

Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/07/2019							
SHS Lunch 9-12	Total						
Pizza, Pepperoni, 4X6	servings	300	15	550	11.0	4.00	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 CUP	2	0	0	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Cookie, Colored Candy	1 EACH	111	5	72	3.86	0.96	0.00
Weighted Daily Average		672	*41	950	21.96	*7.69	*0.00
% of Calories					29.4%	*10.3%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

Thu - 08/08/2019							
SHS Lunch 9-12	Total						
Chicken, Bites whole muscle	6 nuggets	360	65	870	18.0	3.00	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	0	80	3.52	0.00	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	*0	244	2.86	0.95	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Pepperoncini 1/4 cup	1/4 CUP	11	0	542	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Pears: Canned,Light Syrup 1/2c	1/2cup servings	132	0	25	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Graham Cracker Snack, Choc	1 EACH	100	0	70	3.0	1.00	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
Weighted Daily Average		802	*86	1439	29.24	6.26	*0.00
% of Calories					32.8%	7.0%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

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Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/09/2019							
SHS Lunch 9-12	Total						
Beef, Patty Char-Broiled	patty	136	43	119	9.1	3.60	0.00
Buns, Hamburger, WG, CASE	1 each	139	0	298	1.99	0.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	0	25	1.65	0.28	0.00
Cheese Slice	1 EACH	51	13	228	4.56	2.53	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Pepperoncini 1/8 cup	1/8 cup	5	0	271	0.0	0.00	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Pickles, Dill (slices)	3pickle serving	0	0	243	0.0	0.00	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 CUP	2	0	0	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
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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, PC	PC	0	0	70	0.0	0.00	0.00
Weighted Daily Average		630	86	1161	28.63	10.21	*0.00
% of Calories					40.9%	14.6%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

Mon - 08/12/2019							
SHS Lunch 9-12	Total						
Salisbury Steak & Gravy	Serving	295	60	673	20.12	8.39	0.68
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	0	326	1.18	0.00	0.00
Peas, Green:Canned 1/2 C	1/2 CUP	122	0	187	1.27	0.28	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Pineapple Chunks: 1/2 cup	1/2 CUP	65	0	1	0.15	0.01	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	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
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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Roll Dough: Rich's,WG: 2 Rolls	2 roll serving	209	0	183	3.92	0.00	0.00
Weighted Daily Average		758	68	1418	27.87	8.95	*0.68
% of Calories					33.1%	10.6%	*0.8%
Nutrient Guideline		750-850		1420		<10.00	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/13/2019							
SHS Lunch 9-12	Total						
Pig in Blanket	serving	259	30	619	16.99	7.00	0.50
Potato Wedges: FZN 1/2c	serving	167	0	194	5.56	0.69	0.00
Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	33	5	61	2.67	0.27	*0.00
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	*N/A*	467	5.96	1.99	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Bananas	1/2 cup	67	0	1	0.25	0.08	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	0	445	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Brownie Pudding	1/2 cup	176	1	239	2.15	0.56	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
Breadstick, WW	SLICE	79	0	99	0.99	0.00	0.00
Weighted Daily Average		860	*42	1774	33.73	10.14	*0.50
% of Calories					35.3%	10.6%	*0.5%
Nutrient Guideline		750-850		1420		<10.00	

