

Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Mon - 07/04/2016																
Breakfast LHS	Total	370														
Breakfast Pancake Pup	1 each	70	210	25	390	1.00	1.08	20.0	45	0.0	9	6.0	22.0	12.0	3.00	0.00
Syrup,Pancake Each=1.5 oz	1 each	70	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 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
Cereal, Weighted Daily Use	2 EACH	30	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
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 3	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	100	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Breakfast Croissant	1 EACH	120	150	0	200	2.00	1.08	100.0	200	0.0	4	5.0	23.0	4.5	2.00	0.00
Breakfast Sausage Patty	1 Each	120	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	50	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	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
Apple Fresh 125-138ct	1 each	20	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	58	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	340	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	270	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	45	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	10	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			490	22	536	3.84	2.93	388.0	887	6.61	*15	15.19	86.06	9.21	3.23	*0.00
% of Calories											*12.4%	12.4%	70.3%	16.9%	5.9%	*0.0%
Nutrient Guideline			450-600		640										<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

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Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Tue - 07/05/2016																
Breakfast LHS	Total	355														
Brk Pizza Saus&Gry	1 EACH	71	190	20	270	2.00	1.80	150.0	200	0.0	4	12.0	21.0	7.0	3.00	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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Brkft Pop-Tarts Assorted	PACKAGE	71	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
OR 3	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
Breakfast Bun	1 each	102	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Roll 2 oz BIG	1 Each	75	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Breakfast Ham Patty	1 Each	75	150	10	270	0.00	0.36	20.0	0	0.0	0	7.0	1.0	14.0	5.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	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
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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	45	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	80	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	300	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	250	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	32	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	11	501	4.90	2.85	372.1	813	12.36	*17	15.01	81.77	9.57	3.41	*0.00
% of Calories											*14.2%	12.8%	69.9%	18.4%	6.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Breakfast LHS

