

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Menu Name: PC Lunch K-5 **Include Cost:** Yes
Site: 7 - Pinecrest Elementary School **Report Style:** Detailed

Friday - 10/01/2021 Reimbursable Meal Total 400

	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
001288 Tatertot Casserole (Red. Cal)	SVG (3/4 cup)	400	398	9.67	612	*0	26.26	*0.67	84	16.16	171.61	23.66	273	191.9	1.42	1.75	\$0.655
900083 Peas, Green:Canned 1/2 C	1/2 CUP	400	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88	\$0.265
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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
001043 Animal Crackers WG	1 OZ BAG	400	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72	\$0.118
Weighted Daily Average			828	9.97	1045	*14	31.67	*0.67	90	91.21	181.99	*37.18	1297	532.5	15.80	4.76	\$1.309
% of Calories				10.84%		*6.8%	34.4%	*0.7%		44.1%		*18.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 10/04/2021 Reimbursable Meal Total 400

	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
900378 Pizza, Mexican Fiestada	Servings/pizzas	400	340	6.01	851	10	14.02	0.00	25	39.06	4.01	17.02	501	250.4	0.00	3.60	\$0.642
900236 Corn Nuggets, FZN	1/2 cup	400	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44	\$0.185

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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			634	6.64	1260	*20	17.85	0.00	32	92.27	6.82	27.18	980	427.0	14.38	4.46	\$1.098
% of Calories				9.43%		*12.6%	25.3%	0.0%		58.2%		17.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/05/2021

Reimbursable Meal Total 400

	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
001658 Hamburger w/ WG Bun CASE	each	400	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12	\$0.546
001410 Beans, Baked: 1/2cup	1/2 CUP	400	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82	\$0.158
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	400	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

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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			642	4.10	937	*21	15.18	0.00	54	95.18	11.35	33.70	1499	397.5	14.46	7.36	\$1.070
% of Calories				5.75%		*13.1%	21.3%	0.0%		59.3%		21.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/06/2021

Reimbursable Meal Total 375

	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
001269 Egg Scrambled Squares	EACH	375	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	375	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	375	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
001471 Pancakes (2)	2 Pancakes	375	160	0.67	260	7	4.00	0.00	7	27.33	2.00	3.33	33	26.7	0.00	0.96	\$0.201
900065 Juice Assortment	SERVING	375	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
001426 MILK, 1% FAT	HALF PINT	100	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	270	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
900329 Ketchup, Individual Packet (2)	2 PC	0	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

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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			707	9.69	907	*21	33.10	*0.00	158	75.12	4.02	23.15	506	352.1	18.71	2.62	\$0.861
% of Calories				12.34%		*11.9%	42.1%	*0.0%		42.5%		13.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/07/2021

Reimbursable Meal Total 385

	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
900189 Chicken, Bites whole muscle	6 nuggets	385	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08	\$0.846
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	375	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13	\$0.108
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	375	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	275	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
001351 CONDIMENT 5	1 EACH	375	54	0.67	86	3	4.33	0.00	3	4.47	0.00	0.00	33	0.0	0.00	0.00	\$0.083
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			622	4.53	1311	*11	24.55	0.00	75	62.34	*4.38	35.16	*590	*185.1	*14.06	*1.61	\$1.297
% of Calories				6.55%		*7.1%	35.5%	0.0%		40.1%		22.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/08/2021

Reimbursable Meal Total 360

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
001312 Teriyaki Chicken:Strips	2 OZ	360	101	1.31	361	*N/A*	4.57	0.00	46	1.95	0.00	13.14	0	1.6	0.00	0.24	\$0.349
990241 Brown Rice	1/2 cup	360	207	2.54	215	2	7.30	0.00	0	28.66	1.03	2.53	*12	*10.1	*1.00	*0.14	\$0.024
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	360	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48	\$0.551
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	360	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	260	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
990261 Cookie, Fortune, WG, IW	1 Each	0	12	0.00	0	2	0.00	0.00	0	3.01	0.00	0.17	0	0.5	0.00	0.00	\$0.077
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			555	4.83	969	*11	14.87	0.00	*53	72.72	5.28	*26.64	*1032	*216.9	*71.39	*1.27	\$1.196
% of Calories				7.83%		*7.9%	24.1%	0.0%		52.4%		*19.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 10/11/2021