Wed - 08/14/2019							
SHS Lunch 9-12	Total						
Chicken Wings, Precooked, 2018	svg	601	301	1541	41.34	9.39	0.00
Potato Wedges: FZN 1/2c	serving	167	0	194	5.56	0.69	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Pears, Sliced canned 1/2 cup	1/2 cup	77	0	14	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Pepperoncini 1/8 cup	1/8 cup	5	0	271	0.0	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	0	105	3.0	0.50	0.00
Ketchup: Individual Packet (1)	1 EACH	10	0	25	0.0	0.00	0.00
Bread, Garlic & Cheese	1 EACH	275	40	495	13.56	6.95	*0.00
Weighted Daily Average		1115	351	2258	57.83	14.77	*0.00
% of Calories					46.7%	11.9%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/15/2019							
SHS Lunch 9-12	Total						
Spaghetti w/Meat	3/4 CUP	292	58	525	10.79	4.10	0.68
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Peas, Green:Canned 1/2 C	1/2 CUP	117	*0	181	0.65	*0.00	0.00
Pineapple Chunks: 1/2 cup	1/2 CUP	65	0	1	0.15	0.01	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Pepperoncini 1/8 cup	1/8 cup	5	0	271	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Crackers, Animal SS	SERVING	130	0	95	4.0	0.00	0.00
Breadstick, Italian	1 EACH	83	*0	100	1.02	*0.00	0.00
Weighted Daily Average		572	*70	890	17.70	*6.46	*0.55
% of Calories					27.9%	*10.2%	*0.9%
Nutrient Guideline		750-850		1420		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/16/2019							
SHS Lunch 9-12	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
Juice Assortment	SERVING	64	0	4	0.0	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
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	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
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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Salsa (Homemade)	1/4 cup	17	*0	276	0.01	0.00	*0.00
Weighted Daily Average		784	*103	1769	28.72	7.44	*0.00
% of Calories					33.0%	8.5%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/19/2019							
SHS Lunch 9-12	Total						
Chicken, Fajita Seasoned Strip	serving	116	58	450	5.71	1.64	0.00
Vegetables, Cali Mix FZN 1/2 C	1/2 Cup	23	0	35	0.0	0.00	0.00
Rice, Brown: 1/4 cup	1/4 CUP	99	0	0	0.78	0.00	0.00
Beans, Black: Canned: 1/4c	1/4 CUP	58	0	90	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	10	0	3	0.11	0.02	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
Egg, Diced FZN 2016	1 oz	45	105	40	2.83	0.85	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Pears, Sliced canned 1/2 cup	1/2 cup	77	0	14	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	5	160	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	11	100	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Tortilla Chips (1.5oz-15chips)	1.5oz servings	197	0	258	7.59	0.00	0.00
Tortilla, Soft 8" WG	1 Each	110	0	95	3.0	1.50	0.00
Weighted Daily Average		540	81	843	14.92	2.55	*0.00
% of Calories					24.9%	4.3%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

Tue - 08/20/2019							
SHS Lunch 9-12	Total						
Beef Patty Breaded	SERVINGS	329	53	384	23.4	9.10	0.00
Gravy Mix, Country	1/2 cup	16	0	65	0.91	0.46	*0.00
Potatoes, Parsley: 1/2 cup	1/2 c	93	0	287	0.9	0.41	0.00
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	0	230	0.36	0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	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
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Strawberry Cups: 4.5oz	4.5 OZ CUP	122	0	4	0.17	0.01	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Breadstick, WW	SLICE	79	0	99	0.99	0.00	0.00
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0	0.0	0.00	0.00
Weighted Daily Average		734	88	1090	32.80	12.70	*0.00
% of Calories					40.2%	15.6%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

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Wed - 08/21/2019							
SHS Lunch 9-12	Total						
Corn Dog WG	4 OZ	240	40	390	8.0	2.50	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	0	184	0.0	0.00	0.00
Corn Nuggets, FZN	1/2 cup	117	0	258	3.69	0.61	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	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
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
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 CUP	2	0	0	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	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
Weighted Daily Average		529	47	806	11.79	3.03	*0.00
% of Calories					20.1%	5.2%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/22/2019							
SHS Lunch 9-12	Total						
Tatertot Casserole (Red. Cal)	Servings	398	84	612	26.26	9.67	*0.67
Peas, Green:Canned 1/2 C	1/2 CUP	122	0	187	1.27	0.28	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Pepperoncini 1/8 cup	1/8 cup	5	0	271	0.0	0.00	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
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Apples, Fresh (HUSC)	1/2 CUP	72	0	1	0.23	0.04	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Cinnamon Roll (WG) w/ Icing	1 each	255	40	240	7.0	2.00	*0.00
Weighted Daily Average		966	152	1289	42.71	15.81	*0.67
% of Calories					39.8%	14.7%	*0.6%
Nutrient Guideline		750-850		1420		<10.00	

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Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/23/2019							
SHS Lunch 9-12	Total						
Burrito	5.75 OZ	279	16	403	8.06	2.23	0.00
Spanish Rice: 1/3 c	1/3 CUP	140	0	210	0.98	0.00	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	0	235	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Cheese, Shredded, RF 1.5oz	1.5 oz	165	45	270	13.5	7.50	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Applesauce 1/2 cup	1/2 CUP	2	0	0	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Enchilada, Cheese	2.35 oz	170	15	230	6.0	4.00	0.00
Sour Cream, Fat Free, Single	1 oz pouch	25	5	30	0.0	0.00	0.00
Weighted Daily Average		818	56	1168	20.92	8.27	*0.00
% of Calories					23.0%	9.1%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

