

Sylacauga City Schools

May 1, 2019 thru May 22, 2019

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)
Wed - 05/01/2019							
IV Lunch K-5	Total						
Field Trip Lunch: IV	LUNCH	297	325	36.7	13.17	3.28	0.00
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		694	968	99.33	19.22	5.02	0.00
% of Calories				57.3%	24.9%	6.5%	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)
Thu - 05/02/2019							
IV Lunch K-5	Total						
Meatball sub	1 each	393	1211	15.28	24.01	11.48	*0.62
Spaghetti Sauce 1/4 cup	1/4 CUP	35	269	7.02	0.27	0.00	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*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		660	1685	70.97	24.23	*10.89	*0.51
% of Calories				43.0%	33.1%	*14.9%	*0.7%
Nutrient Guideline		550-650	1230			<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Sylacauga City Schools

May 1, 2019 thru May 22, 2019

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 - 05/03/2019							
IV Lunch K-5	Total						
Field Trip Lunch: IV	LUNCH	297	325	36.7	13.17	3.28	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
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 & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	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		574	935	70.86	20.00	5.39	0.00
% of Calories				49.4%	31.4%	8.4%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 05/06/2019							
IV Lunch K-5	Total						
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
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	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
Weighted Daily Average		632	788	85.45	18.34	5.56	*0.46
% of Calories				54.0%	26.1%	7.9%	*0.6%
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 - 05/07/2019							
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		533	1128	74.53	13.29	6.80	*0.00
% of Calories				56.0%	22.5%	11.5%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 05/08/2019							
IV Lunch K-5	Total						
Chicken Alfredo with a Twist	1 CUP	349	717	39.85	9.47	*2.79	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
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		656	963	97.47	12.97	*3.17	0.00
% of Calories				59.4%	17.8%	*4.3%	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)
Thu - 05/09/2019							
IV Lunch K-5	Total						
Spaghetti w/Meat	3/4 CUP	292	525	26.87	10.79	4.10	0.68
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Bread, Garlic & Cheese	1 EACH	275	495	19.17	13.56	6.95	*0.00
Spinach 1/2 cup	1/2 Cup	104	358	16.47	1.77	0.29	*N/A*
Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	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		464	700	62.55	10.82	4.23	*0.55
% of Calories				54.0%	21.0%	8.2%	*1.1%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 05/10/2019							
IV Lunch K-5	Total						
Chicken Fajita Wrap	1 EACH	203	540	0.0	13.57	6.31	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
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	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		655	1084	73.79	24.13	7.72	0.00
% of Calories				45.1%	33.1%	10.6%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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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 - 05/13/2019							
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 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
Syrup, Ind.	1 Each	80	30	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
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Weighted Daily Average		591	752	82.42	19.57	6.15	*0.00
% of Calories				55.8%	29.8%	9.4%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 05/14/2019							
IV Lunch K-5	Total						
Field Trip Lunch: IV	LUNCH	297	325	36.7	13.17	3.28	0.00
Chicken, Baked	1 piece	82	56	0.27	3.39	*0.94	0.02
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Potatoes, Roasted (Diced)	1/2 cup	171	196	30.57	4.28	0.61	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*0.00	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Spinach 1/2 cup	1/2 Cup	104	358	16.47	1.77	0.29	*N/A*
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Tomatoes (fresh) 1/4 C. Sliced	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	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
Dressings, Assorted: Singles	SERVINGS	0	0	0.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	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
Weighted Daily Average		536	715	74.07	14.84	*5.20	*0.01
% of Calories				55.3%	24.9%	*8.7%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Sylacauga City Schools

May 1, 2019 thru May 22, 2019

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)
Wed - 05/15/2019							
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	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/16/2019							
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

May 1, 2019 thru May 22, 2019

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 - 05/17/2019							
IV Lunch K-5	Total						
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
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 & Cheese, Mozz, String: 1oz	1 each	290	220	28.0	16.0	3.00	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		791	1408	90.29	30.38	8.49	0.00
% of Calories				45.7%	34.6%	9.7%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 05/20/2019							
IV Lunch K-5	Total						
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
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	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
Weighted Daily Average		632	788	85.45	18.34	5.56	*0.46
% of Calories				54.0%	26.1%	7.9%	*0.6%
Nutrient Guideline		550-650	1230			<10.00	

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Sylacauga City Schools

May 1, 2019 thru May 22, 2019

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 - 05/21/2019							
IV Lunch K-5	Total						
No Second Choice Today	1 Ea	0	0	0.0	0.0	0.00	0.00
Hamburger:Quarter Pound	3 oz	374	404	26.79	16.79	5.82	0.99
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	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
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
Spinach 1/2 cup	1/2 Cup	104	358	16.47	1.77	0.29	*N/A*
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
CONDIMENT 1	1 EACH	10	95	4.0	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	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
Weighted Daily Average		720	1001	83.90	25.99	7.92	*0.99
% of Calories				46.6%	32.5%	9.9%	*1.2%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 05/22/2019							
IV Lunch K-5	Total						
No Second Choice Today	1 Ea	0	0	0.0	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	100	150	14.0	3.5	1.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	59	6.23	0.1	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	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
Weighted Daily Average		691	888	88.42	25.80	7.56	0.00
% of Calories				51.2%	33.6%	9.8%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Weighted Average		620	957	80.55 51.9%	19.32 28.0%	*6.25 *9.1%	*0.21 *0.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	620		550 - 650	100%				
Sodium (mg)	957		1230					
Carbohydrate (g)	80.55	51.95%						
Total Fat (g)	19.32	28.03%						
Saturated Fat (g)	6.25	9.07%	<10.00%		Missing			
Trans Fat ¹ (g)	0.21	0.30%			Missing			

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