

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

Generated on: 8/10/2016 11:58:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/04/2016																
Breakfast Elementary	Total	150														
Breakfast Pancake Pup	1 each	50	210	25	390	1.00	1.08	20.0	45	0.0	9	6.0	22.0	12.0	3.00	0.00
OR 4	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	40	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Raisins	Pack	40	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Juice, Grape	1/2 cup	120	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			469	12	519	4.36	3.84	403.0	979	5.25	*16	14.01	88.32	7.25	1.98	0.00
% of Calories											*13.8%	12.0%	75.4%	13.9%	3.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 07/05/2016																
Breakfast Elementary	Total	150														
Brk Pizza Saus&Gry	1 EACH	40	190	20	270	2.00	1.80	150.0	200	0.0	4	12.0	21.0	7.0	3.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	60	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Graham, Sunrise Bites WG	package	60	110	0	115	1.00	1.80	20.0	300	3.6	7	2.0	20.0	3.5	1.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	30	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Banana 7-7 7/8in=1/2cup	1 each	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	135	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast Elementary

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			462	9	465	4.75	4.58	444.9	1172	11.69	*18	14.49	89.66	5.86	2.05	0.00
% of Calories											*15.3%	12.6%	77.7%	11.4%	4.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Wed - 07/06/2016																
Breakfast Elementary	Total	150														
Toast, Buttered	1 Each	60	103	0	168	1.00	0.72	20.0	172	0.0	1	3.0	14.0	4.17	0.67	0.00
Eggs, Scrambled	1/4 CUP	60	92	188	101	0.00	0.93	31.6	367	0.03	*0	6.42	0.51	6.78	1.95	*0.00
Grits	1/2 Cup	60	128	0	593	0.00	0.64	3.9	286	0.0	*0	1.76	15.41	6.51	1.14	*0.00
Jelly Grape	2 EACH	60	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	40	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	30	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Orange	1/2 cup	120	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			526	78	710	4.41	4.01	405.8	1252	41.57	*16	16.52	95.73	10.02	2.40	*0.00
% of Calories											*12.5%	12.6%	72.8%	17.1%	4.1%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/07/2016																
Breakfast Elementary	Total	150														
Brk Pancakes Mini	PACKAGE	65	230	0	150	3.00	0.72	40.0	70	0.0	14	4.0	41.0	7.0	0.50	0.00
Breakfast Sausage Links	1 Each	65	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	40	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Graham, Honey WG	package	40	110	0	140	1.00	2.70	0.0	300	3.6	7	2.0	20.0	3.0	1.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	45	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	45	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	30	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Apple	1/2 cup	125	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			516	10	461	5.85	3.98	399.9	1024	9.08	*23	13.99	101.43	7.42	1.70	0.00
% of Calories											*17.5%	10.9%	78.7%	12.9%	3.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/08/2016																
Breakfast Elementary	Total	150														
Breakfast Sausage Patty	1 Each	50	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Roll 2 oz BIG	1 Each	50	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Jelly Grape	2 EACH	15	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
OR 2	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	1 EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	142	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Raisins	Pack	40	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	30	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			480	15	523	4.89	3.67	396.4	973	8.49	*15	14.88	91.44	5.92	1.65	0.00
% of Calories											*12.4%	12.4%	76.2%	11.1%	3.1%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 07/11/2016																
Breakfast Elementary	Total	150														
Breakfast Bun	1 each	50	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	40	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Raisins	Pack	40	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Juice, Grape	1/2 cup	120	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			479	3	473	5.03	4.08	409.7	979	5.25	*16	13.68	92.32	6.59	2.15	0.00
% of Calories											*13.5%	11.4%	77.1%	12.4%	4.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 07/12/2016																
Breakfast Elementary	Total	150														
Brk Pizza Bacon Scramble	1 EACH	40	199	47	315	2.10	1.89	157.4	105	0.0	4	10.49	20.99	8.4	2.10	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	60	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Graham, Sunrise Bites WG	package	60	110	0	115	1.00	1.80	20.0	300	3.6	7	2.0	20.0	3.5	1.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	30	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Banana 7-7 7/8in=1/2cup	1 each	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	135	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			464	16	477	4.78	4.61	446.9	1146	11.69	*18	14.09	89.66	6.23	1.81	0.00
% of Calories											*15.2%	12.1%	77.2%	12.1%	3.5%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

