

# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Mon - 07/03/2017																
Breakfast K-12 MS and PML	Total	137														
Pancake Pup	1 Each	69	200	25	310	3.00	1.80	20.0	20	0.0	4	7.0	17.0	10.0	2.50	0.00
Syrup,Pancake Each=1.5 oz	1 each	69	120	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	29.0	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	1 EACH	45	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	45	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	23	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	100	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	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	62	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	26	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	15	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			468	17	454	5.04	3.88	312.6	716	5.63	*12	12.82	84.45	7.70	2.09	0.00
% of Calories											*10.0%	11.0%	72.2%	14.8%	4.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 07/04/2017																
Breakfast K-12 MS and PML	Total	157														
Brk Pizza Saus&Gry	1 EACH	85	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	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
Graham, Sunrise Bites WG	package	50	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	37	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	100	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	130	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	60	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	27	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	18	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

<sup>1</sup> - 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 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Weighted Daily Average			450	14	436	5.48	4.15	374.8	968	14.28	*23	15.01	83.74	7.27	2.80	0.00
% of Calories											*20.2%	13.3%	74.4%	14.5%	5.6%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/05/2017																
Breakfast K-12 MS and PML	Total	135														
Toast, Buttered	1 Each	53	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	53	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	53	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	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	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	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	32	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	75	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, Orange	1/2 cup	110	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	60	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	35	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	14	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			460	78	681	4.12	4.23	360.3	1147	39.84	*13	14.57	79.33	10.21	2.57	*0.00
% of Calories											*11.6%	12.7%	69.0%	20.0%	5.0%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

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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 <sup>1</sup> (g)
Thu - 07/06/2017																
Breakfast K-12 MS and PML	Total	147														
Brk Pancakes Mini	PACKAGE	79	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	79	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Syrup,Pancake Each=1.5 oz	1 each	79	120	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	29.0	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	1 EACH	39	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	39	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 with	PACKAGE	29	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
Banana 7-7 7/8in=1/2cup	1 each	45	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	135	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	61	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	31	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	18	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			511	12	417	4.59	3.31	322.3	833	7.57	*22	12.13	98.76	8.23	1.86	0.00
% of Calories											*17.5%	9.5%	77.3%	14.5%	3.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 07/07/2017																
Breakfast K-12 MS and PML	Total	104														
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	28	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	28	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	26	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	100	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Orange	1 each	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Milk, Chocolate Skim	1 CUP	38	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	18	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	8	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

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Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

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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 <sup>1</sup> (g)
Weighted Daily Average			449	20	481	6.02	2.85	307.1	910	55.75	*23	13.54	82.72	6.75	1.91	*0.00
% of Calories											*20.1%	12.1%	73.8%	13.5%	3.8%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Mon - 07/10/2017																
Breakfast K-12 MS and PML	Total	137														
Breakfast Bun	1 each	52	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	1 EACH	45	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	45	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
Apples, Sliced 2 oz.=1/2 cup	1 each	100	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	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	62	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	26	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	15	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			443	4	439	5.41	4.11	342.5	847	5.63	*17	11.75	83.52	7.08	2.41	0.00
% of Calories											*15.2%	10.6%	75.4%	14.4%	4.9%	0.0%
Nutrient Guideline			450-500		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 <sup>1</sup> (g)
Tue - 07/11/2017																
Breakfast K-12 MS and PML	Total	157														
Brk Pizza Bacon Scramble	1 EACH	70	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	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
Graham, Sunrise Bites WG	package	50	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	37	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	100	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	130	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	60	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	27	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	18	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			436	25	430	5.33	4.02	363.7	906	14.28	*22	13.20	81.73	7.23	2.11	0.00
% of Calories											*20.6%	12.1%	75.0%	14.9%	4.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/12/2017																
Breakfast K-12 MS and PML	Total	135														
Breakfast Croissant	1 EACH	53	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	53	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	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	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	32	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	100	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, Orange	1/2 cup	110	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	60	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	35	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	14	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

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			421	74	473	4.88	4.18	385.6	1020	40.28	*14 *13.7%	14.10 13.4%	78.49 74.6%	6.50 13.9%	2.47 5.3%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

Thu - 07/13/2017																
Breakfast K-12 MS and PML	Total	147														
Brk French Toast Sticks	2 EACH	79	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	79	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Syrup,Pancake Each=1.5 oz	1 each	79	120	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	29.0	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	1 EACH	39	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	39	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	29	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	100	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	135	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	61	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	31	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	18	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			555	18	476	5.20	3.42	324.5	851	11.41	*26 *18.4%	13.68 9.9%	107.23 77.2%	8.38 13.6%	2.17 3.5%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Fri - 07/14/2017																
Breakfast K-12 MS and PML	Total	104														
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	28	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	28	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	26	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 Orange	1/2 cup	100	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 each	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Milk, Chocolate Skim	1 CUP	38	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	18	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	8	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			477	8	520	6.02	2.68	316.7	910	55.75	*23	14.02	82.72	10.59	3.35	*0.00
% of Calories											*18.9%	11.7%	69.3%	20.0%	6.3%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 07/17/2017																
Breakfast K-12 MS and PML	Total	137														
Pancake Pup	1 Each	69	200	25	310	3.00	1.80	20.0	20	0.0	4	7.0	17.0	10.0	2.50	0.00
Syrup,Pancake Each=1.5 oz	1 each	69	120	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	29.0	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	1 EACH	45	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	45	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	23	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	100	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	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	62	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	26	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	15	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

