

Sylacauga City Schools

May 1, 2019 thru May 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 ¹ (g)
Wed - 05/01/2019							
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
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0.0	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 - 05/02/2019							
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 - 05/03/2019							
PC Lunch K-5	Total						
Sloppy Joe on WG Bun: Homemade	SERVINGS	341	407	35.7	12.21	4.01	*0.68
Pickles, Dill (slices)	3pickle serving	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
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	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		570	794	75.14	16.60	4.61	*0.68
% of Calories				52.7%	26.2%	7.3%	*1.1%
Nutrient Guideline		550-650	1230			<10.00	

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Sylacauga City Schools

May 1, 2019 thru May 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 ¹ (g)
Mon - 05/06/2019							
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 - 05/07/2019							
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
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	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		480	686	65.70	13.60	4.30	*0.00
% of Calories				54.7%	25.5%	8.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 05/08/2019							
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, Canned, WK, 1/4 cup	1/4 cup	57	88	11.33	0.63	*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		590	967	75.92	17.00	*5.72	*0.67
% of Calories				51.5%	25.9%	*8.7%	*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 - 05/09/2019							
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	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/10/2019							
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) 1/4 C, Sliced	1/4 CUP	10	3	2.21	0.11	0.02	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
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Weighted Daily Average		533	678	59.25	19.39	6.64	0.50
% of Calories				44.5%	32.8%	11.2%	0.9%
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)
Mon - 05/13/2019							
PC Lunch K-5	Total						
Chicken, Bites whole muscle, 4	4 nuggets	239	578	13.95	11.96	1.99	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	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
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		576	925	72.61	20.89	3.41	*0.00
% of Calories				50.4%	32.6%	5.3%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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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 - 05/14/2019							
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		454	925	61.85	11.48	4.79	*0.00
% of Calories				54.5%	22.8%	9.5%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 05/15/2019							
PC Lunch K-5	Total						
Teriyaki Chicken:Strips	2 OZ	101	361	1.95	4.57	1.31	0.00
Rice, Brown 1/2 cup	1/2 CUP	198	1	40.63	1.56	0.00	0.00
Corn, Canned, WK, 1/4 cup	1/4 cup	57	88	11.33	0.63	*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
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	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		500	699	77.56	9.35	*1.64	*0.00
% of Calories				62.1%	16.8%	*3.0%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 05/16/2019							
PC Lunch K-5	Total						
Sandwich, IW, WG, Soy Butter &	1 each	290	220	28.0	16.0	3.00	0.00
Deli Sandwich: WW Bread	1 EACH	223	787	32.29	3.83	0.77	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Ranch Dressing, RC, Single Ser	12gm	10	125	3.0	0.0	0.00	0.00
Sorbet, Kiwi Strwbry Swirl FZN	4.4 oz	70	5	18.0	0.0	0.00	0.00
Chips, Baked, Regular	BAG	130	150	26.0	2.0	0.00	0.00
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
Weighted Daily Average		611	973	101.43	13.07	1.91	0.00
% of Calories				66.4%	19.3%	2.8%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Fri - 05/17/2019							
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
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	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- 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		400	1015	69.14	8.69	1.91	*0.00
% of Calories				69.1%	19.5%	4.3%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 05/20/2019							
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, Fries:1/2c	1/2c servings	101	80	16.15	3.52	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		610	1308	86.68	16.62	2.05	0.00
% of Calories				56.9%	24.5%	3.0%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 05/21/2019							
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	

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Wed - 05/22/2019							
PC Lunch K-5	Total						
Corn Dog WG	4 OZ	240	390	30.0	8.0	2.50	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		576	906	85.39	17.78	3.82	*0.00
% of Calories				59.3%	27.8%	6.0%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Weighted Average		553	980	74.41 53.8%	17.12 27.8%	*4.38 *7.1%	*0.23 *0.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	553		550 - 650	100%				
Sodium (mg)	980		1230					
Carbohydrate (g)	74.41	53.79%						
Total Fat (g)	17.12	27.84%						
Saturated Fat (g)	4.38	7.12%	<10.00%		Missing			
Trans Fat ¹ (g)	0.23	0.37%			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

¹ - 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.