

# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/07/2019							
NL Lunch 6-8	Total						
Spicy Chicken Patty	SERVING	279	67	509	15.76	3.03	0.00
Buns, Hamburger, WG, CASE	each	139	0	298	1.99	0.00	0.00
Chicken Patty, WG, Breaded	1 EACH	193	31	508	7.0	1.31	0.00
Hashbrown Casserole: 1/4 cup	1/4 cup	140	13	211	9.0	3.10	*0.00
Beans, Baked: 1/2cup	1/2 CUP	141	0	184	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Pickles, Dill (slices)	3pickle serving	0	0	243	0.0	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*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
CONDIMENT 2	1 EACH	30	0	145	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	5	90	4.0	0.50	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Weighted Daily Average		858	112	1659	30.42	6.47	*0.00
% of Calories					31.9%	6.8%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

Thu - 08/08/2019							
NL Lunch 6-8	Total						
Pizza, Cheese Wedge WG	PIECE	300	15	470	11.0	4.00	0.00
PIZZA, PEPPERONI WEDGE	PIECE	0	0	0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	0	445	0.0	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	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, Chocolate Chip, 1 OZ	1 OZ	0	0	0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Weighted Daily Average		558	*45	930	14.87	*4.47	*0.00
% of Calories					24.0%	*7.2%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

\*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

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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/09/2019							
NL Lunch 6-8	Total						
Chicken, Bites whole muscle	6 nuggets	360	65	870	18.0	3.00	0.00
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	0	326	1.18	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
Gravy, Chicken 1/4 cup	1/4 cup	22	0	317	0.58	0.14	0.18
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	0	230	0.36	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	0	91	1.96	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	0	25	0.0	0.00	0.00
Honey Mustard Packet	PACKET	140	10	200	13.0	2.00	0.00
Weighted Daily Average		718	95	1716	25.10	3.68	*0.08
% of Calories					31.5%	4.6%	*0.1%
Nutrient Guideline		600-700		1360		<10.00	

Mon - 08/12/2019							
NL Lunch 6-8	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
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	0	471	1.33	0.66	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Pepperoncini 1/8 cup	1/8 cup	5	0	271	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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		616	47	1510	15.28	4.84	*0.00
% of Calories					22.3%	7.1%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

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Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/13/2019							
NL Lunch 6-8	Total						
Pig in Blanket	serving	259	30	619	16.99	7.00	0.50
Chili Sauce: 1/8 C	1/8 C	30	3	186	1.25	0.50	0.00
Potato Wedges: FZN 1/2c	serving	167	0	194	5.56	0.69	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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
Ketchup: Individual Packet (1)	1 EACH	10	0	25	0.0	0.00	0.00
Mustard: Individual Packet	PC packet	0	0	70	0.0	0.00	0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	*N/A*	467	5.96	1.99	0.00
Weighted Daily Average		671	*67	1472	29.75	9.85	*0.50
% of Calories					39.9%	13.2%	*0.7%
Nutrient Guideline		600-700		1360		<10.00	

Wed - 08/14/2019							
NL Lunch 6-8	Total						
BEEF STROGANOFF	2 OZ SERVING	401	114	437	12.5	4.24	1.69
Beans, Lima, Canned: 1/2 cup	1/2 CUP	89	*0	138	0.0	*0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	0	59	0.1	0.02	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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
Roll Dough: Rich's, WG: 1 Roll	1 each	105	0	91	1.96	0.00	0.00
Weighted Daily Average		711	*144	834	16.83	*4.85	*1.69
% of Calories					21.3%	*6.1%	*2.1%
Nutrient Guideline		600-700		1360		<10.00	

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Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/15/2019							
NL Lunch 6-8	Total						
Hot Pocket, Pepperoni	4.46 oz	300	40	680	11.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Carrots, Glazed (BBuds): 1/2c	1/2 CUP	49	0	297	0.17	0.02	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	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
Pudding Cup, Chocolate 2016	1 each	80	0	140	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Weighted Daily Average		580	70	1254	13.82	5.48	*0.00
% of Calories					21.4%	8.5%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

Fri - 08/16/2019							
NL Lunch 6-8	Total						
BBQ pork 2 oz	2 oz	307	96	769	14.43	5.31	0.00
Buns, Hamburger, WG, CASE	each	139	0	298	1.99	0.00	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	0	80	3.52	0.00	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	0	184	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Pickles, Dill (slices)	SERVING	0	0	243	0.0	0.00	0.00
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	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
Mayonaise: Individual Packet	PACKET	40	5	90	4.0	0.50	0.00
Mustard: Individual Packet	PC packet	0	0	70	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	0	25	0.0	0.00	0.00
Weighted Daily Average		800	128	1535	23.96	5.98	*0.00
% of Calories					27.0%	6.7%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

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Mon - 08/19/2019							
NL Lunch 6-8	Total						
Crispitos (2 EACH)	2 Crispitos	440	70	640	20.0	5.00	*N/A*
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	0	235	0.0	0.00	0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	*N/A*	467	5.96	1.99	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	5	30	0.0	0.00	0.00
Salsa: 1/8 cup	1/8 CUP	10	0	112	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		708	*99	1223	25.41	6.52	*0.00
% of Calories					32.3%	8.3%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

Tue - 08/20/2019							
NL Lunch 6-8	Total						
Beef Patty	2 OZ	159	57	50	10.0	3.93	0.67
Buns, Hamburger, WG, CASE	each	139	0	298	1.99	0.00	0.00
Cheese Slice	1 EACH	51	13	228	4.56	2.53	0.00
Potatoes, Diced, roastedw/skin	serving	140	0	160	3.5	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Pickles, Dill (slices)	SERVING	0	0	243	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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
Ketchup: Individual Packet (1)	1 EACH	10	0	25	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	5	90	4.0	0.50	0.00
Mustard: Individual Packet	PC packet	0	0	70	0.0	0.00	0.00
Weighted Daily Average		693	104	1042	22.68	6.80	*0.67
% of Calories					29.5%	8.8%	*0.9%
Nutrient Guideline		600-700		1360		<10.00	

