

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 1

Generated on: 1/17/2019 10:25:50 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/01/2019							
NL Lunch 6-8	Total						
Beef & Macaroni	3/4 CUP	272	139	22.19	10.68	4.09	*0.68
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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 Pudding	1/2 cup	176	239	36.51	2.15	0.56	0.00
Weighted Daily Average		702	766	105.83	16.24	4.79	*0.68
% of Calories				60.3%	20.8%	6.1%	*0.9%
Nutrient Guideline		600-700	1360			<10.00	

Mon - 02/04/2019							
NL Lunch 6-8	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
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	471	27.84	1.33	0.66	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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	1495	89.35	15.08	4.78	*0.00
% of Calories				58.6%	22.3%	7.1%	*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

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 2

Generated on: 1/17/2019 10:25:50 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/05/2019							
NL Lunch 6-8	Total						
Hot Dog (frankfurter only)	1 EACH	91	263	0.51	8.1	3.54	0.25
Hotdog Bun: WG	1 each	140	300	27.0	2.0	0.00	0.00
Chili Sauce: 1/8 C	1/8 C	30	186	3.01	1.25	0.50	0.00
Potato Wedges: FZN 1/2c	serving	167	194	27.78	5.56	0.69	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Mustard: Individual Packet	PC packet	0	70	1.0	0.0	0.00	0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Weighted Daily Average		647	1417	91.00	23.81	6.48	*0.25
% of Calories				56.2%	33.1%	9.0%	*0.4%
Nutrient Guideline		600-700	1360			<10.00	

Wed - 02/06/2019							
NL Lunch 6-8	Total						
Taco - Walking Taco	SERVINGS	337	544	26.2	17.25	*6.07	0.50
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	445	1.01	0.0	0.00	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
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Salsa: 1/8 cup	1/8 CUP	10	112	1.9	0.0	0.00	0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Sauce, Taco PC	PC	5	55	1.0	0.0	0.00	0.00
Weighted Daily Average		607	1055	69.50	21.01	*7.47	*0.50
% of Calories				45.8%	31.2%	*11.1%	*0.7%
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

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 3

Generated on: 1/17/2019 10:25:50 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/07/2019							
NL Lunch 6-8	Total						
Pizza, French Bread PEPPERONI	pizza	270	690	30.0	9.0	4.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	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
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		645	1087	96.09	16.74	*6.04	*0.00
% of Calories				59.6%	23.4%	*8.4%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Fri - 02/08/2019							
NL Lunch 6-8	Total						
Chicken, Bites whole muscle	6 nuggets	360	870	21.0	18.0	3.00	0.00
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	326	13.39	1.18	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Gravy, Chicken 1/4 cup	1/4 cup	22	317	3.74	0.58	0.14	0.18
Peas, Green:Canned 1/2 C	1/2 CUP	117	181	20.9	0.65	*0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Honey Mustard Packet	PACKET	140	200	7.0	13.0	2.00	0.00
Weighted Daily Average		758	1662	90.51	24.63	*3.49	*0.08
% of Calories				47.7%	29.2%	*4.1%	*0.1%
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

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 4

Generated on: 1/17/2019 10:25:50 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/11/2019							
NL Lunch 6-8	Total						
Crispitos (2 EACH)	2 Crispitos	440	640	44.0	20.0	5.00	*N/A*
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
Salsa: 1/8 cup	1/8 CUP	10	112	1.9	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		703	1210	85.84	25.21	6.46	*0.00
% of Calories				48.8%	32.3%	8.3%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Tue - 02/12/2019							
NL Lunch 6-8	Total						
Chicken, Tenders 3 pieces	3 tenders	230	430	16.0	12.0	2.50	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Honey Mustard Packet	PACKET	140	200	7.0	13.0	2.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Weighted Daily Average		633	811	74.36	26.65	4.05	*0.00
% of Calories				47.0%	37.9%	5.8%	*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

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 5

Generated on: 1/17/2019 10:25:50 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/13/2019							
NL Lunch 6-8	Total						
Hot Pocket, Pepperoni	4.46 oz	300	680	32.0	11.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Carrots, Glazed (BBuds): 1/2c	1/2 CUP	49	297	11.76	0.17	0.02	*0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Peppers, Red Strips	2 OZ	9	52	1.89	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
Pudding Cup, Chocolate 2016	1 each	80	140	20.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		568	1233	88.15	13.04	5.25	*0.00
% of Calories				62.1%	20.7%	8.3%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Thu - 02/14/2019							
NL Lunch 6-8	Total						
Spaghetti w/Meat	3/4 CUP	292	525	26.87	10.79	4.10	0.68
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
STRAWBERRY SHORTCAKE	SERVING	194	295	42.53	1.97	0.76	*0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Weighted Daily Average		614	1073	84.59	16.55	6.26	*0.68
% of Calories				55.1%	24.2%	9.2%	*1.0%
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

