

# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/07/2019							
IV Lunch K-5	Total						
Chicken, Bites whole muscle	6 nuggets	360	65	870	18.0	3.00	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	0	91	1.96	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Crackers, Animal SS	SERVING	130	0	95	4.0	0.00	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	0	220	16.0	3.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 5	1 EACH	54	3	86	4.33	0.67	0.00
Weighted Daily Average		764	*62	1173	27.21	*4.44	*0.00
% of Calories					32.1%	*5.2%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/08/2019							
IV Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	15	470	11.0	4.00	0.00
Pizza, Pepperoni, 4X6	servings	300	15	550	11.0	4.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	0	217	2.25	0.88	0.00
Spinach 1/2 cup	1/2 Cup	104	0	358	1.77	0.29	*N/A*
Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	10	0	3	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	0	150	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	0	180	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		463	21	730	11.63	4.29	*0.00
% of Calories					22.6%	8.3%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

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Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/09/2019							
IV Lunch K-5	Total						
Chicken Nachos w/ Chips	SERVINGS	273	*54	808	13.03	2.48	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Beans, Pinto:1/2 cup	1/2 cup	90	0	140	0.0	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	0	227	0.0	0.00	0.00
Spinach 1/2 cup	1/2 Cup	104	0	358	1.77	0.29	*N/A*
Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	10	0	3	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	0	220	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	1 each	100	5	150	3.5	1.00	0.00
MILK, FF SKIM	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	5	103	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	5	160	0.0	0.00	0.00
CONDIMENT 4	12gm	10	0	125	0.0	0.00	0.00
	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		582	*54	1121	18.92	4.52	*0.00
% of Calories					29.3%	7.0%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Mon - 08/12/2019							
IV Lunch K-5	Total						
Egg Scrambled Squares	1 EACH	45	105	125	3.0	1.00	0.00
Sausage Link; 1 link	1 link	80	20	178	7.0	2.00	0.00
Juice, Orange 4 oz.	4 oz.	60	0	0	0.0	0.00	0.00
Oatmeal: 1cup	1 CUP	136	0	7	2.27	0.45	0.00
Toast w/Butter - WW, WG	1 SLICE	114	0	197	4.69	1.68	0.00
Hash Browns	SERVING	132	0	132	8.1	2.02	*N/A*
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	0	220	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	1 each	100	5	150	3.5	1.00	0.00
MILK, FF SKIM	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	5	103	0.2	0.12	0.00
Syrup, Ind.	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	1 Each	80	0	30	0.0	0.00	0.00
CONDIMENT 4	12gm	10	0	125	0.0	0.00	0.00
	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		614	125	831	23.68	6.94	*0.00
% of Calories					34.7%	10.2%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

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Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/13/2019							
IV Lunch K-5	Total						
Hamburger:Quarter Pound	3 oz	374	85	404	16.79	5.82	0.99
Cheese Slice	EACH	51	13	228	4.56	2.53	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	0	184	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	0	17	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	0	103	0.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	0	150	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	0	180	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		609	88	792	18.84	7.33	0.83
% of Calories					27.9%	10.8%	1.2%
Nutrient Guideline		550-650		1230		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/14/2019							
IV Lunch K-5	Total						
Cracked Out Chicken Casserole	1 cup	417	94	972	16.43	6.66	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	0	91	1.96	0.00	0.00
Animal Crackers WG	1 OZ BAG	130	0	95	4.0	0.00	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter &	1 each	290	0	220	16.0	3.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		774	*81	1183	22.86	*6.75	*0.00
% of Calories					26.6%	*7.9%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

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Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/15/2019							
IV Lunch K-5	Total						
Sloppy Joe on WG Bun: Homemade	SERVINGS	341	58	407	12.21	4.01	*0.68
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	20	2	23	0.8	0.08	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	0	150	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	0	180	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		441	49	504	10.00	3.47	*0.46
% of Calories					20.4%	7.1%	*0.9%
Nutrient Guideline		550-650		1230		<10.00	

