

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

PC 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 - 02/01/2019							
PC Lunch K-5	Total						
Hot Dog WG	1 EACH	233	567	27.84	10.12	3.54	0.25
Sauerkraut:1/8 cup	1/8 CUP	5	170	0.94	0.0	0.00	0.00
Chili Sauce: 1/8 C	1/8 C	30	186	3.01	1.25	0.50	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
CONDIMENT 1	1 EACH	10	95	4.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		500	1046	79.44	12.56	4.11	*0.25
% of Calories				63.6%	22.6%	7.4%	*0.5%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 02/04/2019							
PC Lunch K-5	Total						
Chicken Nuggets: 5 nuggets	5 NUGGETS	231	415	15.43	11.57	2.41	0.00
Potatoes, Creamed: 1/4 cup	1/4 CUP	35	163	6.69	0.59	0.00	0.00
Gravy, Homemade	1 OZ.	40	328	4.38	2.03	0.54	*0.00
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	115	2.19	0.18	0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 5	1 EACH	54	86	4.47	4.33	0.67	0.00
Weighted Daily Average		552	1184	66.03	21.18	3.73	*0.00
% of Calories				47.8%	34.5%	6.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 02/05/2019							
PC Lunch K-5	Total						
Pizza, French Bread PEPPERONI	pizza	270	690	30.0	9.0	4.50	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	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
Fruit Cup - 4oz	4 OZ.	60	5	17.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		443	908	59.98	11.48	4.79	*0.00
% of Calories				54.1%	23.3%	9.7%	*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)
Wed - 02/06/2019							
PC Lunch K-5	Total						
Chicken Alfredo with a Twist	1 CUP	349	717	39.85	9.47	*2.79	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Steamed(Seasoned)1/4c	1/4 C	15	33	3.53	0.06	*0.01	*0.00
Peas, Green:Canned 1/4 C	1/4 CUP	61	94	10.38	0.63	0.14	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Cookie, Sugar	cookie	110	80	18.0	4.0	1.00	0.00
Weighted Daily Average		656	1049	91.23	16.75	*4.23	*0.00
% of Calories				55.6%	23.0%	*5.8%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 02/07/2019							
PC Lunch K-5	Total						
BBQ Chicken	servings	140	584	5.57	2.5	0.50	0.00
Turnip Greens, Seasoned: 1/4 c	1/4 cup	21	83	1.67	1.14	0.16	0.00
Okra, Breaded, FZN 1/4 cup	1/4 cup	81	506	17.55	0.34	0.00	0.00
Cornbread	1 piece	119	310	18.23	3.04	0.52	*0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		488	1567	70.33	6.53	1.11	*0.00
% of Calories				57.6%	12.0%	2.0%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 02/08/2019							
PC Lunch K-5	Total						
Hamburger w/ WG Bun CASE	each	139	298	26.86	1.99	0.00	0.00
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Pickles, Dill (slices)	SERVING(3)	0	243	0.0	0.0	0.00	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
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		404	948	67.84	10.31	2.19	*0.00
% of Calories				67.2%	23.0%	4.9%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Base Menu Spreadsheet