Generated on: 8/10/2016 11:58:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/13/2016																
Breakfast Elementary	Total	150														
Breakfast Croissant	1 EACH	60	150	0	200	2.00	1.08	100.0	200	0.0	4	5.0	23.0	4.5	2.00	0.00
Breakfast Egg Patty	1 each	60	60	175	135	0.00	0.72	20.0	300	0.0	0	5.0	1.0	3.5	1.50	0.00
Jelly Grape	2 EACH	40	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted with	PACKAGE	40	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	30	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Orange	1/2 cup	120	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			472	73	499	4.81	3.82	431.6	1123	41.56	*18	16.05	90.96	6.24	2.29	0.00
% of Calories											*14.9%	13.6%	77.2%	11.9%	4.4%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

Generated on: 8/10/2016 11:58:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/14/2016																
Breakfast Elementary	Total	150														
Brk French Toast Sticks	2 EACH	65	240	10	260	2.00	0.72	40.0	50	0.0	10	6.0	38.0	7.0	1.00	0.00
Breakfast Sausage Links	1 Each	65	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	40	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Graham, Honey WG	package	40	110	0	140	1.00	2.70	0.0	300	3.6	7	2.0	20.0	3.0	1.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	45	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	45	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	30	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Apple	1/2 cup	125	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			520	14	509	5.42	3.98	399.9	1016	9.08	*21	14.86	100.13	7.42	1.92	0.00
% of Calories											*16.1%	11.4%	77.0%	12.8%	3.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast Elementary

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/15/2016																
Breakfast Elementary	Total	150														
Breakfast Ham Patty	1 Each	50	150	10	270	0.00	0.36	20.0	0	0.0	0	7.0	1.0	14.0	5.00	0.00
Roll 2 oz BIG	1 Each	50	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Jelly Grape	2 EACH	15	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
OR 2	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	1 EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted with	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	142	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Raisins	Pack	40	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	30	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			500	7	550	4.89	3.55	403.0	973	8.49	*15	15.21	91.44	8.59	2.65	0.00
% of Calories											*11.9%	12.2%	73.2%	15.5%	4.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 07/18/2016																
Breakfast Elementary	Total	150														
Breakfast Pancake Pup	1 each	50	210	25	390	1.00	1.08	20.0	45	0.0	9	6.0	22.0	12.0	3.00	0.00
OR 4	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted with	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	40	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Raisins	Pack	40	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Juice, Grape	1/2 cup	120	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast Elementary

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			469	12	519	4.36	3.84	403.0	979	5.25	*16	14.01	88.32	7.25	1.98	0.00
% of Calories											*13.8%	12.0%	75.4%	13.9%	3.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 07/19/2016																
Breakfast Elementary	Total	150														
Brk Pizza Saus&Gry	1 EACH	40	190	20	270	2.00	1.80	150.0	200	0.0	4	12.0	21.0	7.0	3.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	60	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Graham, Sunrise Bites WG	package	60	110	0	115	1.00	1.80	20.0	300	3.6	7	2.0	20.0	3.5	1.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	30	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Banana 7-7 7/8in=1/2cup	1 each	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	135	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			462	9	465	4.75	4.58	444.9	1172	11.69	*18	14.49	89.66	5.86	2.05	0.00
% of Calories											*15.3%	12.6%	77.7%	11.4%	4.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/20/2016																
Breakfast Elementary	Total	150														
Toast, Buttered	1 Each	60	103	0	168	1.00	0.72	20.0	172	0.0	1	3.0	14.0	4.17	0.67	0.00
Eggs, Scrambled	1/4 CUP	60	92	188	101	0.00	0.93	31.6	367	0.03	*0	6.42	0.51	6.78	1.95	*0.00
Grits	1/2 Cup	60	128	0	593	0.00	0.64	3.9	286	0.0	*0	1.76	15.41	6.51	1.14	*0.00
Jelly Grape	2 EACH	60	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted with	PACKAGE	40	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	30	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Orange	1/2 cup	120	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			526	78	710	4.41	4.01	405.8	1252	41.57	*16	16.52	95.73	10.02	2.40	*0.00
% of Calories											*12.5%	12.6%	72.8%	17.1%	4.1%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

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Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/21/2016																
Breakfast Elementary	Total	150														
Brk Pancakes Mini	PACKAGE	65	230	0	150	3.00	0.72	40.0	70	0.0	14	4.0	41.0	7.0	0.50	0.00
Breakfast Sausage Links	1 Each	65	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	40	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Graham, Honey WG	package	40	110	0	140	1.00	2.70	0.0	300	3.6	7	2.0	20.0	3.0	1.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	45	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	45	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	30	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Apple	1/2 cup	125	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			516	10	461	5.85	3.98	399.9	1024	9.08	*23	13.99	101.43	7.42	1.70	0.00
% of Calories											*17.5%	10.9%	78.7%	12.9%	3.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

