

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 G&G CES&DES&	Total	450														
Breakfast Pancake Pup	1 each	180	210	25	390	1.00	1.08	20.0	45	0.0	9	6.0	22.0	12.0	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 G&G Cinn Toast Crisps	Pouch	198	120	0	160	1.00	3.60	80.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Brk Powdered Sugar Proball	1 Each	198	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	72	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
Apples, Sliced 2 oz.=1/2 cup	1 each	130	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Juice, Grape	1/2 cup	335	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	330	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	65	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	45	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			429	15	528	2.92	3.17	378.8	858	5.22	*13	13.63	75.28	8.39	2.18	0.00
% of Calories											*12.4%	12.7%	70.2%	17.6%	4.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 07/05/2016																
Breakfast G&G CES&DES&	Total	465														
Brk Pizza Saus&Gry	1 EACH	193	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 G&G Cocoa Puffs	Pouch	151	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Graham, Sunrise Bites WG	package	151	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	121	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	155	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	315	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	316	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	64	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	29	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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)
Weighted Daily Average % of Calories			425	13	443	4.17	3.59	414.0	1035	10.76	*18 *17.2%	14.74 13.9%	79.49 74.8%	6.15 13.0%	2.34 5.0%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 07/06/2016																
Breakfast G&G CES&DES&	Total	476														
Toast, Buttered	1 Each	209	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	209	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	209	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	150	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 G&G Frozen	Pouch	170	100	0	125	3.00	3.60	0.0	400	12.0	9	2.0	24.0	1.0	0.00	0.00
Brk Powdered Sugar Proball	1 Each	170	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	111	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
Raisins	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	35	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	211	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	275	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	286	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	70	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	34	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 % of Calories			500	87	710	4.74	3.58	328.1	1193	35.15	*21 *17.1%	15.61 12.5%	89.01 71.2%	10.63 19.1%	2.57 4.6%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 - 07/07/2016																
Breakfast G&G CES&DES&Brk Pancakes Mini	Total PACKAGE	449														
Breakfast Sausage Links	1 Each	202	230	0	150	3.00	0.72	40.0	70	0.0	14	4.0	41.0	7.0	0.50	0.00
OR 2	1	202	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Cereal G&G Krave	Pouch	143	110	0	95	3.00	3.60	0.0	750	12.0	9	2.0	21.0	3.0	0.50	0.00
Graham, Honey WG	package	143	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	104	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
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
Apples, Sliced 2 oz.=1/2 cup	1 each	35	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	60	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, Apple	1/2 cup	400	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	295	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	61	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	31	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			461	11	431	4.72	3.44	330.9	1037	8.50	*22	12.75	86.91	7.98	1.84	0.00
% of Calories											*18.8%	11.1%	75.4%	15.6%	3.6%	0.0%
Nutrient Guideline			350-500		540										<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 - 07/08/2016																
Breakfast G&G CES&DES&	Total	423														
Breakfast Sausage Patty	1 Each	144	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	144	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	110	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 G&G Fruit Loops	Pouch	152	110	0	170	3.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Brk Powdered Sugar Proball	1 Each	152	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	127	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Juice, Fruit Punch	1/2 cup	323	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	136	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	291	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	59	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	28	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			461	17	525	5.07	3.52	337.6	948	11.16	*18	14.25	87.24	5.85	1.85	0.00
% of Calories											*15.5%	12.4%	75.6%	11.4%	3.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 07/11/2016																
Breakfast G&G CES&DES&	Total	450														
Breakfast Bun	1 each	180	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	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 G&G Cinn Toast Crisps	Pouch	198	120	0	160	1.00	3.60	80.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Brk Powdered Sugar Proball	1 Each	198	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	72	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	0	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
