

Sylacauga City Schools

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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Generated on: 1/2/2019 9:33:35 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/07/2019							
IV Lunch K-5	Total						
Hot Dog WG	servings	233	567	27.84	10.12	3.54	0.25
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 OZ	80	150	1.0	6.0	3.50	0.00
Corn, Frozen 1/4 cup	1 each	100	150	14.0	3.5	1.00	0.00
MILK, 1% FAT	1/4 CUP	39	1	9.54	0.45	0.00	0.00
MILK, FF SKIM	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	103	12.15	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 4	12gm	10	125	3.0	0.0	0.00	0.00
Weighted Daily Average	1 EACH	50	185	5.0	4.0	0.50	0.00
% of Calories		643	988	93.67	18.69	*5.84	*0.24
				58.3%	26.2%	*8.2%	*0.3%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 01/08/2019							
IV Lunch K-5	Total						
Chicken, Bites whole muscle	6 nuggets	360	870	21.0	18.0	3.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	471	27.84	1.33	0.66	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		690	1370	79.52	21.96	4.57	0.00
% of Calories				46.1%	28.7%	6.0%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

IV Lunch K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/09/2019							
IV Lunch K-5	Total						
BEEF SHEPHARD'S PIE	SERVINGS	294	442	23.75	13.23	5.09	*N/A*
Potatoes, Creamed: 1/4 cup	1/4 CUP	35	163	6.69	0.59	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Crackers, Animal SS	SERVING	130	95	20.0	4.0	0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	122	187	20.76	1.27	0.28	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	103	1.35	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Yogurt Choice	4 oz	80	65	16.03	0.0	0.00	0.00
Granola, Ind Pack	1 each	120	75	20.0	3.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		526	720	75.97	12.56	3.70	*0.00
% of Calories				57.8%	21.5%	6.3%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 01/10/2019							
IV Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	470	34.0	11.0	4.00	0.00
Pizza, Pepperoni, 4X6	servings	300	550	33.0	11.0	4.00	0.00
Pizza, Sausage: 4X6	PIECE	280	760	34.0	9.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	217	3.96	2.25	0.88	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		512	847	72.35	12.66	4.77	0.00
% of Calories				56.6%	22.3%	8.4%	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)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/11/2019							
IV Lunch K-5	Total						
Burrito	5.75 OZ	279	403	38.8	8.06	2.23	0.00
Tortilla Chips (1oz -10 chips)	1oz servings	132	172	19.24	5.06	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	227	3.84	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Pinto:1/2 cup	1/2 cup	90	140	16.0	0.0	0.00	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	103	1.35	0.0	0.00	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 each	80	150	1.0	6.0	3.50	0.00
Corn, Frozen 1/4 cup	1 each	100	150	14.0	3.5	1.00	0.00
MILK, 1% FAT	1/4 CUP	39	1	9.54	0.45	0.00	0.00
MILK, FF SKIM	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	103	12.15	0.2	0.12	0.00
Sour Cream, Fat Free, Single	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	1 oz pouch	25	30	4.0	0.0	0.00	0.00
CONDIMENT 4	12gm	10	125	3.0	0.0	0.00	0.00
	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		710	944	104.56	19.31	4.32	0.00
% of Calories				58.9%	24.5%	5.5%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/14/2019							
IV Lunch K-5	Total						
Egg Scrambled Squares	1 EACH	45	125	1.0	3.0	1.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Juice, Orange 4 oz.	4 oz.	60	0	14.0	0.0	0.00	0.00
Hash Browns	SERVING	132	132	14.17	8.1	2.02	*N/A*
Oatmeal: 1cup	1 CUP	136	7	25.4	2.27	0.45	0.00
Grits, Plain 1/2 cup	1/2 CUP	153	168	26.46	4.32	2.38	0.00
Toast w/Butter - WW, WG	1 SLICE	114	197	15.0	4.69	1.68	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 OZ	80	150	1.0	6.0	3.50	0.00
Corn, Frozen 1/4 cup	1 each	100	150	14.0	3.5	1.00	0.00
MILK, 1% FAT	1/4 CUP	39	1	9.54	0.45	0.00	0.00
MILK, FF SKIM	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	103	12.15	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 4	12gm	10	125	3.0	0.0	0.00	0.00
	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		622	866	75.17	25.00	7.65	*0.00
% of Calories				48.3%	36.2%	11.1%	*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)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/15/2019							
IV Lunch K-5	Total						
