

Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

NL Lunch 6-8

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 - 03/01/2019							
NL Lunch 6-8	Total						
Steak Nuggets: 8 CASE	8 pc serving	340	630	16.0	24.0	9.00	1.00
Potatoes, Creamed: 1/2 c Ranch	1/2 CUP	71	451	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
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
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Gravy, Chicken 1/4 cup	1/4 cup	22	317	3.74	0.58	0.14	0.18
Beans, Green: 1/2 cup	1/2 CUP	39	227	4.14	2.36	0.92	0.00
Applesauce 1/2 cup	1/2 CUP	2	0	0.57	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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Sweet and Sour Sauce: Single	oz.	13	34	3.4	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Weighted Daily Average		603	1507	59.13	30.16	9.70	*1.08
% of Calories				39.2%	45.0%	14.5%	*1.6%
Nutrient Guideline		600-700	1360			<10.00	

Mon - 03/04/2019							
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
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		537	1138	77.08	14.03	5.25	*0.00
% of Calories				57.4%	23.5%	8.8%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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

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Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

NL Lunch 6-8

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 - 03/05/2019							
NL Lunch 6-8	Total						
Pig in Blanket	serving	259	619	15.88	16.99	7.00	0.50
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
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		664	1448	79.08	29.55	9.79	*0.50
% of Calories				47.6%	40.1%	13.3%	*0.7%
Nutrient Guideline		600-700	1360			<10.00	

Wed - 03/06/2019							
NL Lunch 6-8	Total						
Lasagna Rolls	PIECES	247	645	27.74	9.34	5.25	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*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
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Peppers, Jalapeno Slices, 1/8c	ounce	5	445	1.01	0.0	0.00	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	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
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
Bread, Garlic & Cheese	1 EACH	275	495	19.17	13.56	6.95	*0.00
Weighted Daily Average		744	1498	91.40	23.71	*11.52	*0.00
% of Calories				49.2%	28.7%	*13.9%	*0.0%
Nutrient Guideline		600-700	1360			<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 - 03/07/2019							
NL Lunch 6-8	Total						
BBQ Riblet	3.1 OZ	210	730	11.0	13.0	4.50	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
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
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	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
Cookie, Colored Candy	1 EACH	111	72	17.36	3.86	0.96	0.00
Weighted Daily Average		555	1080	69.57	19.24	5.89	*0.00
% of Calories				50.2%	31.2%	9.6%	*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)
Fri - 03/08/2019							
NL Lunch 6-8	Total						
Sloppy Joe on WG Bun: Mix	SANDWICH	354	759	32.88	14.08	*4.75	*0.81
Buns, Hamburger, WG, CASE	each	139	298	26.86	1.99	0.00	0.00
Hash Browns	SERVING	132	132	14.17	8.1	2.02	*N/A*
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
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
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	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
CONDIMENT 2	1 EACH	30	145	10.0	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
Mayonaise: Individual Packet	PACKET	40	90	1.0	4.0	0.50	0.00
Weighted Daily Average		901	1597	117.05	31.31	*8.76	*0.81
% of Calories				52.0%	31.3%	*8.7%	*0.8%
Nutrient Guideline		600-700	1360			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/11/2019							
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 - 03/12/2019							
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	1 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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/13/2019							
NL Lunch 6-8	Total						
Chicken Noodle Soup	1 CUP	171	306	14.4	5.1	1.40	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Okra, Breaded, FZN 1/2	1/2 cup	162	1012	35.1	0.67	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Peppers, Red Strips	2 OZ	9	52	1.89	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
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	0.00	0.00
Weighted Daily Average		633	1545	100.33	10.77	1.59	*0.00
% of Calories				63.4%	15.3%	2.3%	*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)
Thu - 03/14/2019							
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	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/15/2019							
NL Lunch 6-8	Total						
Pizza, Cheese Wedge WG	PIECE	300	470	34.0	11.0	4.00	0.00
PIZZA, PEPPERONI WEDGE	PIECE	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
Corn on the Cob	1 Each	98	152	24.0	1.0	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
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	445	1.01	0.0	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*
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, Van., FF/Bulk, 1/2 cup	1/2 cup	119	205	26.96	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		649	1089	107.49	13.84	4.24	*0.00
% of Calories				66.3%	19.2%	5.9%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Mon - 03/18/2019							
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	

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Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

NL Lunch 6-8

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 - 03/19/2019							
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
French Fries:Oven Straight Cut	3 oz	178	388	27.49	5.66	0.00	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		876	1784	117.03	26.79	3.57	*0.00
% of Calories				53.4%	27.5%	3.7%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Wed - 03/20/2019							
NL Lunch 6-8	Total						
Chicken Alfredo with a Twist	1 CUP	349	717	39.85	9.47	*2.79	0.00
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
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
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*0.00	0.00
Weighted Daily Average		687	1184	97.97	13.45	*3.34	*0.00
% of Calories				57.0%	17.6%	*4.4%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

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Sylacauga City Schools

Mar 1, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

NL Lunch 6-8

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)
Thu - 03/21/2019							
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
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Romaine/Spring Mix: 1 cup	1 CUP	10	18	1.92	0.11	0.01	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	0.00	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
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		561	1190	82.69	13.52	5.71	*0.00
% of Calories				58.9%	21.7%	9.2%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Fri - 03/22/2019							
NL Lunch 6-8	Total						
Grilled Chicken Sandwich	Sandwiches	258	646	27.67	7.98	2.00	0.00
Chips, Baked: Nacho Cheese WG	BAG	128	198	19.75	4.94	0.49	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
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
Pickles, Dill (slices)	3pickle serving	0	243	0.0	0.0	0.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
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
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
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	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		625	1166	90.98	18.61	3.37	*0.00
% of Calories				58.2%	26.8%	4.8%	*0.0%
Nutrient Guideline		600-700	1360			<10.00	

Weighted Average		664	1299	90.68	19.87	*5.84	*0.19
				54.6%	26.9%	*7.9%	*0.3%

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Base Menu Spreadsheet

NL Lunch 6-8

Portion Values - Detailed

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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	664		600 - 700	100%					
Sodium (mg)	1299		1360						
Carbohydrate (g)	90.68	54.63%							
Total Fat (g)	19.87	26.93%							
Saturated Fat (g)	5.84	7.91%	<10.00%		Missing				
Trans Fat ¹ (g)	0.19	0.26%			Missing				

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