Apples, Sliced 2 oz.=1/2 cup	1 each	130	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Juice, Grape	1/2 cup	335	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	330	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	65	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	45	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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)
Weighted Daily Average			441	5	472	3.72	3.46	386.8	858	5.22	*13	13.23	80.08	7.59	2.38	0.00
% of Calories											*12.0%	12.0%	72.7%	15.5%	4.9%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 07/12/2016																
Breakfast G&G CES&DES&	Total	465														
Brk Pizza Bacon Scramble	1 EACH	193	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 G&G Cocoa Puffs	Pouch	151	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Graham, Sunrise Bites WG	package	151	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	121	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	155	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	315	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	316	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	64	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	29	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			429	24	462	4.21	3.63	417.1	996	10.76	*18	14.11	79.49	6.73	1.97	0.00
% of Calories											*17.1%	13.2%	74.1%	14.1%	4.1%	0.0%
Nutrient Guideline			350-500		540										<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 G&G CES&DES&	Total	476														
Breakfast Croissant	1 EACH	209	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	209	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	150	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 G&G Frozen	Pouch	170	100	0	125	3.00	3.60	0.0	400	12.0	9	2.0	24.0	1.0	0.00	0.00
Brk Powdered Sugar Proball	1 Each	170	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	111	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	35	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	211	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	275	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	286	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	70	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	34	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			450	81	479	5.18	3.37	356.5	1051	35.14	*23	15.10	86.41	6.48	2.46	0.00
% of Calories											*20.1%	13.4%	76.7%	13.0%	4.9%	0.0%
Nutrient Guideline			350-500		540										<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 G&G CES&DES&	Total	449														
Brk French Toast Sticks	2 EACH	202	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	202	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 G&G Krave	Pouch	143	110	0	95	3.00	3.60	0.0	750	12.0	9	2.0	21.0	3.0	0.50	0.00
Graham, Honey WG	package	143	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	104	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
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
Apples, Sliced 2 oz.=1/2 cup	1 each	35	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	60	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, Apple	1/2 cup	400	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	295	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	61	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	31	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			465	16	480	4.27	3.44	330.9	1028	8.50	*20	13.65	85.56	7.98	2.06	0.00
% of Calories											*17.1%	11.7%	73.6%	15.4%	4.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 - 07/15/2016																
Breakfast G&G CES&DES&	Total	423														
Breakfast Ham Patty	1 Each	164	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	164	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	110	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 G&G Fruit Loops	Pouch	172	110	0	170	3.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Brk Powdered Sugar Proball	1 Each	172	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	87	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Juice, Fruit Punch	1/2 cup	323	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	136	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	291	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	59	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	28	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	9	556	4.83	3.32	327.4	880	11.87	*16	14.97	83.53	9.02	2.97	0.00
% of Calories											*13.5%	12.7%	70.8%	17.2%	5.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 07/18/2016																
Breakfast G&G CES&DES&	Total	450														
Breakfast Pancake Pup	1 each	180	210	25	390	1.00	1.08	20.0	45	0.0	9	6.0	22.0	12.0	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 G&G Cinn Toast Crisps	Pouch	198	120	0	160	1.00	3.60	80.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Brk Powdered Sugar Proball	1 Each	198	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	72	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
Apples, Sliced 2 oz.=1/2 cup	1 each	130	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Juice, Grape	1/2 cup	335	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	330	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	65	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	45	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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)
Weighted Daily Average % of Calories			429	15	528	2.92	3.17	378.8	858	5.22	*13 *12.4%	13.63 12.7%	75.28 70.2%	8.39 17.6%	2.18 4.6%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 07/19/2016																
