

Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

PC 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 ¹ (g)
Wed - 08/07/2019							
PC Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	15	470	11.0	4.00	0.00
Corn, Canned, WK, 1/4 cup	1/4 cup	57	*0	88	0.63	*0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		487	*25	711	14.20	*4.33	*0.00
% of Calories					26.2%	*8.0%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Thu - 08/08/2019							
PC Lunch K-5	Total						
Crispitos (2 EACH)	2 Crispitos	440	70	640	20.0	5.00	*N/A*
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	0	98	0.0	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	0	227	0.0	0.00	0.00
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	0	3	0.23	0.04	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		636	78	1023	22.00	5.24	*0.00
% of Calories					31.2%	7.4%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Fri - 08/09/2019							
PC Lunch K-5	Total						
Hot Dog WG	1 EACH	233	15	567	10.12	3.54	0.25
Sauerkraut: 1/8 cup	1/8 CUP	5	0	170	0.0	0.00	0.00
Chili Sauce: 1/8 C	1/8 C	30	3	186	1.25	0.50	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
French Fries: Oven Crinkle Cut	1/2 CUP	67	0	25	1.65	0.28	0.00
Beans, Baked: 1/4 cup	1/4 C	69	0	95	0.0	0.00	0.00
CONDIMENT 1	1 EACH	10	0	95	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		506	21	1046	12.57	4.11	*0.25
% of Calories					22.4%	7.3%	*0.5%
Nutrient Guideline		550-650		1230		<10.00	

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Base Menu Spreadsheet

PC 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 ¹ (g)
Mon - 08/12/2019							
PC Lunch K-5	Total						
Chicken Nuggets: 5 nuggets	5 NUGGETS	231	53	415	11.57	2.41	0.00
Potatoes, Creamed: 1/4 cup	1/4 CUP	35	0	163	0.59	0.00	0.00
Gravy, Homemade	1 OZ.	40	3	328	2.03	0.54	*0.00
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	0	115	0.18	0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
CONDIMENT 5	1 EACH	54	3	86	4.33	0.67	0.00
Weighted Daily Average		500	68	1124	20.50	3.73	*0.00
% of Calories					36.9%	6.7%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Tue - 08/13/2019							
PC Lunch K-5	Total						
Pizza, French Bread PEPPERONI	pizza	270	35	690	9.0	4.50	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Corn, Canned, WK, 1/4 cup	1/4 cup	57	*0	88	0.63	*0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Fruit Cup - 4oz	4 OZ.	60	0	5	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		454	*44	918	11.90	*4.79	*0.00
% of Calories					23.6%	*9.5%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Wed - 08/14/2019							
PC Lunch K-5	Total						
Lasagna Rolls	1 EACH	247	56	645	9.34	5.25	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Peas, Green FZN 1/4c	1/4 cup	36	0	53	0.18	0.03	*N/A*
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Brownie w/Icing: from dry mix	1 Brownie	119	1	127	3.16	0.63	0.00
Weighted Daily Average		540	66	977	15.20	6.20	*0.00
% of Calories					25.4%	10.3%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

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Base Menu Spreadsheet

PC 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 ¹ (g)
Thu - 08/15/2019							
PC Lunch K-5	Total						
Tacos: Beef, w/ chips	1/3 CUP	262	43	216	12.62	2.97	0.50
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	0	1	0.06	0.01	0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	0	98	0.0	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
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		532	69	684	19.35	6.63	0.50
% of Calories					32.8%	11.2%	0.9%
Nutrient Guideline		550-650		1230		<10.00	

Fri - 08/16/2019							
PC Lunch K-5	Total						
Hamburger w/ WG Bun CASE	each	139	0	298	1.99	0.00	0.00
Cheese Slice	1 EACH	51	13	228	4.56	2.53	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	0	1	0.06	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Pickles, Dill (slices)	SERVING(3)	0	0	243	0.0	0.00	0.00
Beans, Baked: 1/4 cup	1/4 C	69	0	95	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
Rice Krispie Treats, mini	1 each	50	0	45	0.99	0.00	0.00
Weighted Daily Average		437	17	1024	9.90	2.05	*0.00
% of Calories					20.4%	4.2%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Mon - 08/19/2019							
PC Lunch K-5	Total						
Chicken Sandwich WG Bun - CASE	EACH	362	35	886	10.09	1.52	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	0	1	0.06	0.01	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	0	80	3.52	0.00	0.00
Beans, Baked: 1/4 cup	1/4 C	69	0	95	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
CONDIMENT 4	1 EACH	50	5	185	4.0	0.50	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		661	44	1294	17.20	2.04	0.00
% of Calories					23.4%	2.8%	0.0%
Nutrient Guideline		550-650		1230		<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/20/2019							
PC Lunch K-5	Total						
Cheese Stix (2)	SERVING	300	10	740	12.0	4.00	0.00
Spaghetti Sauce 1/4 cup	1/4 CUP	35	0	269	0.27	0.00	0.00
Corn, Canned, WK, 1/4 cup	1/4 cup	57	*0	88	0.63	*0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Fruit Cup - 4oz	4 OZ.	60	0	5	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		519	*19	1202	15.18	*4.28	*0.00
% of Calories					26.3%	*7.4%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Wed - 08/21/2019							
PC Lunch K-5	Total						
Tatertot Casserole (Red. Cal)	Servings	398	84	612	26.26	9.67	*0.67
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	0	115	0.18	0.00	*0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Breadstick, WW	SLICE	79	0	99	0.99	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	0	105	3.0	0.50	0.00
Weighted Daily Average		723	93	1042	32.74	10.47	*0.67
% of Calories					40.8%	13.0%	*0.8%
Nutrient Guideline		550-650		1230		<10.00	

