

Cullman County CNP

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Cullman - K-8 all entree

Weighted Values - Detailed

Page 1

Generated on: 1/24/2024 11:14:28 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/01/2024									
Cullman - K-8 all entree	Total								
Turkey Roast	2 oz	135	46	593	0.00	*N/A*	18.55	2.67	5.04
E. SALISBURY STEAK PATTY	PATTY	201	45	354	1.40	*N/A*	14.21	3.7	14.58
COND. GRAVY, BROWN (MIX)	1/4 cup	18	0	256	0.00	*N/A*	0.0	2.72	0.45
V. CREAMED POTATOES	1/2 cup	61	*0	421	1.02	*N/A*	1.02	13.25	0.0
V. GREEN PEAS	1/2 cup	73	0	174	4.35	*N/A*	4.67	13.28	0.37
ROLLS (YEAST)	1 EACH	177	0	291	1.23	*4	4.56	29.84	4.24
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1126	*121	2507	10.30	*62	67.58	144.71	29.85
% of Calories						*22.1%	24.0%	51.4%	23.9%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/02/2024									
Cullman - K-8 all entree	Total								
PIZZA, assorted	1 each	306	18	670	3.76	*6	15.78	33.99	11.45
SAND. FISH SANDWICH WG	sandwich	410	20	660	6.00	2	22.0	52.0	12.0
V. CORN: frozen, yellow	1/2 C	73	0	1	2.21	*N/A*	2.31	17.51	0.61
PASTA SALAD (Whole Grain)	1/2 cup	91	0	446	2.74	*N/A*	3.02	15.64	2.02
D. COOKIE/ASSORTED	cookie	111	1	74	1.00	9	1.0	18.0	4.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1452	69	2269	18.01	*75	68.68	216.38	35.25
% of Calories						*20.8%	18.9%	59.6%	21.9%
Nutrient Guideline		600-650		1230					

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Cullman County CNP

Base Menu Spreadsheet

Weighted Values - Detailed

Page 2

Feb 1, 2024 thru Feb 29, 2024

Cullman - K-8 all entree

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/05/2024									
Cullman - K-8 all entree	Total								
E. CORN DOG	1 each	240	20	590	5.00	*N/A*	9.0	33.0	8.0
SAND. DOUBLE CHEESEBURGER WG	1 EACH	579	106	1509	4.43	*4	41.54	31.72	33.22
B. CHIPS, DORITOS	1 oz pkg	110	0	165	1.50	*N/A*	2.0	17.5	4.0
V. LETTUCE/TOMATO/ONION	LET/TOM/ON	21	0	3	1.07	*N/A*	0.71	4.7	0.11
V. PICKLES, SLICED DILL	serving	0	0	195	0.00	*N/A*	0.0	0.0	0.0
V. BROCCOLI W/CHEESE	1/2 c	91	13	175	2.86	*N/A*	9.12	5.55	4.27
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1501	169	3056	17.15	*62	86.93	171.72	54.76
% of Calories						*16.5%	23.2%	45.8%	32.8%
Nutrient Guideline		600-650		1230					

Tue - 02/06/2024									
Cullman - K-8 all entree	Total								
TACO SALAD	SERVINGS	316	48	737	2.71	*0	17.48	23.93	16.8
E. QUESADILLA, CHICKEN	1 EACH	310	40	520	4.00	*N/A*	18.0	35.0	12.0
V. LETTUCE/TOMATO	serving	10	0	4	0.94	*N/A*	0.59	1.93	0.14
B. RICE, MEXICAN	1/2 C	133	0	287	1.00	*0	2.0	24.0	2.51
PINTO BEANS	1/2 CUP	139	0	368	8.87	*N/A*	6.34	25.36	0.63
SALSA	2 OZ	17	0	346	1.63	*N/A*	0.15	3.41	0.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1386	118	2680	21.45	*58	69.12	192.88	37.26
% of Calories						*16.8%	20.0%	55.7%	24.2%
Nutrient Guideline		600-650		1230					

