	\$0.005
001187 Ranch Dressing, RC, Single Ser	12gm	125	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			572	6.17	879	*35	14.43	0.00	38	79.80	7.33	29.20	1895	814.3	11.13	1.80	\$1.296
% of Calories				9.71%		*24.5%	22.7%	0.0%		55.8%		20.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/20/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001727 Spicy Asian Chicken	servings	485	145	1.31	742	*10	4.57	0.00	46	11.77	0.00	13.88	0	0.0	0.00	0.23	\$0.521
990243 Fried Rice	1 cup	485	353	1.74	642	*11	9.80	*0.00	101	59.00	4.75	10.18	6220	62.7	5.25	2.33	\$0.118
001591 Vegetables Stir Fry Mix	1/2 cup	485	18	0.00	114	1	0.00	0.00	0	3.68	0.74	0.74	368	14.7	6.63	0.00	\$0.240
000061 PEPPERS & ONIONS	1/4 CUP	485	32	0.05	4	*1	0.13	*0.00	0	7.43	1.75	1.02	171	17.6	41.18	0.28	\$0.259
000086 Oranges	1/2 CUP	485	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13	\$0.171
001426 MILK, 1% FAT	HALF PINT	165	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001427 MILK, FF CHOCOLATE	HALF PINT	320	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			725	3.14	1642	*36	14.80	*0.00	154	115.20	10.62	34.68	7357	328.0	117.10	3.14	\$1.315
% of Calories				3.90%		*19.9%	18.4%	*0.0%		63.6%		19.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/21/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990225 Taco Stick	each	485	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00	\$1.130
001403 Romaine Salad w/extras: 1 cup	1 CUP	95	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
000953 Beans, Pinto:1/4cup Seasoned	1/4 CUP	155	65	0.00	103	0	0.00	0.00	0	11.58	4.25	4.25	0	57.3	1.16	0.76	\$0.107
001085 Bananas	1/2 cup	485	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
Weighted Daily Average			546	8.09	806	*10	12.27	0.00	59	69.14	6.47	30.21	1355	528.2	15.46	2.72	\$1.270
% of Calories				13.34%		*7.3%	20.2%	0.0%		50.7%		22.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/22/2021

Reimbursable Meal Total 485

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990266 Bread, Cheesy Pull Apart ITALIAN	EACH	485	303	6.05	585	5	13.12	0.00	30	33.30	2.02	14.13	0	333.0	0.00	1.92	\$0.874
990248 Marinara Dipping Sauce	1/4 CUP	485	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00	\$0.097
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	155	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12	\$0.065
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	155	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67	\$0.192
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001426 MILK, 1% FAT	HALF PINT	165	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	320	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001187 Ranch Dressing, RC, Single Ser	12gm	155	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			516	6.10	1143	*24	13.55	0.00	37	75.78	*7.15	*23.65	*3735	*530.2	*16.90	*2.52	\$1.246
% of Calories				10.64%		*18.6%	23.6%	0.0%		58.7%		*18.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 10/25/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001659 Chicken Sandwich WG Bun - CASE	EACH	485	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53	\$0.897
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	120	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12	\$0.065
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	120	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
000267 Celery Sticks 1/4 cup	1/4 CUP	120	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06	\$0.096

