

Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

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 - 02/01/2019							
SHS Lunch 9-12	Total						
Pizza, French Bread PEPPERONI	pizza	270	690	30.0	9.0	4.50	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Oranges, Mandarin: 1/2 c	1/2 CUP	104	12	26.5	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Cookie, Colored Candy	1 EACH	111	72	17.36	3.86	0.96	0.00
Weighted Daily Average		528	638	93.48	11.68	*3.73	*0.00
% of Calories				70.8%	19.9%	*6.4%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Mon - 02/04/2019							
SHS Lunch 9-12	Total						
Chicken & Sausage Gumbo	1 Cup	224	1407	9.6	15.2	5.28	0.00
Rice, Brown 1/2 cup	1/2 CUP	198	1	40.63	1.56	0.00	0.00
Peas, Blackeyed: 1/4 cup	1/4 CUP	77	229	13.55	0.64	0.32	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Peppers, Green: RAW	1/4 CUP	5	1	1.07	0.04	0.01	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Peach Cup	4 OZ	84	10	18.9	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Graham Cracker Snack, Choc	1 EACH	100	70	19.0	3.0	1.00	0.00
Weighted Daily Average		605	1760	71.97	22.89	8.23	*0.00
% of Calories				47.6%	34.1%	12.2%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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

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Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