Fri - 08/16/2019							
IV Lunch K-5	Total						
Hot Pocket, Pepperoni	4.46 oz	300	40	680	11.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	*0	244	2.86	0.95	0.00
Beans, Pinto:1/2 cup	1/2 cup	90	0	140	0.0	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter &	1 each	290	0	220	16.0	3.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Crackers, Cheez-It 2016 WG	1 each	100	5	150	3.5	1.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		619	*46	1173	19.75	6.70	0.00
% of Calories					28.7%	9.7%	0.0%
Nutrient Guideline		550-650		1230		<10.00	

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Base Menu Spreadsheet

IV Lunch K-5

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/19/2019							
IV Lunch K-5	Total						
Meatballs, Swedish	SERVING	407	165	604	24.18	8.90	*2.86
Potatoes, Creamed: 1/4 c Ranch	1/4 CUP	35	0	225	0.59	0.00	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	0	91	1.96	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	0	217	2.25	0.88	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Cranberry Sauce: canned, 1/4 c	1/4 cup	89	0	8	0.0	0.00	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	0	220	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	1 each	100	5	150	3.5	1.00	0.00
MILK, FF SKIM	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	5	103	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	5	160	0.0	0.00	0.00
CONDIMENT 4	12gm	10	0	125	0.0	0.00	0.00
	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		748	125	1016	26.90	8.69	*1.95
% of Calories					32.3%	10.4%	*2.3%
Nutrient Guideline		550-650		1230		<10.00	

Tue - 08/20/2019							
IV Lunch K-5	Total						
Hot Dog WG	servings	233	15	567	10.12	3.54	0.25
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	0	184	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Cereal Bowl, Cinn Toast Crunch	Bowl	110	0	150	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	0	170	1.0	0.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		471	25	816	11.48	4.34	*0.24
% of Calories					21.9%	8.3%	*0.5%
Nutrient Guideline		550-650		1230		<10.00	

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IV Lunch K-5

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Wed - 08/21/2019							
IV Lunch K-5	Total						
Tatertot Casserole (Red. Cal)	Servings	398	84	612	26.26	9.67	*0.67
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Crackers, Animal SS	SERVING	130	0	95	4.0	0.00	0.00
Breadstick, Italian	1 EACH	83	*0	100	1.02	*0.00	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	0	17	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	0	103	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	0	220	16.0	3.00	0.00
MILK, 1% FAT	1 OZ	80	15	150	6.0	3.50	0.00
MILK, FF SKIM	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	5	103	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	5	160	0.0	0.00	0.00
CONDIMENT 4	12gm	10	0	125	0.0	0.00	0.00
	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		742	*73	921	29.51	*9.02	*0.50
% of Calories					35.8%	*10.9%	*0.6%
Nutrient Guideline		550-650		1230		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/22/2019							
IV Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	15	470	11.0	4.00	0.00
Pizza, Pepperoni, 4X6	servings	300	15	550	11.0	4.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	0	217	2.25	0.88	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	0	150	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	0	170	1.0	0.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		511	24	788	12.94	4.85	0.00
% of Calories					22.8%	8.5%	0.0%
Nutrient Guideline		550-650		1230		<10.00	

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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/23/2019							
IV Lunch K-5	Total						
Burrito	5.75 OZ	279	16	403	8.06	2.23	0.00
Tortilla Chips (1oz -10 chips)	1oz servings	132	0	172	5.06	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	0	227	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Beans, Pinto:1/2 cup	1/2 cup	90	0	140	0.0	0.00	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	0	17	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	0	103	0.0	0.00	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	0	220	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 each	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	1 each	100	5	150	3.5	1.00	0.00
MILK, FF SKIM	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	5	103	0.2	0.12	0.00
Sour Cream, Fat Free, Single	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	1 oz pouch	25	5	30	0.0	0.00	0.00
CONDIMENT 4	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		697	27	944	19.16	4.32	0.00
% of Calories					24.7%	5.6%	0.0%
Nutrient Guideline		550-650		1230		<10.00	

