

# Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 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 <sup>1</sup> (g)
Fri - 03/01/2019							
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 - 03/04/2019							
PC Lunch K-5	Total						
Turkey & Noodles (WG)	1 CUP	281	1013	28.47	12.7	3.99	*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
Peas, Green FZN 1/4c	1/4 cup	36	53	6.48	0.18	0.03	*N/A*
Carrots, Steamed(Seasoned)1/4c	1/4 C	15	33	3.53	0.06	*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
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Weighted Daily Average		539	1304	74.38	18.40	*4.81	*0.00
% of Calories				55.2%	30.7%	*8.0%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 03/05/2019							
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
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
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		449	918	61.91	11.90	*4.79	*0.00
% of Calories				55.1%	23.8%	*9.6%	*0.0%
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

Mar 1, 2019 thru Mar 22, 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 <sup>1</sup> (g)
Wed - 03/06/2019							
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
Breadstick, WW	SLICE	79	99	14.88	0.99	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		596	901	50.35	29.53	9.97	*0.67
% of Calories				33.8%	44.6%	15.1%	*1.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 03/07/2019							
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
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Weighted Daily Average		538	1580	79.00	6.97	1.01	*0.00
% of Calories				58.8%	11.7%	1.7%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 03/08/2019							
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
Cookie, Sugar	cookie	110	80	18.0	4.0	1.00	0.00
Weighted Daily Average		641	758	76.81	23.37	7.63	0.50
% of Calories				48.0%	32.8%	10.7%	0.7%
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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Mon - 03/11/2019							
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
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	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		589	1318	85.23	14.28	2.05	0.00
% of Calories				57.9%	21.8%	3.1%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 03/12/2019							
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 - 03/13/2019							
PC Lunch K-5	Total						
Turkey: 2oz	2 OZ	50	470	2.0	1.0	0.00	0.00
Gravy, Chicken 1/8 CUP	1/8 cup	11	158	1.87	0.29	0.07	0.09
Potatoes, Creamed: 1/4 cup	1/4 CUP	35	163	6.69	0.59	0.00	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, 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
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
Brownie w/Icing: from dry mix	1 Brownie	119	127	21.47	3.16	0.63	0.00
Weighted Daily Average		376	1170	60.67	7.77	1.01	*0.09
% of Calories				64.5%	18.6%	2.4%	*0.2%
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)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/14/2019							
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
Okra, Breaded, FZN 1/4 cup	1/4 cup	81	506	17.55	0.34	0.00	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
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		787	1467	88.67	30.92	7.16	*0.84
% of Calories				45.1%	35.4%	8.2%	*1.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 03/15/2019							
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	

Mon - 03/18/2019							
PC Lunch K-5	Total						
Chicken, Bites whole muscle, 4	4 nuggets	239	578	13.95	11.96	1.99	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	80	16.15	3.52	0.00	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
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
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Weighted Daily Average		644	1006	79.31	25.38	3.46	*0.00
% of Calories				49.3%	35.5%	4.8%	*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)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/19/2019							
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 - 03/20/2019							
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
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	115	2.19	0.18	0.00	*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
Weighted Daily Average		509	824	64.06	14.40	*4.43	*0.68
% of Calories				50.4%	25.5%	*7.8%	*1.2%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 03/21/2019							
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	

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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 <sup>1</sup> (g)
Fri - 03/22/2019							
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	

Weighted Average		571	1135	76.61 53.6%	17.98 28.3%	*4.78 *7.5%	*0.19 *0.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	571		550 - 650	100%				
Sodium (mg)	1135		1230					
Carbohydrate (g)	76.61	53.64%						
Total Fat (g)	17.98	28.33%						
Saturated Fat (g)	4.78	7.53%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.19	0.30%			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.