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 - 02/05/2019							
SHS Lunch 9-12	Total						
Chicken Patty, WG, Breaded	1 EACH	193	508	14.88	7.0	1.31	0.00
Hamburger w/ WG Bun CASE	1 each	139	298	26.86	1.99	0.00	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Cucumbers, RAW: 1/8 cup	1/8 CUP	2	0	0.41	0.03	0.00	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Apples, Fresh (HUSC)	1/2 CUP	72	1	19.06	0.23	0.04	0.00
Oranges	1/2 CUP	65	0	16.27	0.3	0.04	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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		799	1644	106.07	24.44	6.66	*0.00
% of Calories				53.1%	27.5%	7.5%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/06/2019							
SHS Lunch 9-12	Total						
Salisbury Steak & Gravy	Serving	295	673	8.84	20.12	8.39	0.68
Potatoes, Creamed: 1/2 cup	1/2 CUP	71	326	13.39	1.18	0.00	0.00
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Apples, Fresh (HUSC)	1/2 CUP	72	1	19.06	0.23	0.04	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	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
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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Roll Dough: Rich's,WG: 2 Rolls	2 roll serving	209	183	36.58	3.92	0.00	0.00
Weighted Daily Average		875	1736	99.81	35.42	12.59	*0.68
% of Calories				45.7%	36.5%	13.0%	*0.7%
Nutrient Guideline		750-850	1420			<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 - 02/07/2019							
SHS Lunch 9-12	Total						
Chili Con Carne w/ Beans 1/2c	1/2 CUP	191	178	11.03	8.52	3.27	*0.55
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Strawberry Cups: 4.5oz	4.5 OZ CUP	122	4	32.94	0.17	0.01	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	5	445	1.01	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Brownie Pudding	1/2 cup	176	239	36.51	2.15	0.56	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Grill Cheese Sandwich-1slice	1 EACH	312	1003	31.52	15.67	7.59	0.00
Weighted Daily Average		733	1198	101.31	23.14	8.68	*0.55
% of Calories				55.3%	28.4%	10.7%	*0.7%
Nutrient Guideline		750-850	1420			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/08/2019							
SHS Lunch 9-12	Total						
Chicken, Tenders 3 pieces	3 tenders	230	430	16.0	12.0	2.50	0.00
Potato Wedges: FZN 1/2c	serving	167	194	27.78	5.56	0.69	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Pears, Sliced canned 1/2 cup	1/2 cup	77	14	18.34	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	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.	oz.	13	34	3.4	0.0	0.00	0.00
SAUCE, GENERAL TSO 2019	SERVING	54	398	12.26	0.0	0.00	0.00
Weighted Daily Average		694	1110	99.76	21.92	3.70	*0.00
% of Calories				57.5%	28.4%	4.8%	*0.0%
Nutrient Guideline		750-850	1420			<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 - 02/11/2019							
SHS Lunch 9-12	Total						
Pizza, Mexican Fiestada	Servings/pizzas	340	851	39.06	14.02	6.01	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Peaches: 1/2 cup	1/2 CUP	90	7	24.29	0.0	0.00	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Brownie, Wrapped	1 EACH	149	74	26.5	4.0	0.70	0.00
Weighted Daily Average		782	1371	110.85	25.46	*9.75	*0.00
% of Calories				56.7%	29.3%	*11.2%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Tue - 02/12/2019							
SHS Lunch 9-12	Total						
Crispitos (2 EACH)	2 Crisptos	440	640	44.0	20.0	5.00	*N/A*
Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	79	467	5.96	5.96	1.99	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit Cocktail - Canned 1/2c	1/2 Cup	101	13	26.5	0.0	0.00	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Egg, Diced FZN 2016	1 oz	45	40	0.57	2.83	0.85	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Peppers, Jalapeno Slices, 1/8c	ounce	5	445	1.01	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Salsa (Homemade)	1/4 cup	17	276	3.49	0.01	0.00	*0.00
Weighted Daily Average		846	1833	111.40	28.62	7.43	*0.00
% of Calories				52.7%	30.5%	7.9%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Wed - 02/13/2019							
SHS Lunch 9-12	Total						
Beef Patty Breaded	SERVINGS	329	384	14.8	23.4	9.10	0.00
Gravy Mix, Country	1/2 cup	16	65	2.28	0.91	0.46	*0.00
Potatoes, Parsley: 1/2 cup	1/2 c	93	287	18.66	0.9	0.41	0.00
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	471	27.84	1.33	0.66	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes (fresh) 1/4 C, Sliced	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
Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	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
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
Oranges	1/2 CUP	65	0	16.27	0.3	0.04	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Crackers, Animal SS	SERVING	130	95	20.0	4.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	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
Weighted Daily Average		919	1365	118.10	34.97	10.76	*0.00
% of Calories				51.4%	34.3%	10.5%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Thu - 02/14/2019							
SHS Lunch 9-12	Total						
Chicken, Bites whole muscle	6 nuggets	360	870	21.0	18.0	3.00	0.00
Broccoli w/ Cheese(Can): 1/2c	1/2 cup	72	244	8.2	2.86	0.95	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Strawberry Cups: 4.5oz	4.5 OZ CUP	122	4	32.94	0.17	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0.0	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
Sweet and Sour Sauce: Single	oz.	13	34	3.4	0.0	0.00	0.00
Spicy Asian Chicken	servings	145	742	11.77	4.57	1.31	0.00
Weighted Daily Average		1003	2045	123.55	31.68	7.35	*0.00
% of Calories				49.3%	28.4%	6.6%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Tue - 02/19/2019							
SHS Lunch 9-12	Total						
Beef, Patty Char-Broiled	patty	136	119	0.8	9.1	3.60	0.00
Buns, Hamburger, WG, CASE	1 each	139	298	26.86	1.99	0.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Pickles, Dill (slices)	3pickle serving	0	243	0.0	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
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
Juice Assortment	SERVING	64	4	15.2	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	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		669	1007	94.90	20.00	6.23	*0.00
% of Calories				56.7%	26.9%	8.4%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Wed - 02/20/2019							
SHS Lunch 9-12	Total						
Tatertot Casserole (Red. Cal)	Servings	398	612	16.16	26.26	9.67	*0.67
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	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
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
Juice Assortment	SERVING	64	4	15.2	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
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Weighted Daily Average		948	1313	103.47	42.27	15.67	*0.67
% of Calories				43.6%	40.1%	14.9%	*0.6%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