PC Lunch K-5

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Mon - 02/11/2019							
PC Lunch K-5	Total						
Chicken Sandwich WG Bun - CASE	EACH	362	886	44.07	10.09	1.52	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Potatoes, Sweet: 1/4 cup	1/4 c	67	26	14.86	0.58	0.22	0.00
Broccoli w/ Cheese(Mix):1/4 c	1/3 c servings	11	95	2.35	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		587	1272	85.83	14.66	2.19	0.00
% of Calories				58.5%	22.5%	3.4%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 02/12/2019							
PC 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
Corn, Canned, WK, 1/4 cup	1/4 cup	57	88	11.33	0.63	*0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit Cup - 4oz	4 OZ.	60	5	17.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		520	1198	75.33	15.18	*4.28	*0.00
% of Calories				58.0%	26.3%	*7.4%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 02/13/2019							
PC Lunch K-5	Total						
Tatertot Casserole (Red. Cal)	Servings	398	612	16.16	26.26	9.67	*0.67
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	115	2.19	0.18	0.00	*0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		632	922	57.10	31.37	10.38	*0.67
% of Calories				36.1%	44.7%	14.8%	*1.0%
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 - 02/14/2019							
PC Lunch K-5	Total						
Beef Nachos w/ Chips	SERVINGS	538	944	44.48	28.03	6.85	0.84
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	0.00	0.00
Corn Nuggets, FZN	1/2 cup	117	258	19.05	3.69	0.61	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		849	1425	96.42	34.09	7.72	*0.84
% of Calories				45.4%	36.1%	8.2%	*0.9%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 02/19/2019							
PC Lunch K-5	Total						
Hot Pocket, Pepperoni	4.46 oz	300	680	32.0	11.0	5.00	0.00
Peas, Blackeyed: 1/4 cup	1/4 CUP	77	229	13.55	0.64	0.32	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Fruit Cup - 4oz	4 OZ.	60	5	17.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		516	1032	69.97	14.18	5.55	*0.00
% of Calories				54.2%	24.7%	9.7%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 02/20/2019							
PC Lunch K-5	Total						
Beefy Mac	3/4 C	319	646	25.93	13.01	*5.43	*0.67
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Corn, Frozen 1/4 cup	1/4 CUP	39	1	9.54	0.45	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*0.00	0.00
Weighted Daily Average		574	887	74.26	16.84	*5.72	*0.67
% of Calories				51.8%	26.4%	*9.0%	*1.1%
Nutrient Guideline		550-650	1230			<10.00	

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Thu - 02/21/2019							
PC Lunch K-5	Total						
Tacos: Beef, w/ chips	1/3 CUP	262	216	21.48	12.62	2.97	0.50
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	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
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		531	678	58.81	19.37	6.63	0.50
% of Calories				44.3%	32.9%	11.3%	0.9%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 02/22/2019							
PC Lunch K-5	Total						
Barbecue Pork Sandwich	2oz servings	513	1409	68.45	13.51	4.00	0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
Tater Tots: 1/2 cup	1/2 Cups	120	180	14.0	7.0	1.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 1	1 EACH	10	95	4.0	0.0	0.00	0.00
Weighted Daily Average		848	1925	123.83	23.29	5.32	*0.00
% of Calories				58.4%	24.7%	5.6%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 02/25/2019							
PC Lunch K-5	Total						
Chicken, Bites whole muscle, 4	4 nuggets	239	578	13.95	11.96	1.99	0.00
Potatoes, Sweet: 1/4 cup	1/4 c	67	26	14.86	0.58	0.22	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 5	1 EACH	54	86	4.47	4.33	0.67	0.00
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Weighted Daily Average		558	903	68.20	20.45	3.18	*0.00
% of Calories				48.9%	33.0%	5.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Tue - 02/26/2019							
PC Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	470	34.0	11.0	4.00	0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		488	701	66.61	13.61	4.31	*0.00
% of Calories				54.6%	25.1%	8.0%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 02/27/2019							
PC Lunch K-5	Total						
Spaghetti w/Meat	3/4 CUP	292	525	26.87	10.79	4.10	0.68
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
White Cake w/ Frosting	SERVINGS	200	180	34.55	6.89	3.70	*0.00
Weighted Daily Average		709	963	98.93	21.23	*8.13	*0.68
% of Calories				55.8%	26.9%	*10.3%	*0.9%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 02/28/2019							
PC 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
Corn Nuggets, FZN	1/2 cup	117	258	19.05	3.69	0.61	0.00
Hash Browns	SERVING	132	132	14.17	8.1	2.02	*N/A*
Grits, Plain 1/4 cup	1/4 CUP	77	84	13.23	2.16	1.19	0.00
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Ketchup, Individual Packet (2)	2 PC	20	50	6.0	0.0	0.00	0.00
Weighted Daily Average		713	1093	92.35	29.85	9.89	*0.00
% of Calories				51.8%	37.6%	12.5%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Weighted Average		587	1095	77.92	18.50	*5.19	*0.20
				53.1%	28.4%	*8.0%	*0.3%

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

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

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Generated on: 1/17/2019 10:09:14 AM

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	587		550 - 650	100%					
Sodium (mg)	1095		1230						
Carbohydrate (g)	77.92	53.08%							
Total Fat (g)	18.50	28.35%							
Saturated Fat (g)	5.19	7.96%	<10.00%		Missing				
Trans Fat ¹ (g)	0.20	0.31%			Missing				

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

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