

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Menu Name: SHS Lunch 9-12
Site: 8 - Sylacauga High School

Include Cost: No
Report Style: Detailed

Thursday - 04/01/2021

Reimbursable Meal Total 146

	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)
001789 Pizza, Round, 5" Pepperoni	each	146	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
001439 Romaine Lettuce: 1 cup	1 CUP	146	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	0	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	0	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
001187 Ranch Dressing, RC, Single Ser	12gm	0	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
900065 Juice Assortment	SERVING	146	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	73	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	73	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			541	4.73	925	*33	14.71	0.00	15	74.94	6.57	26.20	9543	646.2	35.42	4.02
% of Calories				7.87%		*24.4%	24.5%	0.0%		55.4%		19.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/02/2021

Reimbursable Meal Total 165

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
001017 Cheese Stix (2)	Serving	165	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001562 Spaghetti Sauce 1/8 cup	1/8 CUP	0	17	0.00	134	2	0.14	0.00	0	3.51	0.55	0.57	199	6.4	2.92	0.62
900399 Potato Wedges: FZN 1/2c	serving	165	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
900065 Juice Assortment	SERVING	165	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	82	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	82	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990083 Ketchup: Individual Packet (1)	EACH	0	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			638	4.69	1068	*19	17.56	0.00	18	92.54	6.78	24.55	574	368.0	18.65	12.68
% of Calories				6.62%		*11.9%	24.8%	0.0%		58.0%		15.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Sunday - 04/04/2021

Reimbursable Meal Total 146

	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)
001732 Pizza, Round, 5" Ind. Cheese 2	each	146	320	3.50	610	5	11.00	0.00	10	40.00	5.00	15.00	300	250.0	0.00	2.70
900065 Juice Assortment	SERVING	146	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001439 Romaine Lettuce: 1 cup	1 CUP	146	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	0	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	0	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08

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Apr 1, 2021 thru Apr 30, 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)
001187 Ranch Dressing, RC, Single Ser	12gm	0	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	73	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	73	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			504	3.59	779	*33	11.28	0.00	15	74.65	6.57	24.77	9486	640.5	35.42	3.92
% of Calories				6.41%		*26.2%	20.1%	0.0%		59.2%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/05/2021

Reimbursable Meal Total 246

	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)
000794 Spicy Chicken Sandwich	Patties	246	290	1.26	585	5	9.05	0.00	28	40.14	3.50	14.30	152	69.9	0.61	3.15
900399 Potato Wedges: FZN 1/2c	serving	250	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	0	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	0	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
900025 Mayonaise: Individual Packet	PACKET	0	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

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Apr 1, 2021 thru Apr 30, 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)
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			567	1.97	830	*20	14.70	0.00	30	90.88	6.32	19.52	506	281.5	20.89	3.75
% of Calories				3.13%		*14.1%	23.3%	0.0%		64.1%		13.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 04/07/2021

Reimbursable Meal Total 367

	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)
000400 Crisptos (2 EACH)	2 Crisptos	319	440	5.00	640	0	20.00	*N/A*	70	44.00	4.00	18.00	0	0.0	0.00	0.00
001197 Beans, Black: Canned: 1/4c	1/4 CUP	358	58	0.00	90	1	0.00	0.00	0	10.23	3.19	3.83	3	95.8	0.00	1.72
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	362	88	4.42	574	1	6.62	0.00	17	4.42	0.00	2.21	0	0.0	0.00	0.00
001733 Salsa (Homemade)	1/4 cup	398	17	0.00	276	*3	0.01	*0.00	*0	3.49	*0.91	0.89	857	54.0	9.66	0.47
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	350	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001687 Crackers, Cheez-It 2016 WG	each	350	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

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Portion Values

Apr 1, 2021 thru Apr 30, 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)
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			723	9.66	1685	*17	27.28	*0.00	*83	87.71	*8.54	*24.14	1574	415.9	23.19	2.93
% of Calories				12.02%		*9.4%	34.0%	*0.0%		48.5%		*13.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 04/13/2021

