

Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

SHS Lunch 9-12

Generated on: 1/2/2019 9:20:56 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/07/2019							
SHS Lunch 9-12	Total						
PIZZA, PEPPERONI WEDGE	PIECE	0	0	0.0	0.0	0.00	0.00
Corn, Canned, WK, 1/2 cup	1/2 CUP	116	181	23.26	1.29	*0.00	*0.00
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	0.04	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
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
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
Cookie, Colored Candy	1 EACH	111	72	17.36	3.86	0.96	0.00
Weighted Daily Average		397	520	60.13	11.42	*3.97	*0.00
% of Calories				60.6%	25.9%	*9.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Tue - 01/08/2019							
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
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	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
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
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
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
Cinnamon Roll (WG) w/ Icing	1 each	255	240	44.05	7.0	2.00	*0.00
Weighted Daily Average		840	1211	122.69	25.47	7.98	*0.00
% of Calories				58.4%	27.3%	8.6%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Sylacauga City Schools

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Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

SHS Lunch 9-12

Generated on: 1/2/2019 9:20:56 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/09/2019							
SHS Lunch 9-12	Total						
Chicken, Spicy Fillet	patty	279	509	15.76	15.76	3.03	0.00
Hamburger w/ WG Bun CASE	1 each	139	298	26.86	1.99	0.00	0.00
Potatoes, Diced, roastedw/skin	serving	140	160	25.0	3.5	0.50	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
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	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
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	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		850	1459	102.08	33.67	7.97	*0.00
% of Calories				48.0%	35.6%	8.4%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Thu - 01/10/2019							
SHS Lunch 9-12	Total						
Cracked Out Chicken Casserole	1 cup	417	972	42.4	16.43	6.66	0.00
Broccoli, Seasoned: 1/2c	1/2 cup	11	15	2.94	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
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
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	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
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	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
Roll Dough: Rich's,WG: 2 Rolls	2 roll serving	209	183	36.58	3.92	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		960	1647	126.24	29.20	*10.66	*0.00
% of Calories				52.6%	27.4%	*10.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Fri - 01/11/2019							
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 (HUSSC)	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
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		869	1708	99.55	35.04	12.46	*0.68
% of Calories				45.8%	36.3%	12.9%	*0.7%
Nutrient Guideline		750-850	1420			<10.00	

Mon - 01/14/2019							
SHS Lunch 9-12	Total						
Chicken Wings, Precooked, 2018	svg	601	1541	3.76	41.34	9.39	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
Peaches: 1/2 cup	1/2 CUP	90	7	24.29	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
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
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
Pudding, Choc, FF/Bulk:1/4 Cup	1/4 CUP	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
Grill Cheese Sandwich-1slice	1 EACH	312	1003	31.52	15.67	7.59	0.00
Sweet and Sour Sauce: Single	oz.	13	34	3.4	0.0	0.00	0.00
Honey Mustard Packet	PACKET	140	200	7.0	13.0	2.00	0.00
Weighted Daily Average		1158	2560	83.85	62.90	15.60	*0.00
% of Calories				29.0%	48.9%	12.1%	*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)
Tue - 01/15/2019							
SHS Lunch 9-12	Total						
Chicken Alfredo with a Twist	1 CUP	349	717	39.85	9.47	*2.79	0.00
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	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
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
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
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	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		795	1262	121.69	15.88	*3.52	*0.00
% of Calories				61.3%	18.0%	*4.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Wed - 01/16/2019							
SHS Lunch 9-12	Total						
Cheese Stix (2)	Serving	300	740	34.0	12.0	4.00	0.00
Spaghetti Sauce w/ Cheese:1/8c	1/8 CUP	98	718	12.35	3.21	0.91	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 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
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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Apples, Fresh (HUSSC)	1/2 CUP	72	1	19.06	0.23	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
Weighted Daily Average		667	1711	99.42	17.18	5.27	*0.00
% of Calories				59.6%	23.2%	7.1%	*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)
Thu - 01/17/2019							
SHS Lunch 9-12	Total						
Spaghetti Bake	1 CUP	442	481	36.96	18.66	8.21	0.68
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
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
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
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, 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		845	924	114.52	24.97	*8.64	*0.68
% of Calories				54.2%	26.6%	*9.2%	*0.7%
Nutrient Guideline		750-850	1420			<10.00	