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Base Menu Spreadsheet

Cullman - K-8 all entree

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/07/2024									
Cullman - K-8 all entree	Total								
SAND. HOT DOG	SERVING	320	30	820	2.00	4	12.0	28.0	18.0
SAND. GRILLED CHEESE SANDWICH	sandwich	258	30	1351	*2.00	*2	16.1	27.1	9.6
SOUP. CHILI W/ BEANS 1/2 c	1/2 c	214	57	338	*2.05	*1	19.14	9.56	10.6
SALAD. ROMAINE TOSSED	1 cup	17	0	40	1.62	*0	1.19	3.09	0.13
V. OVEN POTATOES, VARIETY	1/2 c	131	1	159	2.20	*N/A*	2.15	22.15	4.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1399	148	3126	*12.16	*65	75.15	169.14	47.50
% of Calories						*18.7%	21.5%	48.4%	30.6%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/08/2024									
Cullman - K-8 all entree	Total								
E. BAKED CHICKEN/LOW SODIUM	2-3 oz	373	146	134	0.00	*0	46.13	0.0	19.48
E. BEEF PATTY/BRD	1 each	329	53	384	1.60	1	14.5	14.8	23.4
V. GREEN BEANS	1/2 CUP	27	0	8	2.23	*0	1.43	6.21	0.21
V. CREAMED POTATOES	1/2 cup	61	*0	421	1.02	*N/A*	1.02	13.25	0.0
ROLLS (YEAST)	1 EACH	177	0	291	1.23	*4	4.56	29.84	4.24
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1428	*229	1656	8.38	*63	92.21	143.34	52.50
% of Calories						*17.6%	25.8%	40.2%	33.1%
Nutrient Guideline		600-650		1230					

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Cullman - K-8 all entree

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/09/2024									
Cullman - K-8 all entree	Total								
PIZZA, assorted	1 each	306	18	670	3.76	*6	15.78	33.99	11.45
SAND, GRILLED CHICKEN, WG	servings	280	40	854	4.05	*2	24.97	33.32	4.0
SALAD, ROMAINE TOSSED	1 cup	17	0	40	1.62	*0	1.19	3.09	0.13
V. CARROT STICKS W/DIP	serving	54	0	135	1.16	*2	1.05	6.37	2.77
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
D. COOKIE/ASSORTED	cookie	111	1	74	1.00	9	1.0	18.0	4.0
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1228	90	2192	13.88	*78	68.56	174.01	27.51
% of Calories						*25.3%	22.3%	56.7%	20.2%
Nutrient Guideline		600-650		1230					

Mon - 02/12/2024									
Cullman - K-8 all entree	Total								
VIRTUAL DAY	SERVING	0	0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0	0.00	0.00	0.00
% of Calories						0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230					

Tue - 02/13/2024									
Cullman - K-8 all entree	Total								
E. CHICKEN FAJITA SALAD	SERVINGS	270	83	834	2.31	*1	22.61	20.29	11.21
E. BURRITO, BEEF & BEAN/BULK	5.75 oz	340	30	830	4.00	*N/A*	16.0	42.0	12.0
V. LETTUCE/TOMATO	serving	10	0	4	0.94	*N/A*	0.59	1.93	0.14
B. RICE, MEXICAN	1/2 C	133	0	287	1.00	*0	2.0	24.0	2.51
PINTO BEANS	1/2 CUP	139	0	368	8.87	*N/A*	6.34	25.36	0.63
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1352	143	2740	19.43	*59	72.11	192.82	31.67
% of Calories						*17.5%	21.3%	57.0%	21.1%
Nutrient Guideline		600-650		1230					