Mon - 08/26/2019							
IV Lunch K-5	Total						
Chicken & Gravy	2 OZ	227	59	995	9.12	2.55	*1.76
Rice, Brown 1/2 cup	1/2 CUP	198	0	1	1.56	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	0	91	1.96	0.00	0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	0	217	2.25	0.88	0.00
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	0	471	1.33	0.66	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 5	1 EACH	54	3	86	4.33	0.67	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	0	220	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 OZ	80	15	150	6.0	3.50	0.00
Corn, Frozen 1/4 cup	1 each	100	5	150	3.5	1.00	0.00
Corn, Frozen 1/4 cup	1/4 CUP	39	0	1	0.45	0.00	0.00
Weighted Daily Average		784	55	1294	21.77	5.22	*1.17
% of Calories					25.0%	6.0%	*1.3%
Nutrient Guideline		550-650		1230		<10.00	

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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/27/2019							
IV Lunch K-5	Total						
MACARONI AND CHEESE	2/3 CUP	296	31	896	12.18	6.83	*N/A*
Cornbread	1 piece	119	15	310	3.04	0.52	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Greens: Collard, 1/2 C	2/3 C	59	5	140	2.9	1.01	*0.00
Beans, Pinto:1/2 cup	1/2 cup	90	0	140	0.0	0.00	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	0	59	0.1	0.02	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	0	150	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	0	180	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		601	50	1344	15.57	7.58	*0.00
% of Calories					23.3%	11.4%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/28/2019							
IV Lunch K-5	Total						
Chicken, Greek	1 Each	521	190	182	28.65	8.60	0.00
Potatoes, Roasted (Diced)	1/2 cup	171	0	196	4.28	0.61	0.00
Flatbread	1 Each	89	0	96	0.68	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
CUKE,TOMATO,ONION SALAD	1/4 CUP	7	0	2	0.08	0.01	*0.00
Spinach 1/2 cup	1/2 Cup	104	0	358	1.77	0.29	*N/A*
Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	10	0	3	0.11	0.02	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter &	1 each	290	0	220	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 each	100	5	150	3.5	1.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		944	174	722	33.28	9.15	*0.00
% of Calories					31.7%	8.7%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/29/2019							
IV Lunch K-5	Total						
Meatball sub	1 each	393	102	1211	24.01	11.48	*0.62
Spaghetti Sauce 1/4 cup	1/4 CUP	35	0	269	0.27	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	*0	244	2.86	0.95	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	0	17	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	0	103	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	0	150	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	0	180	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Weighted Daily Average		611	*94	1627	23.64	10.88	*0.51
% of Calories					34.8%	16.0%	*0.8%
Nutrient Guideline		550-650		1230		<10.00	

Fri - 08/30/2019							
IV Lunch K-5	Total						
No Second Choice Today	1 Ea	0	0	0	0.0	0.00	0.00
Sandwich, IW, WG, Soy Butter &	1 each	290	0	220	16.0	3.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	15	150	6.0	3.50	0.00
Rice Krispie Treats, mini	1 each	50	0	45	0.99	0.00	0.00
Crackers, Cheez-It 2016 WG	1 each	100	5	150	3.5	1.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	0	59	0.1	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Ranch Dressing, RC, Single Ser	12gm	10	0	125	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	5	103	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		689	25	774	26.68	7.54	0.00
% of Calories					34.8%	9.8%	0.0%
Nutrient Guideline		550-650		1230		<10.00	

Weighted Average		648	*67	986	20.77 28.8%	*6.45 *9.0%	*0.31 *0.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	648		550 - 650	100%				
Cholesterol (mg)	67		1230		Missing			
Sodium (mg)	986							
Total Fat (g)	20.77	28.84%						
Saturated Fat (g)	6.45	8.95%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.31	0.44%			Missing			

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