Generated on: 8/10/2016 11:58:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/22/2016																
Breakfast Elementary	Total	150														
Breakfast Sausage Patty	1 Each	50	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Roll 2 oz BIG	1 Each	50	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Jelly Grape	2 EACH	15	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
OR 2	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	1 EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	142	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Raisins	Pack	40	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	30	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			480	15	523	4.89	3.67	396.4	973	8.49	*15	14.88	91.44	5.92	1.65	0.00
% of Calories											*12.4%	12.4%	76.2%	11.1%	3.1%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 07/25/2016																
Breakfast Elementary	Total	150														
Breakfast Bun	1 each	50	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	40	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Raisins	Pack	40	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Juice, Grape	1/2 cup	120	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast Elementary

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			479	3	473	5.03	4.08	409.7	979	5.25	*16	13.68	92.32	6.59	2.15	0.00
% of Calories											*13.5%	11.4%	77.1%	12.4%	4.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 07/26/2016																
Breakfast Elementary	Total	150														
Brk Pizza Bacon Scramble	1 EACH	40	199	47	315	2.10	1.89	157.4	105	0.0	4	10.49	20.99	8.4	2.10	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	60	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Graham, Sunrise Bites WG	package	60	110	0	115	1.00	1.80	20.0	300	3.6	7	2.0	20.0	3.5	1.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	30	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Banana 7-7 7/8in=1/2cup	1 each	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	135	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			464	16	477	4.78	4.61	446.9	1146	11.69	*18	14.09	89.66	6.23	1.81	0.00
% of Calories											*15.2%	12.1%	77.2%	12.1%	3.5%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast Elementary

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/27/2016																
Breakfast Elementary	Total	150														
Breakfast Croissant	1 EACH	60	150	0	200	2.00	1.08	100.0	200	0.0	4	5.0	23.0	4.5	2.00	0.00
Breakfast Egg Patty	1 each	60	60	175	135	0.00	0.72	20.0	300	0.0	0	5.0	1.0	3.5	1.50	0.00
Jelly Grape	2 EACH	40	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted with	PACKAGE	40	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	30	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Orange	1/2 cup	120	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			472	73	499	4.81	3.82	431.6	1123	41.56	*18	16.05	90.96	6.24	2.29	0.00
% of Calories											*14.9%	13.6%	77.2%	11.9%	4.4%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/28/2016																
Breakfast Elementary	Total	150														
Brk French Toast Sticks	2 EACH	65	240	10	260	2.00	0.72	40.0	50	0.0	10	6.0	38.0	7.0	1.00	0.00
Breakfast Sausage Links	1 Each	65	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	EACH	40	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Graham, Honey WG	package	40	110	0	140	1.00	2.70	0.0	300	3.6	7	2.0	20.0	3.0	1.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	45	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Raisins	Pack	45	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	30	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Apple	1/2 cup	125	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			520	14	509	5.42	3.98	399.9	1016	9.08	*21	14.86	100.13	7.42	1.92	0.00
% of Calories											*16.1%	11.4%	77.0%	12.8%	3.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/29/2016																
Breakfast Elementary	Total	150														
Breakfast Ham Patty	1 Each	50	150	10	270	0.00	0.36	20.0	0	0.0	0	7.0	1.0	14.0	5.00	0.00
Roll 2 oz BIG	1 Each	50	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Jelly Grape	2 EACH	15	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
OR 2	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal, Weighted Daily Use	1 EACH	50	109	0	157	2.22	4.91	112.0	458	6.31	*N/A*	1.68	23.17	1.61	0.14	0.00
Brk Powdered Sugar Proball	1 Each	50	100	0	150	1.00	0.72	20.0	35	0.0	7	3.0	17.0	2.5	0.50	0.00
OR 1	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkft Pop-Tarts Assorted	PACKAGE	50	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	142	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Raisins	Pack	40	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	30	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	80	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	50	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average			500	7	550	4.89	3.55	403.0	973	8.49	*15	15.21	91.44	8.59	2.65	0.00
% of Calories											*11.9%	12.2%	73.2%	15.5%	4.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	
Weighted Average			489	24	519	4.92	4.01	414.1	1064	15.22	*18	14.78	93.11	7.15	2.06	*0.00
											*32.3%	12.1%	76.2%	13.2%	3.8%	*0.0%

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast Elementary

Generated on: 8/10/2016 11:58:25 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	489		350 - 500	100%													
Cholesterol (mg)	24																
Sodium (mg)	519		540														
Fiber (g)	4.92																
Iron (mg)	4.01																
Calcium (mg)	414.1																
Vitamin A (IU)	1064																
Sugars (g)	18	14.33%				Missing											
Vitamin C (mg)	15.22																
Protein (g)	14.78	12.10%															
Carbohydrate (g)	93.11	76.22%															
Total Fat (g)	7.15	13.17%															
Saturated Fat (g)	2.06	3.80%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%			Missing											

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