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 - 07/06/2016																
Breakfast LHS	Total	340														
Toast, Buttered	1 Each	120	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	120	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	120	128	0	593	0.00	0.64	3.9	286	0.0	*0	1.76	15.41	6.51	1.14	*0.00
Breakfast Sausage Links	1 Each	120	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Jelly Grape	2 EACH	100	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
Margarine, Individual	1 each	40	60	0	105	0.00	0.00	0.0	500	0.0	0	0.0	0.0	7.0	2.50	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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
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
OR 3	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
Breakfast Bun	1 each	80	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
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	60	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	300	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	265	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	25	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	10	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			525	76	724	4.51	3.57	386.1	1237	46.11	*17	16.19	89.72	12.55	3.57	*0.00
% of Calories											*12.9%	12.3%	68.3%	21.5%	6.1%	*0.0%
Nutrient Guideline			450-600		640										<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)
Thu - 07/07/2016																
Breakfast LHS	Total	372														
Brk Pancakes Mini	PACKAGE	60	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	60	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	60	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 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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Breakfast Bun	1 each	68	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	0.00
OR 3	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	108	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Breakfast Croissant	1 EACH	100	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	100	60	175	135	0.00	0.72	20.0	300	0.0	0	5.0	1.0	3.5	1.50	0.00
Breakfast Sausage Patty	1 Each	100	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Cheese Sliced	1 EACH	25	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	70	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	80	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	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
Juice, Apple	1/2 cup	300	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	290	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	42	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			521	64	547	4.95	3.29	417.9	1040	9.12	*20	16.07	93.11	9.56	3.29	*0.00
% of Calories											*15.3%	12.3%	71.4%	16.5%	5.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Generated on: 8/10/2016 11:58:58 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 LHS	Total	341														
Breakfast Ham Patty	1 Each	120	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	120	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	100	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 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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Brkft Pop-Tarts Assorted	PACKAGE	85	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
OR 3	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
Breakfast Bun	1 each	100	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	35	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	60	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, Fruit Punch	1/2 cup	260	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	260	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	45	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			489	9	552	4.78	2.74	387.3	875	12.55	*16	15.15	83.87	10.78	3.67	*0.00
% of Calories											*12.9%	12.4%	68.6%	19.8%	6.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Mon - 07/11/2016																
Breakfast LHS	Total	370														
Breakfast Pancake Pup	1 each	70	210	25	390	1.00	1.08	20.0	45	0.0	9	6.0	22.0	12.0	3.00	0.00
Syrup,Pancake Each=1.5 oz	1 each	70	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 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
Cereal, Weighted Daily Use	2 EACH	30	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
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 3	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	100	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Breakfast Croissant	1 EACH	120	150	0	200	2.00	1.08	100.0	200	0.0	4	5.0	23.0	4.5	2.00	0.00
Breakfast Sausage Patty	1 Each	120	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	50	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	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
Apple Fresh 125-138ct	1 each	20	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	58	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	340	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	270	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	45	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	12	8.0	13.0	2.5	1.50
Milk, Skim Unflavored	1 CUP	10	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			490	22	536	3.84	2.93	388.0	887	6.61	*15	15.19	86.06	9.21	3.23	*0.00
% of Calories											*12.4%	12.4%	70.3%	16.9%	5.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Tue - 07/12/2016																
Breakfast LHS	Total	355														
Brk Pizza Bacon Scramble	1 EACH	71	199	47	315	2.10	1.89	157.4	105	0.0	4	10.49	20.99	8.4	2.10	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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Brkft Pop-Tarts Assorted	PACKAGE	71	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
OR 3	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
Breakfast Bun	1 each	102	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Roll 2 oz BIG	1 Each	75	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Breakfast Ham Patty	1 Each	75	150	10	270	0.00	0.36	20.0	0	0.0	0	7.0	1.0	14.0	5.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	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
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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	45	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	80	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	300	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	250	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	32	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			470	17	509	4.92	2.87	373.5	794	12.36	*17	14.71	81.77	9.85	3.23	*0.00
% of Calories											*14.2%	12.5%	69.7%	18.9%	6.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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 - 07/13/2016																
Breakfast LHS	Total	340														
Toast, Buttered	1 Each	120	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	120	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	120	128	0	593	0.00	0.64	3.9	286	0.0	*0	1.76	15.41	6.51	1.14	*0.00
Breakfast Sausage Links	1 Each	120	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Jelly Grape	2 EACH	100	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
Margarine, Individual	1 each	40	60	0	105	0.00	0.00	0.0	500	0.0	0	0.0	0.0	7.0	2.50	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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
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
OR 3	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
Breakfast Bun	1 each	80	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
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	60	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	300	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	265	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	25	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	10	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			525	76	724	4.51	3.57	386.1	1237	46.11	*17	16.19	89.72	12.55	3.57	*0.00
% of Calories											*12.9%	12.3%	68.3%	21.5%	6.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Thu - 07/14/2016																
Breakfast LHS	Total	372														
Brk French Toast Sticks	2 EACH	60	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	60	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	60	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 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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Breakfast Bun	1 each	68	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	0.00