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 6

Generated on: 1/17/2019 10:25:50 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/19/2019							
NL Lunch 6-8	Total						
Beef Patty	2 OZ	159	50	0.0	10.0	3.93	0.67
Buns, Hamburger, WG, 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
Potatoes, Diced, roastedw/skin	serving	140	160	25.0	3.5	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	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*
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Pickles, Dill (slices)	SERVING	0	243	0.0	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Mustard: Individual Packet	PC packet	0	70	1.0	0.0	0.00	0.00
Weighted Daily Average		678	965	87.54	21.63	6.45	*0.67
% of Calories				51.7%	28.7%	8.6%	*0.9%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/20/2019							
NL Lunch 6-8	Total						
Tatertot Casserole (Red. Cal)	Servings	398	612	16.16	26.26	9.67	*0.67
Peas, Green:Canned 1/2 C	1/2 CUP	117	181	20.9	0.65	*0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	26	59	6.23	0.1	0.02	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Peppers, Red Strips	2 OZ	9	52	1.89	0.0	0.00	0.00
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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
Roll Dough: Rich's, WG: 1 Roll	1 each	105	91	18.29	1.96	0.00	0.00
Weighted Daily Average		725	1032	71.51	30.88	*10.22	*0.67
% of Calories				39.4%	38.3%	*12.7%	*0.8%
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

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 7

Generated on: 1/17/2019 10:25:51 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/21/2019							
NL Lunch 6-8	Total						
Corn Dog WG	4 OZ	240	390	30.0	8.0	2.50	0.00
Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	20	23	3.19	0.8	0.08	*0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
CONDIMENT 2	1 EACH	30	145	10.0	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	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*
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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		597	894	98.31	10.93	3.00	*0.00
% of Calories				65.8%	16.5%	4.5%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Fri - 02/22/2019							
NL Lunch 6-8	Total						
Spicy Asian Chicken	servings	145	742	11.77	4.57	1.31	0.00
Rice, Brown (BBuds) 1/2 cup	1/2 CUP	199	9	40.85	1.56	0.00	0.00
Egg Roll, Vegetable,WG	1 each	140	150	22.0	3.5	1.00	*N/A*
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
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
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	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
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Weighted Daily Average		701	1193	107.29	14.22	4.16	*0.00
% of Calories				61.2%	18.3%	5.3%	*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

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 8

Generated on: 1/17/2019 10:25:51 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/25/2019							
NL Lunch 6-8	Total						
Sausage Patty	1.5 OZ	190	320	0.0	18.0	6.00	0.00
Egg Scrambled Squares	1 EACH	45	125	1.0	3.0	1.00	0.00
Grits, Plain 1/2 cup	1/2 CUP	67	0	14.55	0.42	0.42	0.00
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	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
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Weighted Daily Average		710	1005	80.51	32.94	12.26	*0.00
% of Calories				45.4%	41.8%	15.6%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/26/2019							
NL Lunch 6-8	Total						
Spicy Chicken Patty	SERVING	279	509	15.76	15.76	3.03	0.00
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Chicken Patty, WG, Breaded	1 EACH	193	508	14.88	7.0	1.31	0.00
Potato, Rounds: 1/2 cup	serving	120	180	14.0	7.0	1.00	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Pickles, Dill (slices)	3pickle serving	0	243	0.0	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
CONDIMENT 2	1 EACH	30	145	10.0	0.0	0.00	0.00
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		826	1606	105.47	27.94	4.43	*0.00
% of Calories				51.1%	30.4%	4.8%	*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

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 9

Generated on: 1/17/2019 10:25:51 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/27/2019							
NL Lunch 6-8	Total						
Chili w/ beans:spice packet	1/2 CUP	284	263	6.75	15.62	6.14	1.04
Baked Potato (Whole)	1 EACH	0	0	0.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	445	1.01	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
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	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
Sour Cream, Fat Free, Single	1 oz pouch	25	30	4.0	0.0	0.00	0.00
CHEESE TOAST, OPENFACE	1 EACH	181	616	16.01	10.11	5.06	0.00
Weighted Daily Average		615	1099	42.68	29.95	12.94	*1.04
% of Calories				27.7%	43.8%	18.9%	*1.5%
Nutrient Guideline		600-700	1360			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/28/2019							
NL Lunch 6-8	Total						
Pizza, Mexican Fiestada	Servings/pizzas	340	851	39.06	14.02	6.01	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Tomatoes (fresh) Diced 1/8 c	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Cucumber, RAW: 1/4 cup	1/4 CUP	5	1	0.82	0.06	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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		580	1325	76.71	18.96	7.17	*0.00
% of Calories				52.9%	29.4%	11.1%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Weighted Average		662	1163	85.85 51.9%	21.47 29.2%	*6.43 *8.7%	*0.25 *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.

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.

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

Page 10

Generated on: 1/17/2019 10:25:51 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	662		600 - 700	100%					
Sodium (mg)	1163		1360						
Carbohydrate (g)	85.85	51.86%							
Total Fat (g)	21.47	29.18%							
Saturated Fat (g)	6.43	8.74%	<10.00%		Missing				
Trans Fat ¹ (g)	0.25	0.35%			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.