Reimbursable Meal Total 146

	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)
001732 Pizza, Round, 5" Ind. Cheese 2	each	146	320	3.50	610	5	11.00	0.00	10	40.00	5.00	15.00	300	250.0	0.00	2.70
900065 Juice Assortment	SERVING	146	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001439 Romaine Lettuce: 1 cup	1 CUP	146	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	0	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	0	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
001187 Ranch Dressing, RC, Single Ser	12gm	0	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	73	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	73	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			504	3.59	779	*33	11.28	0.00	15	74.65	6.57	24.77	9486	640.5	35.42	3.92
% of Calories				6.41%		*26.2%	20.1%	0.0%		59.2%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Wednesday - 04/14/2021

Reimbursable Meal Total 298

	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)
001705 Chicken Nachos w/ Chips	SERVINGS	298	273	2.48	808	*1	13.03	0.00	*54	21.33	1.94	*17.19	1	29.0	0.00	0.97
900129 Beans, Pinto:1/2 cup	1/2 cup	302	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
900065 Juice Assortment	SERVING	210	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	96	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	20	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001391 Tortilla Chips (1.5oz-15chips)	1.5oz servings	299	197	0.00	258	2	7.59	0.00	0	28.86	3.04	3.04	0	30.4	0.00	1.09
Weighted Daily Average			657	2.49	1248	*19	20.67	0.00	*55	87.40	11.45	*28.25	145	279.7	11.86	3.28
% of Calories				3.41%		*11.6%	28.3%	0.0%		53.2%		*17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 04/15/2021

Reimbursable Meal Total 300

	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)
900081 Hot Dog w Chili Sauce	CHILI DOG	300	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
001410 Beans, Baked: 1/2cup	1/2 CUP	310	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900065 Juice Assortment	SERVING	140	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02

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Portion Values

Apr 1, 2021 thru Apr 30, 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)
990083 Ketchup: Individual Packet (1)	EACH	300	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	300	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	52	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			562	7.46	1315	*20	19.16	0.50	34	75.61	10.55	23.04	1155	245.0	6.41	5.64
% of Calories				11.95%		*14.2%	30.7%	0.8%		53.8%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/16/2021

Reimbursable Meal Total 206

	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)
990225 Taco Stick	each	206	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
900129 Beans, Pinto:1/2 cup	1/2 cup	206	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	206	88	4.42	574	1	6.62	0.00	17	4.42	0.00	2.21	0	0.0	0.00	0.00
900065 Juice Assortment	SERVING	206	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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	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)
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			612	12.43	1380	*19	18.65	0.00	70	70.52	9.00	30.18	392	598.2	20.51	3.14
% of Calories				18.28%		*12.4%	27.4%	0.0%		46.1%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/19/2021

Reimbursable Meal Total 220

	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)
001727 Spicy Asian Chicken	servings	220	145	1.31	742	*10	4.57	0.00	46	11.77	0.00	13.88	0	0.0	0.00	0.23
001721 Egg Roll, Vegetable, WG	each	220	140	1.00	150	4	3.50	*N/A*	*N/A*	22.00	4.00	4.00	200	40.0	1.20	1.08
900065 Juice Assortment	SERVING	220	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			373	2.31	926	*27	8.07	*0.00	*48	52.53	4.00	19.66	385	225.3	14.50	1.37
% of Calories				5.57%		*29.0%	19.5%	*0.0%		56.3%		21.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 04/21/2021

Reimbursable Meal Total 341

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
001449 Beef Patty Breaded	SERVINGS	341	329	9.10	384	0	23.40	0.00	53	14.80	1.60	14.50	750	260.0	0.00	3.78
001753 Beans, Green, 1/2 c, Ranch	1/2 CUP	275	22	0.00	498	*0	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
000339 Fruit, Canned, Assorted	1/2 CUP	280	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	100	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			520	9.14	873	*32	23.77	*0.00	56	55.59	4.31	19.35	*986	*499.2	*14.18	*4.04
% of Calories				15.82%		*24.6%	41.1%	*0.0%		42.8%		14.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 04/22/2021