Thu - 08/22/2019							
PC Lunch K-5	Total						
Teriyaki Chicken:Strips	2 OZ	101	46	361	4.57	1.31	0.00
Rice, Brown 1/2 cup	1/2 CUP	198	0	1	1.56	0.00	0.00
Corn, Canned, WK, 1/4 cup	1/4 cup	57	*0	88	0.63	*0.00	*0.00
Broccoli w/ Cheese(Mix):1/4 c	1/3 c servings	11	0	95	0.0	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		500	*56	699	9.35	*1.64	*0.00
% of Calories					16.8%	*3.0%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/23/2019							
PC Lunch K-5	Total						
Beef Nachos w/ Chips	SERVINGS	538	*72	944	28.03	6.85	0.84
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	0	98	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	0	9	0.03	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Cookie, Sugar	cookie	110	0	80	4.0	1.00	0.00
Weighted Daily Average		847	*81	1263	34.53	8.14	*0.84
% of Calories					36.7%	8.6%	*0.9%
Nutrient Guideline		550-650		1230		<10.00	

Mon - 08/26/2019							
PC Lunch K-5	Total						
Chicken, Bites whole muscle, 4	4 nuggets	239	43	578	11.96	1.99	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	0	80	3.52	0.00	0.00
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	0	115	0.18	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
CONDIMENT 5	1 EACH	54	3	86	4.33	0.67	0.00
Rice Krispie Treats, mini	1 each	50	0	45	0.99	0.00	0.00
Weighted Daily Average		548	50	940	20.44	2.68	*0.00
% of Calories					33.6%	4.4%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Tue - 08/27/2019							
PC Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	15	470	11.0	4.00	0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	0	98	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		491	24	706	13.59	4.30	*0.00
% of Calories					24.9%	7.9%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

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Wed - 08/28/2019							
PC Lunch K-5	Total						
Spaghetti w/Meat	3/4 CUP	292	58	525	10.79	4.10	0.68
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	0	10	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Breadstick, Italian	1 EACH	83	*0	100	1.02	*0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Weighted Daily Average		527	*68	801	14.54	*4.44	*0.68
% of Calories					24.8%	*7.6%	*1.2%
Nutrient Guideline		550-650		1230		<10.00	

Thu - 08/29/2019							
PC 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
Corn Nuggets, FZN	1/2 cup	117	0	258	3.69	0.61	0.00
Hash Browns	SERVING	132	0	132	8.1	2.02	*N/A*
Grits, Plain 1/4 cup	1/4 CUP	77	0	84	2.16	1.19	0.00
Biscuit, So.Style WG 2.51oz	2.51 oz	210	0	340	9.0	4.50	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	0	2	0.0	0.00	0.00
Ketchup, Individual Packet (2)	2 PC	20	0	50	0.0	0.00	0.00
Weighted Daily Average		722	129	1067	29.50	9.97	*0.00
% of Calories					36.8%	12.4%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Fri - 08/30/2019							
PC Lunch K-5	Total						
Corn Dog WG	4 OZ	240	40	390	8.0	2.50	0.00
Beans, Baked: 1/4 cup	1/4 C	69	0	95	0.0	0.00	0.00
Tater Tots: 1/2 cup	1/2 Cups	120	0	180	7.0	1.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
CONDIMENT 1	1 EACH	10	0	95	0.0	0.00	0.00
Chocolate Cake w/Vanilla Icing	SERVINGS	117	12	153	4.25	1.57	*0.00
Weighted Daily Average		661	57	983	19.37	5.09	*0.00
% of Calories					26.4%	6.9%	*0.0%
Nutrient Guideline		550-650		1230		<10.00	

Weighted Average		572	*56	973	18.45 29.0%	*5.01 *7.9%	*0.16 *0.3%
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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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion	Cals	Cholst	Sodm	T-Fat	S-Fat	Tr-Fat ¹	Error Messages (if any)
			Size	(kcal)	(mg)	(mg)	(g)	(g)	(g)	
			Weekly Target	% of Target	Miss Data	Shortfall	Overage			
Calories	572		550 - 650	100%						
Cholesterol (mg)	56				Missing					
Sodium (mg)	973		1230							
Total Fat (g)	18.45	29.04%								
Saturated Fat (g)	5.01	7.88%	<10.00%		Missing					
Trans Fat ¹ (g)	0.16	0.26%			Missing					

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

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