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Weighted Values - Detailed

Page 5

Feb 1, 2024 thru Feb 29, 2024

Cullman - K-8 all entree

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/14/2024									
Cullman - K-8 all entree	Total								
SAND. DOUBLE CHEESEBURGER WG	1 EACH	579	106	1509	4.43	*4	41.54	31.72	33.22
E. MOZZARELLA CHEESE STICKS	2 each	290	20	680	3.00	*N/A*	17.0	30.0	12.0
V. SPAGHETTI SAUCE/DIP	1/4 cup	32	0	391	*N/A*	*N/A*	0.8	5.77	0.59
B. CHIPS, DORITOS	1 oz pkg	110	0	165	1.50	*N/A*	2.0	17.5	4.0
V. BAKED BEANS (VEGETARIAN)	SERVINGS	166	0	532	6.88	*N/A*	7.88	37.12	0.86
V. LETTUCE/TOMATO/ONION	LET/TOM/ON	21	0	3	1.07	*N/A*	0.71	4.7	0.11
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1658	156	3698	*19.17	*62	94.49	206.06	55.95
% of Calories						*15.0%	22.8%	49.7%	30.4%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/15/2024									
Cullman - K-8 all entree	Total								
E. CHICKEN TENDERS (WH MUSCLE)	3 each	287	65	1109	1.30	*N/A*	24.78	24.78	9.13
E. BBQ PORK	SERVING	269	87	578	1.00	*N/A*	27.47	9.0	12.93
B. BBQ BREAD	1 each	100	0	190	0.00	4	3.0	19.0	1.5
V. COLESLAW	1/2 c	107	13	200	1.06	*N/A*	0.66	13.33	6.46
MACARONI & CHEESE 1/2c	1/2 CUP	323	42	797	0.81	*N/A*	17.89	26.16	15.37
V. COLLARDS: frozen	1 CUP	61	0	486	4.76	*N/A*	5.05	12.07	0.7
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1607	237	3779	11.23	*62	103.42	183.58	51.26
% of Calories						*15.4%	25.7%	45.7%	28.7%
Nutrient Guideline		600-650		1230					

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Fri - 02/16/2024									
Cullman - K-8 all entree	Total								
PIZZA, assorted	1 each	306	18	670	3.76	*6	15.78	33.99	11.45
E. BBQ TOPPED POTATO ROLLS (YEAST)	POTATO 1 EACH	474	76	712	3.50	*N/A*	34.02	46.66	17.03
SALAD, ROMAINE TOSSED	1 cup	17	0	40	1.62	*0	1.19	3.09	0.13
V. CORN: frozen, yellow	1/2 C	73	0	1	2.21	*N/A*	2.31	17.51	0.61
D. BROWNIE/MIX	38g portion	76	0	67	0.53	*N/A*	0.89	15.63	1.27
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1582	124	2200	15.15	*69	83.31	225.96	39.89
% of Calories						*17.4%	21.1%	57.1%	22.7%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/19/2024									
Cullman - K-8 all entree	Total								
E. CORN DOG	1 each	240	20	590	5.00	*N/A*	9.0	33.0	8.0
SAND. DOUBLE CHEESEBURGER WG	1 EACH	579	106	1509	4.43	*4	41.54	31.72	33.22
B. CHIPS, DORITOS	1 oz pkg	110	0	165	1.50	*N/A*	2.0	17.5	4.0
V. LETTUCE/TOMATO/ONION	LET/TOM/ON	21	0	3	1.07	*N/A*	0.71	4.7	0.11
V. BROCCOLI W/CHEESE	1/2 c	91	13	175	2.86	*N/A*	9.12	5.55	4.27
V. CORN ON COB: frozen,boiled	1 EACH	80	0	204	2.38	*N/A*	2.64	18.98	0.63
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1581	169	3065	19.53	*62	89.58	190.70	55.39
% of Calories						*15.7%	22.7%	48.3%	31.5%
Nutrient Guideline		600-650		1230					