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 - 02/21/2019							
SHS Lunch 9-12	Total						
Chicken & Cheese Stick WG 2016	serving	380	720	39.99	16.0	6.00	0.00
Spanish Rice: 1/3 c	1/3 CUP	140	210	28.61	0.98	0.00	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Olives, Black, Sliced, Ripe	1/8 cup	41	223	2.03	3.04	1.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Pears: Canned,Light Syrup 1/2c	1/2cup servings	132	25	31.37	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Salsa (Homemade)	1/4 cup	17	276	3.49	0.01	0.00	*0.00
Weighted Daily Average		768	1392	115.49	18.69	6.23	*0.00
% of Calories				60.2%	21.9%	7.3%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Fri - 02/22/2019							
SHS Lunch 9-12	Total						
Pizza, Pepperoni, 4X6	servings	300	550	33.0	11.0	4.00	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	0.00	0.00
Peaches: 1/2 cup	1/2 CUP	90	7	24.29	0.0	0.00	0.00
Juice Assortment	SERVING	64	4	15.2	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Cookie, Colored Candy	1 EACH	111	72	17.36	3.86	0.96	0.00
Weighted Daily Average		714	979	112.27	17.76	*5.19	*0.00
% of Calories				62.9%	22.4%	*6.5%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/25/2019							
SHS Lunch 9-12	Total						
Beef Patty Breaded	SERVINGS	329	384	14.8	23.4	9.10	0.00
Gravy Mix, Country	1/2 cup	16	65	2.28	0.91	0.46	*0.00
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Potatoes, Parsley: 1/2 cup	1/2 c	93	287	18.66	0.9	0.41	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	0.00
Tomatoes, Fresh 1lb	1/4 CUP	10	3	2.21	0.11	0.02	0.00
Onions, Fresh:1/4 c	1/4 CUP	14	1	3.26	0.03	0.01	*N/A*
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
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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Bananas	1/2 cup	67	1	17.13	0.25	0.08	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	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
Weighted Daily Average		723	1112	86.38	29.98	10.29	*0.00
% of Calories				47.8%	37.3%	12.8%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/26/2019							
SHS Lunch 9-12	Total						
Chicken Patty, WG, Breaded	1 EACH	193	508	14.88	7.0	1.31	0.00
Hamburger w/ WG Bun CASE	1 each	139	298	26.86	1.99	0.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit Cocktail - Canned 1/2c	1/2 Cup	101	13	26.5	0.0	0.00	0.00
Broccoli, RAW, Fresh 1lb	1/4 CUP	6	5	1.08	0.06	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*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		724	1227	113.08	16.58	2.31	*0.00
% of Calories				62.5%	20.6%	2.9%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

SHS Lunch 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/27/2019							
SHS Lunch 9-12	Total						
Pork, Pattie Rib shaped	patties (case)	210	730	11.0	13.0	4.50	0.00
Buns, Hamburger, WG, CASE	1 each	139	298	26.86	1.99	0.00	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	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
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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Peaches: 1/2 cup	1/2 CUP	90	7	24.29	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Cookie, Sugar	cookie	110	80	18.0	4.0	1.00	0.00
Weighted Daily Average		649	1210	97.01	19.62	5.12	*0.00
% of Calories				59.8%	27.2%	7.1%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Thu - 02/28/2019							
SHS Lunch 9-12	Total						
Chicken, Grilled Breast Whole	1 each	120	320	1.0	2.5	0.50	0.00
Potatoes, Diced, roastedw/skin	serving	140	160	25.0	3.5	0.50	0.00
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Romaine Lettuce: 1 cup	1 CUP	18	34	3.37	0.18	0.02	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
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Pears: Canned,Light Syrup 1/2c	1/2cup servings	132	25	31.37	0.0	0.00	0.00
Roll Dough: Rich's,WG: 2 Rolls	2 roll serving	209	183	36.58	3.92	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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
White Cake w/ Frosting	SERVINGS	200	180	34.55	6.89	3.70	*0.00
Weighted Daily Average		715	925	111.18	13.57	3.20	*0.00
% of Calories				62.2%	17.1%	4.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Weighted Average		761	1326	103.89 54.6%	24.37 28.8%	*7.40 *8.7%	*0.11 *0.1%
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Feb 1, 2019 thru Feb 28, 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	Sodm (mg) Miss Data	Carb (g) Shortfall	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g) Error Messages (if any)
Calories	761		750 - 850	100%					
Sodium (mg)	1326		1420						
Carbohydrate (g)	103.89	54.62%							
Total Fat (g)	24.37	28.83%							
Saturated Fat (g)	7.40	8.75%	<10.00%		Missing				
Trans Fat ¹ (g)	0.11	0.12%			Missing				

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