Fri - 01/18/2019							
SHS Lunch 9-12	Total						
Sausage Link: 2 links	2 links	160	356	0.0	14.0	4.00	0.00
Egg Scrambled Squares	1 EACH	45	125	1.0	3.0	1.00	0.00
Potatoes, Diced, roastedw/skin	serving	140	160	25.0	3.5	0.50	0.00
Grits, Plain 1/2 cup	1/2 CUP	153	168	26.46	4.32	2.38	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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	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
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average		927	1343	113.05	39.57	15.01	*0.00
% of Calories				48.8%	38.4%	14.6%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Tue - 01/22/2019							
SHS Lunch 9-12	Total						
Chicken Sandwich, Grilled	1 EACH	259	648	27.86	7.99	2.00	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
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
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
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
White Cake w/ Frosting	SERVINGS	200	180	34.55	6.89	3.70	*0.00
Weighted Daily Average		794	1372	120.31	20.20	7.03	*0.00
% of Calories				60.6%	22.9%	8.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Wed - 01/23/2019							
SHS Lunch 9-12	Total						
Corn Dog WG	4 OZ	240	390	30.0	8.0	2.50	0.00
Beans, Baked: 1/2cup	1/2 CUP	141	184	28.37	0.0	0.00	0.00
Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	33	61	2.05	2.67	0.27	*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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	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
Mustard: Individual Packet	PC packet	0	70	1.0	0.0	0.00	0.00
Weighted Daily Average		565	800	92.18	11.44	2.89	*0.00
% of Calories				65.2%	18.2%	4.6%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

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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 - 01/24/2019							
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
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, 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
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	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
Mustard: Individual Packet	PC packet	0	70	1.0	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		749	1534	89.36	27.73	11.36	*0.55
% of Calories				47.7%	33.3%	13.7%	*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 - 01/25/2019							
SHS Lunch 9-12	Total						
Chicken, Spicy Fillet	patty	279	509	15.76	15.76	3.03	0.00
Hamburger w/ WG Bun CASE	1 each	139	298	26.86	1.99	0.00	0.00
Potatoes, Diced, roastedw/skin	serving	140	160	25.0	3.5	0.50	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
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	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
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	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		850	1459	102.08	33.67	7.97	*0.00
% of Calories				48.0%	35.6%	8.4%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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SHS Lunch 9-12

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/28/2019							
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
Peas, Blackeyed: 1/2 Cup	1/2 CUP	159	471	27.84	1.33	0.66	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
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Pepperoncini 1/8 cup	1/8 cup	5	271	1.06	0.0	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
Fruit, Fresh, Assorted 1/2c	1/2 CUP	49	3	12.51	0.23	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
Roll Dough: Rich's,WG: 2 Rolls	2 roll serving	209	183	36.58	3.92	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Weighted Daily Average		935	1356	109.43	37.97	13.98	*0.00
% of Calories				46.8%	36.5%	13.4%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Tue - 01/29/2019							
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 (HUSSC)	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
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		869	1708	99.55	35.04	12.46	*0.68
% of Calories				45.8%	36.3%	12.9%	*0.7%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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SHS Lunch 9-12

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/30/2019							
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
Peaches: 1/2 cup	1/2 CUP	90	7	24.29	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
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
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
Pudding, Choc, FF/Bulk:1/4 Cup	1/4 CUP	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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Weighted Daily Average		622	826	87.65	20.53	3.35	*0.00
% of Calories				56.3%	29.7%	4.8%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Thu - 01/31/2019							
SHS Lunch 9-12	Total						
Tatertot Casserole (Red. Cal)	Servings	398	612	16.16	26.26	9.67	*0.67
Beans, Pinto:1/2c(w/ ham base)	1/2 CUP	130	235	23.2	0.0	0.00	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
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
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
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*0.00	0.00
Weighted Daily Average		828	1164	96.07	31.97	*10.40	*0.67
% of Calories				46.4%	34.8%	*11.3%	*0.7%
Nutrient Guideline		750-850	1420			<10.00	

Weighted Average		807	1365	102.22	28.55	*8.92	*0.18
				50.7%	31.8%	*9.9%	*0.2%

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Portion Values - Detailed

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SHS Lunch 9-12

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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	807		750 - 850	100%					
Sodium (mg)	1365		1420						
Carbohydrate (g)	102.22	50.68%							
Total Fat (g)	28.55	31.85%							
Saturated Fat (g)	8.92	9.95%	<10.00%		Missing				
Trans Fat ¹ (g)	0.18	0.20%			Missing				

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