Breakfast G&G CES&DES&Brk Pizza Saus&Gry	Total	465														
OR 2	1 EACH	193	190	20	270	2.00	1.80	150.0	200	0.0	4	12.0	21.0	7.0	3.00	0.00
Cereal G&G Cocoa Puffs	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
Graham, Sunrise Bites WG	Pouch	151	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
OR 1	package	151	110	0	115	1.00	1.80	20.0	300	3.6	7	2.0	20.0	3.5	1.00	0.00
Brkft Pop-Tarts Assorted	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
with	PACKAGE	121	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
Raisins	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
Banana 7-7 7/8in=1/2cup	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
Juice, Fruit Punch	1 each	155	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Milk, Chocolate Skim	1/2 cup	315	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, 1% Lowfat, Unflavored	1 CUP	316	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, Skim Unflavored	1 CUP	64	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	1 CUP	29	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 % of Calories			425	13	443	4.17	3.59	414.0	1035	10.76	*18 *17.2%	14.74 13.9%	79.49 74.8%	6.15 13.0%	2.34 5.0%	0.00 0.0%
Nutrient Guideline			350-500		540											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 - 07/20/2016																
Breakfast G&G CES&DES&	Total	476														
Toast, Buttered	1 Each	209	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	209	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	209	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	150	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 G&G Frozen	Pouch	170	100	0	125	3.00	3.60	0.0	400	12.0	9	2.0	24.0	1.0	0.00	0.00
Brk Powdered Sugar Proball	1 Each	170	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	111	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	35	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	211	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	275	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	286	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	70	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	34	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	87	710	4.74	3.58	328.1	1193	35.15	*21	15.61	89.01	10.63	2.57	*0.00
% of Calories											*17.1%	12.5%	71.2%	19.1%	4.6%	*0.0%
Nutrient Guideline			350-500		540										<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 - 07/21/2016																
Breakfast G&G CES&DES&Brk Pancakes Mini	Total PACKAGE	449														
Breakfast Sausage Links	1 Each	202	230	0	150	3.00	0.72	40.0	70	0.0	14	4.0	41.0	7.0	0.50	0.00
OR 2	1	202	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Cereal G&G Krave	Pouch	143	110	0	95	3.00	3.60	0.0	750	12.0	9	2.0	21.0	3.0	0.50	0.00
Graham, Honey WG	package	143	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	104	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
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
Apples, Sliced 2 oz.=1/2 cup	1 each	35	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	60	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, Apple	1/2 cup	400	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	295	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	61	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	31	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			461	11	431	4.72	3.44	330.9	1037	8.50	*22	12.75	86.91	7.98	1.84	0.00
% of Calories											*18.8%	11.1%	75.4%	15.6%	3.6%	0.0%
Nutrient Guideline			350-500		540											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

	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 G&G CES&DES&	Total	423														
Breakfast Sausage Patty	1 Each	144	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	144	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	110	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 G&G Fruit Loops	Pouch	152	110	0	170	3.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Brk Powdered Sugar Proball	1 Each	152	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	127	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Juice, Fruit Punch	1/2 cup	323	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	136	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	291	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	59	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	28	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			461	17	525	5.07	3.52	337.6	948	11.16	*18	14.25	87.24	5.85	1.85	0.00
% of Calories											*15.5%	12.4%	75.6%	11.4%	3.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 07/25/2016																
Breakfast G&G CES&DES&	Total	450														
Breakfast Bun	1 each	180	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 G&G Cinn Toast Crisps	Pouch	198	120	0	160	1.00	3.60	80.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Brk Powdered Sugar Proball	1 Each	198	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	72	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
Apples, Sliced 2 oz.=1/2 cup	1 each	130	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Juice, Grape	1/2 cup	335	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	330	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	65	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	45	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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)
Weighted Daily Average % of Calories			441	5	472	3.72	3.46	386.8	858	5.22	*13 *12.0%	13.23 12.0%	80.08 72.7%	7.59 15.5%	2.38 4.9%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 07/26/2016																