OR 3	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	108	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Breakfast Croissant	1 EACH	100	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	100	60	175	135	0.00	0.72	20.0	300	0.0	0	5.0	1.0	3.5	1.50	0.00
Breakfast Sausage Patty	1 Each	100	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Cheese Sliced	1 EACH	25	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	70	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	80	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	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
Juice, Apple	1/2 cup	300	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	290	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	42	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			523	66	565	4.79	3.29	417.9	1037	9.12	*19	16.39	92.62	9.56	3.37	*0.00
% of Calories											*14.7%	12.5%	70.8%	16.4%	5.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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 LHS	Total	341														
Breakfast Ham Patty	1 Each	120	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	120	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	100	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 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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Brkft Pop-Tarts Assorted	PACKAGE	85	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
OR 3	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
Breakfast Bun	1 each	100	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	35	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	60	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, Fruit Punch	1/2 cup	260	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	260	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	45	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			489	9	552	4.78	2.74	387.3	875	12.55	*16	15.15	83.87	10.78	3.67	*0.00
% of Calories											*12.9%	12.4%	68.6%	19.8%	6.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Mon - 07/18/2016																
Breakfast LHS	Total	370														
Breakfast Pancake Pup	1 each	70	210	25	390	1.00	1.08	20.0	45	0.0	9	6.0	22.0	12.0	3.00	0.00
Syrup,Pancake Each=1.5 oz	1 each	70	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 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
Cereal, Weighted Daily Use	2 EACH	30	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
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 3	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	100	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Breakfast Croissant	1 EACH	120	150	0	200	2.00	1.08	100.0	200	0.0	4	5.0	23.0	4.5	2.00	0.00
Breakfast Sausage Patty	1 Each	120	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	50	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	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
Apple Fresh 125-138ct	1 each	20	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	58	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	340	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	270	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	45	110	10	130	0.00	0.00	300.0	500	2.4	*N/A*	12	8.0	13.0	2.5	1.50
Milk, Skim Unflavored	1 CUP	10	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			490	22	536	3.84	2.93	388.0	887	6.61	*15	15.19	86.06	9.21	3.23	*0.00
% of Calories											*12.4%	12.4%	70.3%	16.9%	5.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Tue - 07/19/2016																
Breakfast LHS	Total	355														
Brk Pizza Saus&Gry	1 EACH	71	190	20	270	2.00	1.80	150.0	200	0.0	4	12.0	21.0	7.0	3.00	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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Brkft Pop-Tarts Assorted	PACKAGE	71	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
OR 3	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
Breakfast Bun	1 each	102	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Roll 2 oz BIG	1 Each	75	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Breakfast Ham Patty	1 Each	75	150	10	270	0.00	0.36	20.0	0	0.0	0	7.0	1.0	14.0	5.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	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
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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	45	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	80	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	300	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	250	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	32	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	11	501	4.90	2.85	372.1	813	12.36	*17	15.01	81.77	9.57	3.41	*0.00
% of Calories											*14.2%	12.8%	69.9%	18.4%	6.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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 - 07/20/2016																
Breakfast LHS	Total	340														
Toast, Buttered	1 Each	120	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	120	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	120	128	0	593	0.00	0.64	3.9	286	0.0	*0	1.76	15.41	6.51	1.14	*0.00
Breakfast Sausage Links	1 Each	120	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Jelly Grape	2 EACH	100	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
Margarine, Individual	1 each	40	60	0	105	0.00	0.00	0.0	500	0.0	0	0.0	0.0	7.0	2.50	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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
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
OR 3	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
Breakfast Bun	1 each	80	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
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	60	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	300	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	265	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	25	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	10	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			525	76	724	4.51	3.57	386.1	1237	46.11	*17	16.19	89.72	12.55	3.57	*0.00
% of Calories											*12.9%	12.3%	68.3%	21.5%	6.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Thu - 07/21/2016																
Breakfast LHS	Total	372														
Brk Pancakes Mini	PACKAGE	60	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	60	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	60	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 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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Breakfast Bun	1 each	68	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	0.00
OR 3	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	108	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Breakfast Croissant	1 EACH	100	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	100	60	175	135	0.00	0.72	20.0	300	0.0	0	5.0	1.0	3.5	1.50	0.00
Breakfast Sausage Patty	1 Each	100	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Cheese Sliced	1 EACH	25	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	70	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	80	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	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
Juice, Apple	1/2 cup	300	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	290	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	42	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			521	64	547	4.95	3.29	417.9	1040	9.12	*20	16.07	93.11	9.56	3.29	*0.00
% of Calories											*15.3%	12.3%	71.4%	16.5%	5.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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 - 07/22/2016																
Breakfast LHS	Total	341														
Breakfast Ham Patty	1 Each	120	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	120	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	100	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 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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Brkft Pop-Tarts Assorted	PACKAGE	85	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
OR 3	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
