

Sylacauga City Schools

May 1, 2019 thru May 22, 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 - 05/01/2019							
SHS Lunch 9-12	Total						
Steak Nuggets: 8 CASE	8 pc serving	340	630	16.0	24.0	9.00	1.00
Gravy, Brown 1/4 cup	1/4 CUP	43	329	5.63	2.17	0.55	1.10
Beans, Green:1/2 cup- w/onions	1/2 CUP	22	230	4.39	0.36	0.00	*0.00
Potatoes, Roasted (Diced)	1/2 cup	171	196	30.57	4.28	0.61	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
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
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
Breadstick, WW	SLICE	79	99	14.88	0.99	0.00	0.00
Weighted Daily Average		955	1428	121.17	38.71	13.27	*1.55
% of Calories				50.8%	36.5%	12.5%	*1.5%
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)
Thu - 05/02/2019							
SHS Lunch 9-12	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
Beans, Lima, Canned: 1/2 cup	1/2 CUP	89	138	15.82	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
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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Weighted Daily Average		740	1160	109.33	20.11	*8.72	*0.00
% of Calories				59.1%	24.5%	*10.6%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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

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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)
Fri - 05/03/2019							
SHS Lunch 9-12	Total						
Chicken, Fajita Seasoned Strip	serving	116	450	0.0	5.71	1.64	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
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
SAUCE, GENERAL TSO 2019	SERVING	54	398	12.26	0.0	0.00	0.00
SAUCE, ASIAN BLENDS	SERVING	45	253	10.57	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		731	1486	92.62	20.89	6.46	*0.00
% of Calories				50.7%	25.7%	8.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Mon - 05/06/2019							
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
Peas, Green:Canned 1/2 C	1/2 CUP	122	187	20.76	1.27	0.28	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
Apples, Fresh (HUSCC)	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		852	1554	93.79	34.66	12.72	*0.68
% of Calories				44.1%	36.6%	13.4%	*0.7%
Nutrient Guideline		750-850	1420			<10.00	

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Tue - 05/07/2019							
SHS Lunch 9-12	Total						
Pig in Blanket	serving	259	619	15.88	16.99	7.00	0.50
Potato Wedges: FZN 1/2c	serving	167	194	27.78	5.56	0.69	0.00
Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	33	61	2.05	2.67	0.27	*0.00
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
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
Mustard: Individual Packet	PC packet	0	70	1.0	0.0	0.00	0.00
Breadstick, WW	SLICE	79	99	14.88	0.99	0.00	0.00
Weighted Daily Average		982	1861	147.46	34.51	10.25	*0.50
% of Calories				60.1%	31.6%	9.4%	*0.5%
Nutrient Guideline		750-850	1420			<10.00	

Wed - 05/08/2019							
SHS Lunch 9-12	Total						
BBQ pork 2 oz	2 oz	307	769	12.2	14.43	5.31	0.00
Buns, Hamburger, WG, CASE	1 each	139	298	26.86	1.99	0.00	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
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
Weighted Daily Average		846	1580	109.34	24.80	6.62	*0.00
% of Calories				51.7%	26.4%	7.0%	*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 - 05/09/2019							
SHS Lunch 9-12	Total						
Spaghetti w/Meat	3/4 CUP	292	525	26.87	10.79	4.10	0.68
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
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
Breadstick, Italian	1 EACH	83	100	15.72	1.02	*0.00	0.00
Weighted Daily Average		692	963	94.88	20.47	*7.03	*0.55
% of Calories				54.9%	26.6%	*9.1%	*0.7%
Nutrient Guideline		750-850	1420			<10.00	