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Cullman - K-8 all entree

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Tue - 02/20/2024									
Cullman - K-8 all entree	Total								
TACO SALAD	SERVINGS	316	48	737	2.71	*0	17.48	23.93	16.8
E. QUESADILLA, CHICKEN	1 EACH	310	40	520	4.00	*N/A*	18.0	35.0	12.0
V. LETTUCE/TOMATO	serving	10	0	4	0.94	*N/A*	0.59	1.93	0.14
B. RICE, MEXICAN	1/2 C	133	0	287	1.00	*0	2.0	24.0	2.51
PINTO BEANS	1/2 CUP	139	0	368	8.87	*N/A*	6.34	25.36	0.63
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1369	118	2334	19.82	*58	68.97	189.47	37.26
% of Calories						*17.0%	20.2%	55.4%	24.5%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/21/2024									
Cullman - K-8 all entree	Total								
SAND. Z-RIB SANDWICH	1 each	352	35	1037	3.01	11	16.11	38.11	15.13
SAND. Deli Sandwich	sandwich	277	37	1081	1.00	*N/A*	19.1	*24.0	12.52
V. BAKED BEANS (VEGETARIAN)	SERVINGS	166	0	532	6.88	*N/A*	7.88	37.12	0.86
V. POTATO WEDGES, FF	1/2 cup	69	0	8	1.52	*N/A*	2.26	16.14	0.0
V. LETTUCE/TOMATO/ONION	LET/TOM/ON	21	0	3	1.07	*N/A*	0.71	4.7	0.11
B. CHIPS, DORITOS	1 oz pkg	110	0	165	1.50	*N/A*	2.0	17.5	4.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1455	102	3245	17.27	*69	72.62	*216.83	37.80
% of Calories						*19.0%	20.0%	*59.6%	23.4%
Nutrient Guideline		600-650		1230					

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Cullman County CNP

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Cullman - K-8 all entree

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/22/2024									
Cullman - K-8 all entree	Total								
SAND. BBQ Pork Sandwich WG	SERVING	409	87	878	3.00	*4	32.47	36.0	14.93
SAND. SLOPPY JOE	SERVINGS	364	70	459	1.93	*5	26.32	34.03	14.49
V. FRENCH FRIES: oven heat	3 OZ	120	0	15	1.00	*N/A*	2.0	20.0	3.5
V. BLACK EYED PEAS	1/2 c serving	164	0	477	8.18	*N/A*	9.55	28.63	1.36
V. COLESLAW	1/2 c	107	13	200	1.06	*N/A*	0.66	13.33	6.46
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1624	200	2448	17.47	*67	95.56	211.24	45.91
% of Calories						*16.6%	23.5%	52.0%	25.4%
Nutrient Guideline		600-650		1230					

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/23/2024									
Cullman - K-8 all entree	Total								
PIZZA, assorted	1 each	306	18	670	3.76	*6	15.78	33.99	11.45
SAND. FISH SANDWICH WG	sandwich	410	20	660	6.00	2	22.0	52.0	12.0
V. CORN: frozen, yellow	1/2 C	73	0	1	2.21	*N/A*	2.31	17.51	0.61
V. CARROT STICKS	servings	30	0	66	2.47	4	0.54	7.0	0.11
PASTA SALAD (Whole Grain)	1/2 cup	91	0	446	2.74	*N/A*	3.02	15.64	2.02
D. YOGURT PARFAIT	1 each	285	2	123	3.80	*N/A*	6.55	57.16	3.92
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1655	70	2384	23.27	*70	74.77	262.54	35.28
% of Calories						*17.0%	18.1%	63.4%	19.2%
Nutrient Guideline		600-650		1230					

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Cullman County CNP

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Cullman - K-8 all entree

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/26/2024									
Cullman - K-8 all entree	Total								
E. MOZZARELLA CHEESE STICKS	2 each	290	20	680	3.00	*N/A*	17.0	30.0	12.0
V. SPAGHETTI SAUCE/DIP	1/4 cup	32	0	391	*N/A*	*N/A*	0.8	5.77	0.59
E. CORN DOG	1 each	240	20	590	5.00	*N/A*	9.0	33.0	8.0
V. BLACK EYED PEAS	1/2 c serving	164	0	477	8.18	*N/A*	9.55	28.63	1.36
V. BROCCOLI W/CHEESE	1/2 c	91	13	175	2.86	*N/A*	9.12	5.55	4.27
B. CHIPS, SUN/CHEDDAR	1 pk.	140	0	160	2.00	*N/A*	2.0	19.0	6.0
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1417	83	2892	*23.34	*58	72.03	201.20	37.39
% of Calories						*16.4%	20.3%	56.8%	23.8%
Nutrient Guideline		600-650		1230					