Breakfast Bun	1 each	100	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	35	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	60	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, Fruit Punch	1/2 cup	260	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	260	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	45	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			489	9	552	4.78	2.74	387.3	875	12.55	*16	15.15	83.87	10.78	3.67	*0.00
% of Calories											*12.9%	12.4%	68.6%	19.8%	6.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Mon - 07/25/2016																
Breakfast LHS	Total	370														
Breakfast Pancake Pup	1 each	70	210	25	390	1.00	1.08	20.0	45	0.0	9	6.0	22.0	12.0	3.00	0.00
Syrup,Pancake Each=1.5 oz	1 each	70	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 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
Cereal, Weighted Daily Use	2 EACH	30	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
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 3	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	100	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Breakfast Croissant	1 EACH	120	150	0	200	2.00	1.08	100.0	200	0.0	4	5.0	23.0	4.5	2.00	0.00
Breakfast Sausage Patty	1 Each	120	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	50	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	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
Apple Fresh 125-138ct	1 each	20	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	58	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	340	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	270	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	45	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	10	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			490	22	536	3.84	2.93	388.0	887	6.61	*15	15.19	86.06	9.21	3.23	*0.00
% of Calories											*12.4%	12.4%	70.3%	16.9%	5.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Tue - 07/26/2016																
Breakfast LHS	Total	355														
Brk Pizza Bacon Scramble	1 EACH	71	199	47	315	2.10	1.89	157.4	105	0.0	4	10.49	20.99	8.4	2.10	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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Brkft Pop-Tarts Assorted	PACKAGE	71	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
OR 3	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
Breakfast Bun	1 each	102	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Roll 2 oz BIG	1 Each	75	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Breakfast Ham Patty	1 Each	75	150	10	270	0.00	0.36	20.0	0	0.0	0	7.0	1.0	14.0	5.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	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
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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	45	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	80	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	300	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	250	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	32	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			470	17	509	4.92	2.87	373.5	794	12.36	*17	14.71	81.77	9.85	3.23	*0.00
% of Calories											*14.2%	12.5%	69.7%	18.9%	6.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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 LHS	Total	340														
Toast, Buttered	1 Each	120	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	120	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	120	128	0	593	0.00	0.64	3.9	286	0.0	*0	1.76	15.41	6.51	1.14	*0.00
Breakfast Sausage Links	1 Each	120	40	15	95	0.00	0.18	10.0	0	0.0	0	3.0	0.5	3.0	1.00	0.00
Jelly Grape	2 EACH	100	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
Margarine, Individual	1 each	40	60	0	105	0.00	0.00	0.0	500	0.0	0	0.0	0.0	7.0	2.50	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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
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
OR 3	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
Breakfast Bun	1 each	80	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
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	60	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	300	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	265	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	25	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	10	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			525	76	724	4.51	3.57	386.1	1237	46.11	*17	16.19	89.72	12.55	3.57	*0.00
% of Calories											*12.9%	12.3%	68.3%	21.5%	6.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)
Thu - 07/28/2016																
Breakfast LHS	Total	372														
Brk French Toast Sticks	2 EACH	60	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	60	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	60	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 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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Breakfast Bun	1 each	68	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	0.00
OR 3	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	108	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	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
Breakfast Croissant	1 EACH	100	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	100	60	175	135	0.00	0.72	20.0	300	0.0	0	5.0	1.0	3.5	1.50	0.00
Breakfast Sausage Patty	1 Each	100	90	35	190	0.00	0.72	0.0	0	0.0	0	6.0	1.0	6.0	2.00	0.00
Cheese Sliced	1 EACH	25	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	70	70	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	20	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	80	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	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
Juice, Apple	1/2 cup	300	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	290	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	42	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			523	66	565	4.79	3.29	417.9	1037	9.12	*19	16.39	92.62	9.56	3.37	*0.00
% of Calories											*14.7%	12.5%	70.8%	16.4%	5.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/29/2016																
Breakfast LHS	Total	341														
Breakfast Ham Patty	1 Each	120	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	120	160	0	220	3.00	0.00	0.0	25	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheese Sliced	1 EACH	30	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Jelly Grape	2 EACH	100	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 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
Cereal, Weighted Daily Use	2 EACH	36	217	0	314	4.44	9.81	224.0	916	12.62	*N/A*	3.36	46.34	3.22	0.27	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
Brkft Pop-Tarts Assorted	PACKAGE	85	365	0	373	6.00	3.60	200.0	1000	0.0	30	4.5	75.25	5.0	2.00	0.00
OR 3	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
Breakfast Bun	1 each	100	240	0	250	3.00	1.80	40.0	45	0.0	9	5.0	34.0	10.0	3.50	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
Apple Fresh 125-138ct	1 each	30	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Orange	1 each	35	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Apples, Sliced 2 oz.=1/2 cup	1 each	60	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, Fruit Punch	1/2 cup	260	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	260	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	45	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			489	9	552	4.78	2.74	387.3	875	12.55	*16	15.15	83.87	10.78	3.67	*0.00
% of Calories											*12.9%	12.4%	68.6%	19.8%	6.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			499	37	575	4.58	3.08	390.4	968	17.35	*17	15.53	86.86	10.36	3.42	*0.00
											*30.3%	12.4%	69.6%	18.7%	6.2%	*0.0%

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Breakfast LHS

Portion Values - Detailed

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	499		450 - 600	100%														
Cholesterol (mg)	37																	
Sodium (mg)	575		640															
Fiber (g)	4.58																	
Iron (mg)	3.08																	
Calcium (mg)	390.4																	
Vitamin A (IU)	968																	
Sugars (g)	17	13.48%				Missing												
Vitamin C (mg)	17.35																	
Protein (g)	15.53	12.44%																
Carbohydrate (g)	86.86	69.62%																
Total Fat (g)	10.36	18.69%																
Saturated Fat (g)	3.42	6.17%																
Trans Fat ¹ (g)	0.00	0.00%																
			<10.00%			Missing												

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