Fri - 05/10/2019							
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
Beans, Lima, Canned: 1/2 cup	1/2 CUP	89	138	15.82	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
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
Cookie, Chocolate Chip, 1 OZ	1 OZ	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average		625	1796	87.18	17.95	*5.36	*0.00
% of Calories				55.8%	25.8%	*7.7%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Mon - 05/13/2019							
SHS Lunch 9-12	Total						
Chicken, Fajita Seasoned Strip	serving	116	450	0.0	5.71	1.64	0.00
Vegetables, Cali Mix FZN 1/2 C	1/2 Cup	23	35	4.65	0.0	0.00	0.00
Rice, Brown: 1/4 cup	1/4 CUP	99	0	20.32	0.78	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
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
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
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	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
Breadstick, WW	SLICE	79	99	14.88	0.99	0.00	0.00
Sweet and Sour Sauce	oz.	35	106	7.97	0.0	0.00	0.00
SAUCE, ASIAN CITRUS (HONEY CIT	SERVING	54	161	13.79	0.0	0.00	0.00
Weighted Daily Average		656	987	100.51	14.51	2.20	*0.00
% of Calories				61.3%	19.9%	3.0%	*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 - 05/14/2019							
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
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
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
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
Roll Dough: Rich's, WG: 1 Roll	1 roll serving	105	91	18.29	1.96	0.00	0.00
Brownie Pudding	1/2 cup	176	239	36.51	2.15	0.56	0.00
Weighted Daily Average		923	1364	113.33	37.56	14.41	*0.00
% of Calories				49.1%	36.6%	14.1%	*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)
Wed - 05/15/2019							
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
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
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Weighted Daily Average		703	1357	106.69	20.16	*6.50	*0.00
% of Calories				60.7%	25.8%	*8.3%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Thu - 05/16/2019							
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
MILK, FF STRAWBERRY	HALF PINT	110	125	19.0	0.0	0.00	0.00
Animal Crackers WG	1 OZ BAG	130	95	20.0	4.0	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		832	1213	78.55	39.67	13.66	*0.67
% of Calories				37.8%	42.9%	14.8%	*0.7%
Nutrient Guideline		750-850	1420			<10.00	

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May 1, 2019 thru May 22, 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 - 05/17/2019							
SHS Lunch 9-12	Total						
Burrito	5.75 OZ	279	403	38.8	8.06	2.23	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
Cheese, Shredded, RF 1.5oz	1.5 oz	165	270	0.0	13.5	7.50	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
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
Salsa (Homemade)	1/4 cup	17	276	3.49	0.01	0.00	*0.00
Enchilada, Cheese	2.35 oz	170	230	20.0	6.0	4.00	0.00
Weighted Daily Average		897	1486	131.58	22.58	9.29	*0.00
% of Calories				58.7%	22.7%	9.3%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Mon - 05/20/2019							
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
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	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		670	976	100.31	17.83	*5.20	*0.00
% of Calories				59.9%	23.9%	*7.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

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Sylacauga City Schools

May 1, 2019 thru May 22, 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 - 05/21/2019							
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
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
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
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
Mustard, PC	PC	0	70	1.0	0.0	0.00	0.00
Weighted Daily Average		505	714	81.66	10.63	2.81	*0.00
% of Calories				64.7%	18.9%	5.0%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Wed - 05/22/2019							
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
Chips, Baked, Regular	BAG	130	150	26.0	2.0	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- 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
Weighted Daily Average		665	1218	101.54	16.49	2.05	*0.00
% of Calories				61.1%	22.3%	2.8%	*0.0%
Nutrient Guideline		750-850	1420			<10.00	

Weighted Average		767	1321	104.37	24.47	*7.91	*0.25
				54.4%	28.7%	*9.3%	*0.3%

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Base Menu Spreadsheet

SHS Lunch 9-12

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Nutrient	Menu AVG	% of Cals	Portion	Cals	Sodm	Carb	T-Fat	S-Fat	Tr-Fat ¹	Error Messages (if any)
			Size	(kcal)	(mg)	(g)	(g)	(g)	(g)	
			Weekly Target	% of Target	Miss Data	Shortfall	Overage			
Calories	767		750 - 850	100%						
Sodium (mg)	1321		1420							
Carbohydrate (g)	104.37	54.43%								
Total Fat (g)	24.47	28.71%								
Saturated Fat (g)	7.91	9.28%	<10.00%		Missing					
Trans Fat ¹ (g)	0.25	0.29%			Missing					

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