Breakfast G&G CES&DES& Brk Pizza Bacon Scramble OR 2	Total	465														
Cereal G&G Cocoa Puffs Graham, Sunrise Bites WG OR 1	1 EACH	193	199	47	315	2.10	1.89	157.4	105	0.0	4	10.49	20.99	8.4	2.10	0.00
Brkft Pop-Tarts Assorted with Raisins	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
Banana 7-7 7/8in=1/2cup	Pouch	151	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Juice, Fruit Punch	package	151	110	0	115	1.00	1.80	20.0	300	3.6	7	2.0	20.0	3.5	1.00	0.00
Milk, Chocolate Skim	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
Milk, 1% Lowfat, Unflavored	PACKAGE	121	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
Milk, Skim Unflavored	with	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
Weighted Daily Average % of Calories	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
Nutrient Guideline	1 each	155	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
	1/2 cup	315	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
	1 CUP	316	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	1 CUP	64	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	1 CUP	29	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 % of Calories			429	24	462	4.21	3.63	417.1	996	10.76	*18 *17.1%	14.11 13.2%	79.49 74.1%	6.73 14.1%	1.97 4.1%	0.00 0.0%
Nutrient Guideline			350-500		540											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 - 07/27/2016																
Breakfast G&G CES&DES&	Total	476														
Breakfast Croissant	1 EACH	209	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	209	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	150	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 G&G Frozen	Pouch	170	100	0	125	3.00	3.60	0.0	400	12.0	9	2.0	24.0	1.0	0.00	0.00
Brk Powdered Sugar Proball	1 Each	170	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	111	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	35	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	211	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	275	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	286	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	70	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	34	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			450	81	479	5.18	3.37	356.5	1051	35.14	*23	15.10	86.41	6.48	2.46	0.00
% of Calories											*20.1%	13.4%	76.7%	13.0%	4.9%	0.0%
Nutrient Guideline			350-500		540										<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 - 07/28/2016																
Breakfast G&G CES&DES&	Total	449														
Brk French Toast Sticks	2 EACH	202	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	202	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 G&G Krave	Pouch	143	110	0	95	3.00	3.60	0.0	750	12.0	9	2.0	21.0	3.0	0.50	0.00
Graham, Honey WG	package	143	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	104	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
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
Apples, Sliced 2 oz.=1/2 cup	1 each	35	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	60	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, Apple	1/2 cup	400	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	295	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	61	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	31	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			465	16	480	4.27	3.44	330.9	1028	8.50	*20	13.65	85.56	7.98	2.06	0.00
% of Calories											*17.1%	11.7%	73.6%	15.4%	4.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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 - 07/29/2016																
Breakfast G&G CES&DES&	Total	423														
Breakfast Ham Patty	1 Each	164	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	164	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	110	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 G&G Fruit Loops	Pouch	172	110	0	170	3.00	4.50	0.0	500	15.0	8	2.0	24.0	1.0	0.50	0.00
Brk Powdered Sugar Proball	1 Each	172	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	87	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Juice, Fruit Punch	1/2 cup	323	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	136	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	291	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	59	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	28	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	9	556	4.83	3.32	327.4	880	11.87	*16	14.97	83.53	9.02	2.97	0.00
% of Calories											*13.5%	12.7%	70.8%	17.2%	5.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Weighted Average			453	28	509	4.38	3.45	360.8	989	14.23	*18	14.20	83.30	7.68	2.26	*0.00
											*36.2%	12.5%	73.5%	15.3%	4.5%	*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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Jul 4, 2016 thru Jul 29, 2016

Breakfast G&G CES&DES&HES&LPE

Generated on: 8/10/2016 11:56:31 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	453		350 - 500	100%													
Cholesterol (mg)	28																
Sodium (mg)	509		540														
Fiber (g)	4.38																
Iron (mg)	3.45																
Calcium (mg)	360.8																
Vitamin A (IU)	989																
Sugars (g)	18	16.10%				Missing											
Vitamin C (mg)	14.23																
Protein (g)	14.20	12.53%															
Carbohydrate (g)	83.30	73.50%															
Total Fat (g)	7.68	15.25%															
Saturated Fat (g)	2.26	4.49%															
Trans Fat ¹ (g)	0.00	0.00%			<10.00%												
						Missing											

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.