Reimbursable Meal Total 400

	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
001017 Cheese Stix (2)	Serving	400	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00	\$0.430
001313 Spaghetti Sauce: Homemade Dipping Sauce	1 CUP	400	71	0.01	1376	*12	0.05	0.00	0	14.37	4.31	4.48	100	29.8	19.41	1.25	\$0.405
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	400	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38	\$0.256

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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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			707	4.69	2737	*27	13.51	0.00	17	110.37	17.84	36.08	583	277.1	*33.78	16.05	\$1.361
% of Calories				5.97%		*15.3%	17.2%	0.0%		62.4%		20.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/12/2021

Reimbursable Meal Total 400

	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
000029 Chicken Patty, WG, Breaded	EACH	400	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94	\$0.638
001656 Buns, Hamburger, WG, CASE	each	400	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43	\$0.159
000319 French Fries: Oven Crinkle Cut	1/2 CUP	400	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15	\$0.078
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	400	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

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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			625	2.11	1167	*14	14.75	0.00	42	92.42	5.47	30.06	579	204.1	16.42	2.94	\$1.240
% of Calories				3.04%		*9.0%	21.2%	0.0%		59.1%		19.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/13/2021

Reimbursable Meal Total 400

	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
001705 Chicken Nachos w/ Chips	SERVINGS	400	282	3.45	716	*0	14.97	0.00	*54	20.36	1.94	*17.19	1	9.6	0.00	0.27	\$0.584
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	400	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56	\$0.200
001420 Salsa: 1/4 cup	1/4 CUP	400	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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			609	3.47	1328	*9	15.11	0.00	*60	81.56	12.20	*34.21	*480	*289.4	*16.11	*2.24	\$1.188
% of Calories				5.13%		*5.9%	22.3%	0.0%		53.6%		*22.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/14/2021

Reimbursable Meal Total 434

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
000986 Pizza, Cheese Wedge WG	PIECE	434	300	4.00	470	10	11.00	0.00	15	34.00	4.00	16.00	500	300.0	0.00	2.70	\$0.513
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	434	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50	\$0.215
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	434	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	334	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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	218	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			608	*4.03	827	*25	12.51	*0.00	*21	94.78	*9.30	28.63	5137	*474.1	*21.09	*3.94	\$1.112
% of Calories				*5.97%		*16.4%	18.5%	*0.0%		62.4%		18.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/15/2021

Reimbursable Meal Total 375

	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
001283 Beefy Mac	3/4C	375	319	5.43	646	*6	13.01	*0.67	66	25.93	3.56	23.00	919	88.8	20.29	2.51	\$0.553
001482 Peas, Green:Canned 1/2 C	1/2 CUP	370	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90	\$0.260
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	370	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	370	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			646	5.73	1022	*20	14.40	*0.67	74	85.27	12.82	38.44	1987	311.0	34.72	4.85	\$1.079
% of Calories				7.98%		*12.4%	20.1%	*0.9%		52.8%		23.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/19/2021

Reimbursable Meal Total 410

	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	400	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
900398 Potato, Rounds: 1/2 cup	serving	400	120	1.00	180	0	7.00	0.00	0	14.00	180.00	1.00	0	0.0	1.20	0.00	\$0.123
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	400	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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			546	4.45	1017	*18	16.84	0.25	21	83.90	179.13	17.48	829	199.8	15.20	2.18	\$0.768
% of Calories				7.34%		*13.2%	27.8%	0.4%		61.5%		12.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/20/2021

Reimbursable Meal Total 375

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
001607 Lasagna Rolls	PIECES	375	263	4.61	614	*7	8.25	0.00	27	29.47	2.43	15.55	*554	*242.7	*4.18	*1.78	\$0.648
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	375	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00	\$0.116
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	375	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	275	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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			462	4.63	994	*15	8.75	*0.00	34	67.87	6.18	23.87	*1037	*410.0	*18.60	*2.19	\$1.034
% of Calories				9.02%		*13.0%	17.0%	*0.0%		58.8%		20.7%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/21/2021