Mon - 08/26/2019							
SHS Lunch 9-12	Total						
Pizza, French Bread PEPPERONI	pizza	270	35	690	9.0	4.50	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	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
Pepperoncini 1/8 cup	1/8 cup	5	0	271	0.0	0.00	0.00
Olives, Black, Sliced, Ripe	1/8 cup	41	0	223	3.04	1.01	0.00
Peaches: 1/2 cup	1/2 CUP	90	0	7	0.0	0.00	0.00
Juice Assortment	SERVING	64	0	4	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Cookie, Colored Candy	1 EACH	111	5	72	3.86	0.96	0.00
Weighted Daily Average		622	*46	1158	16.37	*5.89	*0.00
% of Calories					23.7%	*8.5%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

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Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/27/2019							
SHS Lunch 9-12	Total						
Beef Patty Breaded	SERVINGS	329	53	384	23.4	9.10	0.00
Gravy Mix, Country	1/2 cup	16	0	65	0.91	0.46	*0.00
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	0	230	0.36	0.00	*0.00
Potatoes, Parsley: 1/2 cup	1/2 c	93	0	287	0.9	0.41	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	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
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
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Apples, Fresh (HUSCC)	1/2 CUP	72	0	1	0.23	0.04	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	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
Weighted Daily Average		735	61	1107	30.03	10.28	*0.00
% of Calories					36.8%	12.6%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/28/2019							
SHS Lunch 9-12	Total						
Chicken, Spicy Fillet	patty	279	67	509	15.76	3.03	0.00
Hamburger w/ WG Bun CASE	1 each	139	0	298	1.99	0.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	0	25	1.65	0.28	0.00
Beans, Lima, Canned: 1/2 cup	1/2 CUP	89	*0	138	0.0	*0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	0	445	0.0	0.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Pears, Sliced canned 1/2 cup	1/2 cup	77	0	14	0.0	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	0	5	0.06	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*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		770	*78	1231	25.33	*4.03	*0.00
% of Calories					29.6%	*4.7%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

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Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/29/2019							
SHS Lunch 9-12	Total						
Chicken, Bites whole muscle	6 nuggets	360	65	870	18.0	3.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	0	25	1.65	0.28	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	0	235	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0	0.03	0.00	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	0	445	0.0	0.00	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Cookie, Colored Candy	1 EACH	111	5	72	3.86	0.96	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
Weighted Daily Average		889	99	1479	33.41	8.09	*0.00
% of Calories					33.8%	8.2%	*0.0%
Nutrient Guideline		750-850		1420		<10.00	

Fri - 08/30/2019							
SHS Lunch 9-12	Total						
Beef & Macaroni	3/4 CUP	272	*58	139	10.68	4.09	*0.68
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	*0	181	1.29	*0.00	*0.00
Beans, Lima, Canned: 1/2 cup	1/2 CUP	89	*0	138	0.0	*0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	0	34	0.18	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	30	180	9.0	5.00	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	0	3	0.11	0.02	0.00
Peppers, Green: RAW	1/4 CUP	5	0	1	0.04	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	0	27	0.05	0.01	0.00
Juice Assortment	SERVING	64	0	4	0.0	0.00	0.00
Oranges, Mandarin: 1/2 c	1/2 CUP	104	0	12	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
MILK, FF STRAWBERRY	HALF PINT	110	5	125	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	10	132	4.82	0.55	*0.00
Rice Krispie Treats, mini	1 each	50	0	45	0.99	0.00	0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	0	91	1.96	0.00	0.00
Weighted Daily Average		710	*80	586	20.19	*6.81	*0.68
% of Calories					25.6%	*8.6%	*0.9%
Nutrient Guideline		750-850		1420		<10.00	

Weighted Average		750	*91	1245	27.45 32.9%	*8.30 *10.0%	*0.17 *0.2%
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Sylacauga City Schools

Aug 7, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g) Error Messages (if any)
Calories	750		750 - 850	100%					
Cholesterol (mg)	91				Missing				
Sodium (mg)	1245		1420						
Total Fat (g)	27.45	32.93%							
Saturated Fat (g)	8.30	9.96%	<10.00%		Missing				
Trans Fat ¹ (g)	0.17	0.20%			Missing				

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