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	485	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00	\$0.000
001426 MILK, 1% FAT	HALF PINT	145	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005
001011 CONDIMENT 4	EACH	200	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00	\$0.095
001187 Ranch Dressing, RC, Single Ser	12gm	120	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			548	1.73	1137	*17	11.80	0.00	44	78.29	4.39	30.97	480	210.7	66.33	2.79	\$1.014
% of Calories				2.84%		*12.4%	19.4%	0.0%		57.1%		22.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/26/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990136 Burrito	5.75 OZ	485	279	2.23	403	1	8.06	0.00	16	38.80	7.50	15.71	300	60.0	1.20	3.60	\$0.499
900129 Beans, Pinto:1/2 cup	1/2 cup	155	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08	\$0.137
001403 Romaine Salad w/extras: 1 cup	1 CUP	95	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
001420 Salsa: 1/4 cup	1/4 CUP	155	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.133
000086 Oranges	1/2 CUP	485	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13	\$0.171
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001187 Ranch Dressing, RC, Single Ser	12gm	95	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
900450 Sour Cream, Fat Free, Single	1 oz pouch	100	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00	\$0.173
Weighted Daily Average			499	2.27	693	*15	8.38	0.00	24	80.14	12.96	27.06	*1715	*340.7	*67.59	*4.35	\$0.835
% of Calories				4.09%		*12.0%	15.1%	0.0%		64.2%		21.7%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/27/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001099 Pancake: 1	Each	485	80	0.33	130	3	2.00	0.00	3	13.67	1.00	1.67	17	13.3	0.00	0.48	\$0.101
001269 Egg Scrambled Squares	EACH	485	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36	\$0.184
990071 Sausage Patty	1.5 OZ	485	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72	\$0.249
000996 Hash Browns	SERVING	485	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36	\$0.124
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	65	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
001230 Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	95	105	0.27	4	6	1.33	*0.00	0	21.44	2.30	3.20	1	6.9	0.01	0.99	\$0.061
900319 Juice, Orange 4 oz.	4 oz.	485	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12	\$0.098
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
9900329 Ketchup, Individual Packet (2)	2 PC	200	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00	\$0.035
Weighted Daily Average			653	9.41	792	*19	31.38	*0.00	156	66.77	3.56	22.25	899	916.5	36.49	2.44	\$0.800
% of Calories				12.97%		*11.6%	43.2%	*0.0%		40.9%		13.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/28/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990273 PIZZA, CHEESE CRUNCHER WG (OSBORN)	SVGS (4 PIECES)	485	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	10	45.0	4.00	10.00	\$1.019
001085 Bananas	1/2 cup	485	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
001403 Romaine Salad w/extras: 1 cup	1 CUP	95	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
000267 Celery Sticks 1/4 cup	1/4 CUP	95	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06	\$0.096
990097 Carrot Sticks 1lb	1/4 CUP	95	13	0.01	29	2	0.05	0.00	0	3.11	1.10	0.24	5213	12.1	0.98	0.34	\$0.096
900112 Breadstick, Italian	EACH	155	94	0.00	138	*2	1.22	0.00	0	17.55	1.97	3.75	29	13.2	0.17	0.55	\$0.088
001426 MILK, 1% FAT	HALF PINT	178	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001187 Ranch Dressing, RC, Single Ser	12gm	200	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			639	9.09	921	*14	20.68	0.00	37	83.27	9.05	30.27	2182	249.0	13.53	10.73	\$1.207
% of Calories				12.80%		*8.8%	29.1%	0.0%		52.1%		18.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/29/2021

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990265 CROISSANT, TURKEY HAM CHEESE (LUNCH)	EACH	485	330	6.00	870	5	14.00	0.00	40	30.00	3.00	20.00	0	268.0	0.00	2.00	\$1.416
001687 Crackers, Cheez-It 2016 WG	each	485	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72	\$0.143
900415 Rice Krispie Treats, mini	each	0	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36	\$0.130
000814 Apples, Fresh (HUSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.175
001403 Romaine Salad w/extras: 1 cup	1 CUP	125	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52	\$0.155
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	125	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15	\$0.095
001426 MILK, 1% FAT	HALF PINT	170	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07	\$0.005
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24	\$0.005

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001187 Ranch Dressing, RC, Single Ser	12gm	125	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00	\$0.041
Weighted Daily Average			621	7.05	1197	*20	17.79	0.00	52	81.82	7.69	*28.57	1997	562.4	11.54	3.24	\$1.814
% of Calories				10.22%		*12.9%	25.8%	0.0%		52.7%		*18.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	573	6	985	*22	15.50	*0.02	50	80.26	*25.10	*26.78	*2065	*474.6	*23.69	*3.53	\$1.136
% of Calories		8.70%		*15.4%	24.3%	*0.0%		56.0%		*18.7%					

- *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 - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.