Reimbursable Meal Total 420

	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	420	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	420	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	420	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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			632	8.02	1148	*9	12.14	0.00	59	85.10	10.58	34.32	*727	*570.3	*21.59	*3.50	\$1.671
% of Calories				11.42%		*5.7%	17.3%	0.0%		53.9%		21.7%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/22/2021

Reimbursable Meal Total 400

	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
001517 Barbecue Chicken Sandwich	2 oz servings	400	258	1.00	816	9	5.30	0.00	37	34.88	2.82	17.77	169	39.4	1.02	1.66	\$0.637
001410 Beans, Baked: 1/2cup	1/2 CUP	0	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82	\$0.158
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	0	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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			436	1.02	967	*17	5.44	*0.00	43	69.03	4.40	26.08	648	203.7	15.39	2.07	\$0.908
% of Calories				2.11%		*15.6%	11.2%	*0.0%		63.3%		23.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 10/25/2021

Reimbursable Meal Total 400

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	
000987	Corn Dog WG	4 OZ	400	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80	\$0.536
001410	Beans, Baked: 1/2cup	1/2 CUP	400	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82	\$0.158
900066	Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426	MILK, 1% FAT	HALF PINT	100	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	300	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	400	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
990311	FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average				588	2.52	870	*26	8.14	0.00	47	102.53	13.96	24.69	1027	328.3	14.46	5.04	\$1.054
% of Calories					3.86%		*17.7%	12.5%			69.7%		16.8%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0										

Tuesday - 10/26/2021

Reimbursable Meal Total 380

	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	
000029	Chicken Patty, WG, Breaded	EACH	380	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94	\$0.638
001656	Buns, Hamburger, WG, CASE	each	0	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43	\$0.159
900399	Potato Wedges: FZN 1/2c	serving	375	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50	\$0.250
900066	Fruit- Fresh, Frozen, Canned	1/2 cup	375	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426	MILK, 1% FAT	HALF PINT	100	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	275	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	375	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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			581	2.51	1030	*10	16.57	0.00	42	80.79	5.18	26.69	712	164.9	19.11	1.84	\$1.246
% of Calories				3.89%		*6.9%	25.7%	0.0%		55.6%		18.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/27/2021

Reimbursable Meal Total 365

	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
001693 Cracked Out Chicken Casserole	1 cup	365	416	6.61	971	4	16.35	0.00	94	42.40	2.14	23.38	*431	*108.3	*0.00	*1.63	\$0.758
001482 Peas, Green:Canned 1/2 C	1/2 CUP	365	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90	\$0.260
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	365	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	265	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
900415 Rice Krispie Treats, mini	each	365	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

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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			764	6.91	1352	*21	18.75	0.00	100	106.04	11.52	36.87	*1476	*303.1	*14.38	*4.29	\$1.419
% of Calories				8.14%		*11.0%	22.1%	0.0%		55.5%		19.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/28/2021

Reimbursable Meal Total 400

	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	400	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
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	400	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50	\$0.215
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	300	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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65	\$0.226
Weighted Daily Average			563	*4.52	1021	*19	10.43	*0.00	*42	87.41	*7.19	31.19	1318	*564.8	*20.40	*1.99	\$1.155
% of Calories				*7.23%		*13.5%	16.7%	*0.0%		62.1%		22.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/29/2021

Reimbursable Meal Total 375

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
001663 Chili Con Carne w/ Beans 1/2c	1/2 CUP	375	191	3.27	178	*3	8.52	*0.55	*47	11.03	*3.84	16.64	728	59.6	11.60	2.14	\$0.401
000319 French Fries: Oven Crinkle Cut	1/2 CUP	375	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15	\$0.078
990226 Grilled Cheese Sandwich	Each	375	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	375	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22	\$0.266
001426 MILK, 1% FAT	HALF PINT	100	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	275	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			714	8.57	933	*17	19.28	*0.55	*85	86.57	*9.45	43.97	1734	691.7	28.00	3.71	\$1.694
% of Calories				10.80%		*9.5%	24.3%	*0.7%		48.5%		24.6%					
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	623	*5.15	1142	*17	16.19	*0.11	*57	86.12	*25.95	*30.78	*1209	*355.2	*21.90	*3.95	\$1.188
% of Calories		*7.44%		*10.9%	23.4%	*0.2%		55.3%		*19.8%					

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.