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			468	17	454	5.04	3.88	312.6	716	5.63	*12 *10.0%	12.82 11.0%	84.45 72.2%	7.70 14.8%	2.09 4.0%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

Tue - 07/18/2017																
Breakfast K-12 MS and PML	Total	157														
Brk Pizza Saus&Gry	1 EACH	70	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	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
Graham, Sunrise Bites WG	package	50	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	37	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	100	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	130	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	60	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	27	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	18	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			432	13	410	5.29	3.98	360.4	949	14.28	*22 *20.7%	13.87 12.8%	81.74 75.7%	6.60 13.8%	2.51 5.2%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Wed - 07/19/2017																
Breakfast K-12 MS and PML	Total	135														
Toast, Buttered	1 Each	53	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	53	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	53	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	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	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	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	32	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	100	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, Orange	1/2 cup	110	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	60	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	35	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	14	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	78	681	4.49	4.37	360.3	1147	40.29	*13	14.57	80.81	10.21	2.57	*0.00
% of Calories											*11.5%	12.5%	69.5%	19.7%	5.0%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 10

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Thu - 07/20/2017																
Breakfast K-12 MS and PML	Total	147														
Brk Pancakes Mini	PACKAGE	79	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	79	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Syrup,Pancake Each=1.5 oz	1 each	79	120	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	29.0	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	1 EACH	39	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	39	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 with	PACKAGE	29	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
Banana 7-7 7/8in=1/2cup	1 each	100	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	135	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	61	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	31	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	18	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			550	12	417	5.74	3.42	324.5	862	11.41	*28 *20.1%	12.61 9.2%	108.84 79.1%	8.38 13.7%	1.91 3.1%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 07/21/2017																
Breakfast K-12 MS and PML	Total	104														
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	28	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	28	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	26	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	100	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Orange	1 each	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Milk, Chocolate Skim	1 CUP	38	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	18	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	8	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

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			449	20	481	6.02	2.85	307.1	910	55.75	*23 *20.1%	13.54 12.1%	82.72 73.8%	6.75 13.5%	1.91 3.8%	*0.00 *0.0%
Nutrient Guideline			450-500		540											<10.00

Mon - 07/24/2017																
Breakfast K-12 MS and PML	Total	137														
Breakfast Bun	1 each	52	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	1 EACH	45	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	45	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
Apples, Sliced 2 oz.=1/2 cup	1 each	100	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	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	62	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	26	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	15	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			443	4	439	5.41	4.11	342.5	847	5.63	*17 *15.2%	11.75 10.6%	83.52 75.4%	7.08 14.4%	2.41 4.9%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Tue - 07/25/2017																
Breakfast K-12 MS and PML	Total	157														
Brk Pizza Bacon Scramble	1 EACH	70	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	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
Graham, Sunrise Bites WG	package	50	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	37	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	100	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	130	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	60	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	27	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	18	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			436	25	430	5.33	4.02	363.7	906	14.28	*22	13.20	81.73	7.23	2.11	0.00
% of Calories											*20.6%	12.1%	75.0%	14.9%	4.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/26/2017																
Breakfast K-12 MS and PML	Total	135														
Breakfast Croissant	1 EACH	53	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	53	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	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	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	32	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	100	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, Orange	1/2 cup	110	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	60	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	35	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	14	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

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			421	74	473	4.88	4.18	385.6	1020	40.28	*14 *13.7%	14.10 13.4%	78.49 74.6%	6.50 13.9%	2.47 5.3%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

Thu - 07/27/2017																
Breakfast K-12 MS and PML	Total	147														
Brk French Toast Sticks	2 EACH	79	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	79	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Syrup,Pancake Each=1.5 oz	1 each	79	120	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	29.0	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	1 EACH	39	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	39	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	29	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	100	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	135	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	61	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	31	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	18	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			555	18	476	5.20	3.42	324.5	851	11.41	*26 *18.4%	13.68 9.9%	107.23 77.2%	8.38 13.6%	2.17 3.5%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

	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 <sup>1</sup> (g)
Fri - 07/28/2017																
Breakfast K-12 MS and PML	Total	104														
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	28	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	28	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	26	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	100	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Orange	1 each	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Milk, Chocolate Skim	1 CUP	38	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	18	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	8	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			477	8	520	6.02	2.68	316.7	910	55.75	*23	14.02	82.72	10.59	3.35	*0.00
% of Calories											*18.9%	11.7%	69.3%	20.0%	6.3%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			468	27	479	5.28	3.69	340.4	911	25.25	*20	13.45	86.75	7.97	2.36	*0.00
											*37.9%	11.5%	74.1%	15.3%	4.5%	*0.0%

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# Lowndes County

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### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Breakfast K-12 MS and PMLC

Generated on: 08/08/2017 12:50:25 PM

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	468		450 - 500	100%													
Cholesterol (mg)	27																
Sodium (mg)	479		540														
Fiber (g)	5.28																
Iron (mg)	3.69																
Calcium (mg)	340.4																
Vitamin A (IU)	911																
Sugars (g)	20	16.82%				Missing											
Vitamin C (mg)	25.25																
Protein (g)	13.45	11.49%															
Carbohydrate (g)	86.75	74.08%															
Total Fat (g)	7.97	15.31%															
Saturated Fat (g)	2.36	4.54%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%			<10.00%												
						Missing											

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