

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

Page 1

Generated on: 2/27/2019 9:34:47 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/01/2019							
IV Lunch K-5	Total						
Barbecue Chicken Sandwich	2 oz servings	258	816	34.88	5.3	1.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	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
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 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		634	1077	93.31	14.67	3.66	0.00
% of Calories				58.9%	20.8%	5.2%	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 <sup>1</sup> (g)
Mon - 03/04/2019							
IV Lunch K-5	Total						
Hot Dog WG	servings	233	567	27.84	10.12	3.54	0.25
Hot Dog w Chili Sauce	CHILI DOG	208	692	3.79	17.16	7.46	0.50
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Sauerkraut:1/4 cup	1/4 Cup	10	344	1.91	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
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 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		593	1106	73.47	22.44	*7.93	*0.37
% of Calories				49.6%	34.1%	*12.0%	*0.6%
Nutrient Guideline		550-650	1230			<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

Page 2

Generated on: 2/27/2019 9:34:47 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/05/2019							
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
Pretzels, Soft WG	1 Each	70	65	14.0	0.5	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		670	1354	77.04	21.11	4.57	0.00
% of Calories				46.0%	28.4%	6.1%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 03/06/2019							
IV Lunch K-5	Total						
Tatertot Casserole (Red. Cal)	SVG (3/4 cup)	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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	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		612	737	77.39	19.97	6.06	*0.35
% of Calories				50.6%	29.4%	8.9%	*0.5%
Nutrient Guideline		550-650	1230			<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

Page 3

Generated on: 2/27/2019 9:34:47 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/07/2019							
IV Lunch K-5	Total						
MACARONI AND CHEESE	2/3 CUP	296	896	27.44	12.18	6.83	*N/A*
Breadstick, Cinnamon/Sugar	SERVINGS	97	99	19.66	1.0	0.00	*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	1/2 CUP	38	217	3.96	2.25	0.88	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	59	6.23	0.1	0.02	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		552	1187	76.36	14.10	7.26	*0.00
% of Calories				55.3%	23.0%	11.8%	*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 <sup>1</sup> (g)
Fri - 03/08/2019							
IV Lunch K-5	Total						
Tacos: Beef, w/ chips	1/3 CUP	262	216	21.48	12.62	2.97	0.50
Tortilla Chips (1oz -10 chips)	1oz servings	132	172	19.24	5.06	0.00	0.00
Cheese, Shredded, RF 1.5oz	1.5 oz	165	270	0.0	13.5	7.50	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		829	1010	90.71	33.76	10.91	0.40
% of Calories				43.8%	36.7%	11.8%	0.4%
Nutrient Guideline		550-650	1230			<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

Page 4

Generated on: 2/27/2019 9:34:47 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/11/2019							
IV Lunch K-5	Total						
BBQ Chicken	servings	140	584	5.57	2.5	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Cornbread	1 piece	119	310	18.23	3.04	0.52	*0.00
Turnip Greens, Seasoned: 1/2 c	1/2 cup	42	167	3.35	2.27	0.32	0.00
Beans, Pinto:1/2 cup	1/2 cup	90	140	16.0	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
Sandwich, IW, WG, Soy Butter & Cheese, Mozz, String: 1oz	1 OZ	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	1/4 cup	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		469	1081	62.09	7.33	1.52	*0.00
Nutrient Guideline		550-650	1230	52.9%	14.1%	2.9%	*0.0%

Tue - 03/12/2019							
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
Tater Tots: 1/2 cup	1/2 Cups	120	180	14.0	7.0	1.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	10	3	2.21	0.11	0.02	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		546	852	76.05	17.07	5.00	0.00
% of Calories				55.8%	28.2%	8.3%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

Page 5

Generated on: 2/27/2019 9:34:47 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/13/2019							
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	

Thu - 03/14/2019							
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
MINI CHEF SALAD	1 EACH	142	470	8.61	9.11	5.56	*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		562	1324	78.96	15.59	5.86	*0.00
% of Calories				56.2%	25.0%	9.4%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

Page 6

Generated on: 2/27/2019 9:34:47 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 03/15/2019</b>							
IV Lunch K-5	Total						
Meatball sub	1 each	197	605	7.64	12.01	5.74	*0.31
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MINI CHEF SALAD	1 EACH	142	470	8.61	9.11	5.56	*0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	59	6.23	0.1	0.02	0.00
Celery Sticks: 1/2 cup	1/2 CUP	0	0	0.0	0.0	0.00	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 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		505	1054	56.15	20.21	7.82	*0.26
				44.5%	36.0%	13.9%	*0.5%
Nutrient Guideline		550-650	1230			<10.00	

<b>Mon - 03/18/2019</b>							
IV Lunch K-5	Total						
No Second Choice Today	1 Ea	0	0	0.0	0.0	0.00	0.00
Sloppy Joe on WG Bun: Homemade	SERVINGS	341	407	35.7	12.21	4.01	*0.68
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	20	23	3.19	0.8	0.08	*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
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		576	750	79.84	13.76	4.40	*0.68
% of Calories				55.4%	21.5%	6.9%	*1.1%
Nutrient Guideline		550-650	1230			<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

Page 7

Generated on: 2/27/2019 9:34:47 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/19/2019							
IV Lunch K-5	Total						
No Second Choice Today	1 Ea	0	0	0.0	0.0	0.00	0.00
Pork Roast & Gravy	4 OZ	242	534	7.89	13.65	4.29	*1.63
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
Breadstick, WW	SLICE	79	99	14.88	0.99	0.00	0.00
MINI CHEF SALAD	1 EACH	142	470	8.61	9.11	5.56	*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
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		726	925	98.76	18.57	5.63	*1.63
% of Calories				54.4%	23.0%	7.0%	*2.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 03/20/2019							
IV Lunch K-5	Total						
No Second Choice Today	1 Ea	0	0	0.0	0.0	0.00	0.00
Chicken Nachos w/ Chips	SERVINGS	273	808	21.33	13.03	2.48	0.00
Tortilla Chips (1oz -10 chips)	1oz servings	132	172	19.24	5.06	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	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
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		663	1330	89.21	19.54	2.61	0.00
% of Calories				53.8%	26.5%	3.5%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 03/21/2019							
IV Lunch K-5	Total						
No Second Choice Today	1 Ea	0	0	0.0	0.0	0.00	0.00
BBQ slider: pork 2 oz	2 oz	407	869	29.2	16.93	5.31	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	20	23	3.19	0.8	0.08	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	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

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

IV Lunch K-5

Portion Values - Detailed

Page 8

Generated on: 2/27/2019 9:34:47 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories		681	1116	78.54 46.1%	20.12 26.6%	5.36 7.1%	*0.00 *0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 03/22/2019							
IV Lunch K-5	Total						
No Second Choice Today	1 Ea	0	0	0.0	0.0	0.00	0.00
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	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
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 % of Calories		490	924	67.46 55.1%	11.96 22.0%	5.33 9.8%	0.00 0.0%
Nutrient Guideline		550-650	1230			<10.00	

Weighted Average		614	1061	79.81 52.0%	18.07 26.5%	*5.62 *8.2%	*0.23 *0.3%
------------------	--	-----	------	----------------	----------------	----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	614		550 - 650	100%				
Sodium (mg)	1061		1230					
Carbohydrate (g)	79.81	51.95%						
Total Fat (g)	18.07	26.47%						
Saturated Fat (g)	5.62	8.24%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.23	0.34%			Missing			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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