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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/21/2019							
NL Lunch 6-8	Total						
Tatertot Casserole (Red. Cal)	Servings	398	84	612	26.26	9.67	*0.67
Peas, Green:Canned 1/2 C	1/2 CUP	117	*0	181	0.65	*0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	0	59	0.1	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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
Roll Dough: Rich's, WG: 1 Roll	1 each	105	0	91	1.96	0.00	0.00
Weighted Daily Average		724	*113	1032	30.87	*10.22	*0.67
% of Calories					38.4%	*12.7%	*0.8%
Nutrient Guideline		600-700		1360		<10.00	

Thu - 08/22/2019							
NL Lunch 6-8	Total						
Pizza, French Bread PEPPERONI	pizza	270	35	690	9.0	4.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
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
Pudding, Van., FF/Bulk,1/2 cup	1/2 cup	119	0	205	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Weighted Daily Average		641	*71	1213	12.35	*4.95	*0.00
% of Calories					17.3%	*6.9%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/23/2019							
NL Lunch 6-8	Total						
Teriyaki Chicken:Strips	2 OZ	101	46	361	4.57	1.31	0.00
Rice, Brown (BBuds) 1/2 cup	1/2 CUP	199	0	9	1.56	0.00	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	*0	244	2.86	0.95	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	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
Salsa: 1/4 cup	1/4 CUP	19	0	227	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Weighted Daily Average		599	*86	971	13.45	4.03	*0.00
% of Calories					20.2%	6.0%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/26/2019							
NL Lunch 6-8	Total						
Pizza, Mexican Fiestada	Servings/pizzas	340	25	851	14.02	6.01	0.00
Corn Nuggets, FZN	1/2 cup	117	0	258	3.69	0.61	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Pepperoncini 1/8 cup	1/8 cup	5	0	271	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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		630	57	1346	20.28	7.06	*0.00
% of Calories					29.0%	10.1%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/27/2019							
NL Lunch 6-8	Total						
Sausage Patty	1.5 OZ	190	30	320	18.0	6.00	0.00
Egg Scrambled Squares	1 EACH	45	105	125	3.0	1.00	0.00
Grits, Plain 1/2 cup	1/2 CUP	67	0	0	0.42	0.42	0.00
Biscuit, So.Style WG 2.51oz	2.51 oz	210	0	340	9.0	4.50	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
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
Jelly, Assorted	1 Each	35	0	2	0.0	0.00	0.00
Weighted Daily Average		738	127	1057	35.06	13.39	*0.00
% of Calories					42.8%	16.3%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/28/2019							
NL Lunch 6-8	Total						
Beef & Macaroni	3/4 CUP	272	*58	139	10.68	4.09	*0.68
Roll Dough: Rich's,WG: 2 Rolls	2 roll serving	209	0	183	3.92	0.00	0.00
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	0	230	0.36	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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 Pudding	1/2 cup	176	1	239	2.15	0.56	0.00
Weighted Daily Average		810	*72	853	18.48	4.87	*0.68
% of Calories					20.5%	5.4%	*0.8%
Nutrient Guideline		600-700		1360		<10.00	

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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/29/2019							
NL Lunch 6-8	Total						
Corn Dog WG	4 OZ	240	40	390	8.0	2.50	0.00
Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	20	2	23	0.8	0.08	*0.00
Beans, Baked: 1/2cup	1/2 CUP	141	0	184	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
CONDIMENT 2	1 EACH	30	0	145	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	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*
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	0	1	0.02	0.01	*N/A*
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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		605	82	909	11.15	3.06	*0.00
% of Calories					16.6%	4.6%	*0.0%
Nutrient Guideline		600-700		1360		<10.00	

Fri - 08/30/2019							
NL Lunch 6-8	Total						
Sloppy Joe on WG Bun: Mix	SANDWICH	354	*69	759	14.08	*4.75	*0.81
Buns, Hamburger, WG, CASE	each	139	0	298	1.99	0.00	0.00
Hash Browns	SERVING	132	0	132	8.1	2.02	*N/A*
Fruit- Fresh, Frozen, Canned	1/2 cup	63	0	6	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	0	18	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	0	1	0.06	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
CROUTONS	1/8 cup	24	0	63	0.93	0.27	*N/A*
Peppers, Red Strips	2 OZ	9	0	52	0.0	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	0	26	0.06	0.01	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
CONDIMENT 2	1 EACH	30	0	145	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
Mayonaise: Individual Packet	PACKET	40	5	90	4.0	0.50	0.00
Weighted Daily Average		912	*105	1623	31.85	*8.92	*0.81
% of Calories					31.4%	*8.8%	*0.8%
Nutrient Guideline		600-700		1360		<10.00	

Weighted Average		699	*90	1232	21.76 28.0%	*6.41 *8.3%	*0.28 *0.4%
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# Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion	Cals	Cholst	Sodm	T-Fat	S-Fat	Tr-Fat <sup>1</sup>	Error Messages (if any)
			Size	(kcal)	(mg)	(mg)	(g)	(g)	(g)	
			Weekly Target	% of Target	Miss Data	Shortfall	Overage			
Calories	699		600 - 700	100%						
Cholesterol (mg)	90				Missing					
Sodium (mg)	1232		1360							
Total Fat (g)	21.76	28.03%								
Saturated Fat (g)	6.41	8.26%	<10.00%		Missing					
Trans Fat <sup>1</sup> (g)	0.28	0.36%			Missing					

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