Chicken, Tenders 3 pieces	3 tenders	230	430	16.0	12.0	2.50	0.00
Hashbrown Casserole:1/4 cup	1/4 cup	140	211	10.22	9.0	3.10	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Corbread	1 piece	119	310	18.23	3.04	0.52	*0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	217	3.96	2.25	0.88	0.00
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	471	27.84	1.33	0.66	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		670	1178	80.54	23.73	6.76	*0.00
% of Calories				48.1%	31.9%	9.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 01/16/2019							
IV Lunch K-5	Total						
Cracked Out Chicken Casserole	1 cup	417	972	42.4	16.43	6.66	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	122	187	20.76	1.27	0.28	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Yogurt Choice	4 oz	80	65	16.03	0.0	0.00	0.00
Granola, Ind Pack	1 each	120	75	20.0	3.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		725	1147	101.64	18.91	6.06	0.00
% of Calories				56.1%	23.5%	7.5%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/17/2019							
IV Lunch K-5	Total						
Grilled Chicken Sandwich	Sandwiches	258	646	27.67	7.98	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Potato, Sweet: Baked, 1/2 cup	1/2 CUP	9	6	2.01	0.01	0.00	*N/A*
Greens: Collard, 1/2 C	2/3 C	59	140	5.99	2.9	1.01	*0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		444	800	63.37	9.21	2.80	*0.00
% of Calories				57.2%	18.7%	5.7%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 01/18/2019							
IV Lunch K-5	Total						
Chicken Nachos w/ Chips	SERVINGS	273	808	21.33	13.03	2.48	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Pinto:1/2 cup	1/2 cup	90	140	16.0	0.0	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	227	3.84	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter &	1 each	290	220	28.0	16.0	3.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Crackers, Cheez-It 2016 WG	1 each	100	150	14.0	3.5	1.00	0.00
Corn, Frozen 1/4 cup	1/4 CUP	39	1	9.54	0.45	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		583	1085	73.22	18.88	4.49	0.00
% of Calories				50.2%	29.1%	6.9%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/22/2019							
IV Lunch K-5	Total						
Cheese Stix (2)	Serving	300	740	34.0	12.0	4.00	0.00
Spaghetti Sauce 1/4 cup	1/4 CUP	35	269	7.02	0.27	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	103	1.35	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		533	1234	77.40	13.63	4.65	0.00
% of Calories				58.1%	23.0%	7.9%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/23/2019							
IV Lunch K-5	Total						
Chicken, Roasted: RAWCommodity	SERVINGS	444	150	0.0	25.48	7.19	0.00
Rice, Brown 1/2 cup	1/2 CUP	198	1	40.63	1.56	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Crackers, Animal SS	SERVING	130	95	20.0	4.0	0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	122	187	20.76	1.27	0.28	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Yogurt Choice	4 oz	80	65	16.03	0.0	0.00	0.00
Granola, Ind Pack	1 each	120	75	20.0	3.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		988	557	109.69	30.11	6.90	0.00
% of Calories				44.4%	27.4%	6.3%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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IV Lunch K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/24/2019							
IV Lunch K-5	Total						
Hot Pocket, Pepperoni	4.46 oz	300	680	32.0	11.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Green, Seasoned	1/2 CUP	38	217	3.96	2.25	0.88	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		476	877	66.41	11.66	5.25	0.00
% of Calories				55.8%	22.0%	9.9%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 01/25/2019							
IV Lunch K-5	Total						
Chili Con Carne w/ Beans 1/2c	1/2 CUP	191	178	11.03	8.52	3.27	*0.55
Tortilla Chips (1.5oz-15chips)	1.5oz servings	197	258	28.86	7.59	0.00	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	227	3.84	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Pinto:1/2 cup	1/2 cup	90	140	16.0	0.0	0.00	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	103	1.35	0.0	0.00	0.00
Sandwich, IW, WG, Soy Butter &	1 each	290	220	28.0	16.0	3.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Crackers, Cheez-It 2016 WG	1 each	100	150	14.0	3.5	1.00	0.00
Corn, Frozen 1/4 cup	1/4 CUP	39	1	9.54	0.45	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		746	939	88.57	27.02	8.30	*0.37
% of Calories				47.5%	32.6%	10.0%	*0.4%
Nutrient Guideline		550-650	1230			<10.00	