Tue - 02/27/2024									
Cullman - K-8 all entree	Total								
E. CHICKEN FAJITA SALAD	SERVINGS	270	83	834	2.31	*1	22.61	20.29	11.21
E. CHILI CRISPITO	2 each	540	50	740	6.00	2	24.0	46.0	28.0
PINTO BEANS	1/2 CUP	139	0	368	8.87	*N/A*	6.34	25.36	0.63
B. RICE, MEXICAN	1/2 C	133	0	287	1.00	*0	2.0	24.0	2.51
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1543	163	2647	20.48	*61	79.52	194.89	47.53
% of Calories						*15.8%	20.6%	50.5%	27.7%
Nutrient Guideline		600-650		1230					

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Cullman County CNP

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Cullman - K-8 all entree

Weighted Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/28/2024									
Cullman - K-8 all entree	Total								
SAND. DOUBLE CHEESEBURGER WG	1 EACH	579	106	1509	4.43	*4	41.54	31.72	33.22
E. CHICKEN & WAFFLES	SERVING	287	65	1109	1.30	*0	24.78	24.78	9.13
COND. SYRUP/DUNK CUP	1 each	119	0	40	0.00	*N/A*	0.0	30.66	0.0
V. LETTUCE/TOMATO/ONION	LET/TOM/ON	21	0	3	1.07	*N/A*	0.71	4.7	0.11
V. COLESLAW	1/2 c	107	13	200	1.06	*N/A*	0.66	13.33	6.46
PINTO BEANS	1/2 CUP	139	0	368	8.87	*N/A*	6.34	25.36	0.63
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1712	215	3647	19.03	*62	98.59	209.79	54.72
% of Calories						*14.5%	23.0%	49.0%	28.8%
Nutrient Guideline		600-650		1230					

Thu - 02/29/2024									
Cullman - K-8 all entree	Total								
Turkey Roast	2 oz	135	46	593	0.00	*N/A*	18.55	2.67	5.04
E. SALISBURY STEAK PATTY	PATTY	201	45	354	1.40	*N/A*	14.21	3.7	14.58
COND. GRAVY, BROWN (MIX)	1/4 cup	18	0	256	0.00	*N/A*	0.0	2.72	0.45
V. CREAMED POTATOES	1/2 cup	61	*0	421	1.02	*N/A*	1.02	13.25	0.0
V. GREEN PEAS	1/2 cup	73	0	174	4.35	*N/A*	4.67	13.28	0.37
ROLLS (YEAST)	1 EACH	177	0	291	1.23	*4	4.56	29.84	4.24
F. FRUIT CHOICE	1/2 cup	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 CUP	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 CUP	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 CUP	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average		1126	*121	2507	10.30	*62	67.58	144.71	29.85
% of Calories						*22.1%	24.0%	51.4%	23.9%
Nutrient Guideline		600-650		1230					

Weighted Average		1460	*142	2754	*16.84	*64	80.04	*192.10	42.23
						*39.6%	21.9%	*52.6%	26.0%

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Cullman County CNP

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Cullman - K-8 all entree

Weighted Values - Detailed

Page 11

Generated on: 1/24/2024 11:14:28 AM

Nutrient	Menu AVG	% of Cals	Portion Size	Weekly Target	Cals (kcal)	% of Target	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	1460			600 - 650		225%				810				Correction Required - Calories too High
Cholesterol (mg)	142						Missing							
Sodium 1 (mg)	2754			1230						1524				Correction Required - Sodium too High
Sodium 1a (mg)	2754			1110						1644				Correction Required - Sodium too High
Fiber (g)	16.84						Missing							
Sugars (g)	64	17.62%					Missing							
Protein (g)	80.04	21.93%												
Carbohydrate (g)	192.10	52.63%					Missing							
Total Fat (g)	42.23	26.03%												

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