Reimbursable Meal Total 300

	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)
990211 Chicken Bites, Dill	4 pieces	300	160	1.00	380	1	5.00	0.00	50	9.00	0.00	18.00	0	18.0	0.00	1.00
001728 Mac n Cheese 1/3 cup	1/3 CUP	302	117	2.29	237	*4	4.45	0.00	12	11.75	0.04	6.94	111	267.7	0.01	7.76
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
900019 Honey Mustard Packet	PACKET	150	140	2.00	200	6	13.00	0.00	10	7.00	0.00	0.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000564 Sweet and Sour Sauce: Single	oz.	150	13	0.00	34	1	0.00	0.00	0	3.40	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			448	4.33	783	*26	16.01	0.00	68	45.57	0.05	27.69	255	487.1	12.48	8.88
% of Calories				8.70%		*23.2%	32.2%	0.0%		40.7%		24.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 04/23/2021

Reimbursable Meal Total 270

	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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000400 Crisptos (2 EACH)	2 Crisptos	270	440	5.00	640	0	20.00	*N/A*	70	44.00	4.00	18.00	0	0.0	0.00	0.00
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	272	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
900031 Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	281	79	1.99	467	*N/A*	5.96	0.00	*N/A*	5.96	0.00	*N/A*	0	19.9	0.00	0.00
001005 Applesauce Cup	SERVING	192	81	0.00	12	*N/A*	0.00	0.00	0	24.24	2.31	0.00	0	0.0	27.70	0.42
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			732	7.07	1395	*0	26.21	*0.00	*72	93.71	14.37	*28.22	60	174.0	*21.52	1.90
% of Calories				8.69%		*0%	32.2%	*0.0%		51.2%		*15.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 04/26/2021

Reimbursable Meal Total 323

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
000029 Chicken Patty, WG, Breaded	EACH	323	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94
001656 Buns, Hamburger, WG, CASE	each	323	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
001260 Chips, Baked, Regular	BAG	323	130	0.00	150	2	2.00	0.00	0	26.00	2.00	2.00	0	0.0	2.40	0.36
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	323	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
900065 Juice Assortment	SERVING	0	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			499	1.33	1016	*10	11.05	0.00	32	74.64	5.88	24.83	4845	91.9	3.45	3.09
% of Calories				2.40%		*8.0%	19.9%	0.0%		59.8%		19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 04/27/2021

Reimbursable Meal Total 163

	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)
000987 Corn Dog WG	4 OZ	163	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
001410 Beans, Baked: 1/2cup	1/2 CUP	163	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	163	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001542 Cookie, Colored Candy	EACH	163	111	0.96	72	9	3.86	0.00	5	17.36	0.96	0.96	0	0.0	0.00	0.35

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
990083 Ketchup: Individual Packet (1)	EACH	326	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	0	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	81	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	81	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			677	3.53	831	*52	11.95	0.00	50	112.90	13.34	25.42	677	509.7	13.73	5.15
% of Calories				4.69%		*30.7%	15.9%	0.0%		66.7%		15.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 04/28/2021

Reimbursable Meal Total 165

	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)
001724 Chicken Sandwich, Grilled	EACH	165	264	2.00	1068	4	7.99	0.00	45	28.86	1.99	18.97	500	39.8	1.20	1.79
900401 Potatoes, Diced, roastedw/skin	serving	165	140	0.50	160	0	3.50	0.00	0	25.00	2.00	2.00	0	0.0	4.80	0.72
900065 Juice Assortment	SERVING	165	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	85	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	85	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			579	2.50	1366	*17	11.49	0.00	53	85.19	3.99	29.03	943	385.1	19.66	2.69
% of Calories				3.89%		*11.7%	17.9%	0.0%		58.9%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Friday - 04/30/2021

Reimbursable Meal Total 165

	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)
001017 Cheese Stix (2)	Serving	165	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001562 Spaghetti Sauce 1/8 cup	1/8 CUP	0	17	0.00	134	2	0.14	0.00	0	3.51	0.55	0.57	199	6.4	2.92	0.62
900399 Potato Wedges: FZN 1/2c	serving	165	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	165	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	0	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	82	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	82	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			638	4.69	1068	*19	17.56	0.00	18	92.54	6.78	24.55	574	368.0	18.65	12.68
% of Calories				6.62%		*11.9%	24.8%	0.0%		58.0%		15.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	575	5	1075	*23	16.55	*0.03	*43	78.92	*7.36	*24.95	*2446	*403.3	*19.17	*4.89
% of Calories		7.87%		*16.0%	25.9%	*0.0%		54.9%		*17.4%				

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Apr 1, 2021 thru Apr 30, 2021

**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.*