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Sylacauga City Schools

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Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/28/2019							
IV Lunch K-5	Total						
Chicken, Bites whole muscle	6 nuggets	360	870	21.0	18.0	3.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	471	27.84	1.33	0.66	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	0.00
Crackers, Cheez-It 2016 WG	1 each	80	150	1.0	6.0	3.50	0.00
Corn, Frozen 1/4 cup	1 each	100	150	14.0	3.5	1.00	0.00
MILK, 1% FAT	1/4 CUP	39	1	9.54	0.45	0.00	0.00
MILK, FF SKIM	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	83	103	12.15	0.2	0.12	0.00
Ranch Dressing, RC, Single Ser	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 4	12gm	10	125	3.0	0.0	0.00	0.00
	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		797	1428	90.27	27.81	5.90	0.00
% of Calories				45.3%	31.4%	6.7%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 01/29/2019							
IV Lunch K-5	Total						
Hamburger w/ WG Bun CASE	1 each	139	298	26.86	1.99	0.00	0.00
Cheeseburger: WW bun	servings	333	666	29.38	15.85	6.20	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	103	1.35	0.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		485	774	71.97	11.16	4.32	0.00
% of Calories				59.4%	20.7%	8.0%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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IV Lunch K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/30/2019							
IV Lunch K-5	Total						
Tatertot Casserole (Red. Cal)	Servings	398	612	16.16	26.26	9.67	*0.67
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Crackers, Animal SS	SERVING	130	95	20.0	4.0	0.00	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	122	187	20.76	1.27	0.28	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Tomatoes (canned), 1/4 CUP	1/4 CUP	7	103	1.35	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Yogurt Choice	4 oz	80	65	16.03	0.0	0.00	0.00
Granola, Ind Pack	1 each	120	75	20.0	3.5	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		693	885	79.70	25.56	*8.32	*0.50
% of Calories				46.0%	33.2%	*10.8%	*0.7%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 01/31/2019							
IV Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	470	34.0	11.0	4.00	0.00
Pizza, Pepperoni, 4X6	servings	300	550	33.0	11.0	4.00	0.00
Pizza, Sausage: 4X6	PIECE	280	760	34.0	9.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Beans, Green, Seasoned 1/2 cup	1/2 CUP	38	217	3.96	2.25	0.88	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
Cheese, Mozz, String: 1oz	1 OZ	80	150	1.0	6.0	3.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		512	847	72.35	12.66	4.77	0.00
% of Calories				56.6%	22.3%	8.4%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Weighted Average		631	971	82.02 52.0%	18.92 27.0%	*5.52 *7.9%	*0.06 *0.1%
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Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

IV Lunch K-5

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Carb (g) Shortfall	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g) Error Messages (if any)
Calories	631		550 - 650	100%					
Sodium (mg)	971		1230						
Carbohydrate (g)	82.02	52.01%							
Total Fat (g)	18.92	26.99%							
Saturated Fat (g)	5.52	7.88%	<10.00%		Missing				
Trans Fat ¹ (g)	0.06	0.09%			Missing				

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