

# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Mon - 07/04/2016																
Breakfast K-12 MS and PML	Total	137														
Breakfast Pancake Pup	1 each	69	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	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	20	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	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
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			488	17	495	3.26	3.31	318.0	728	4.48	*14	12.65	90.96	8.76	2.35	0.00
% of Calories											*11.6%	10.4%	74.5%	16.1%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 07/05/2016																
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
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	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	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 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Weighted Daily Average			414	13	411	4.27	4.02	362.6	915	9.92	*16	13.59	77.29	6.47	2.46	0.00
% of Calories											*15.4%	13.1%	74.7%	14.1%	5.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/06/2016																
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
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	26	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	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			497	78	682	4.01	4.10	367.0	1161	40.74	*16	15.16	88.87	10.33	2.60	*0.00
% of Calories											*13.0%	12.2%	71.6%	18.7%	4.7%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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Jul 4, 2016 thru Jul 29, 2016

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 - 07/07/2016																
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	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
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	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
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			544	12	418	5.39	3.64	326.7	833	8.34	*22	12.40	107.59	8.27	1.86	0.00
% of Calories											*16.4%	9.1%	79.1%	13.7%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

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)
Fri - 07/08/2016																
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	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	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
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	13	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	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			446	20	482	4.51	3.08	276.3	702	7.22	*14	13.05	82.67	6.69	1.90	0.00
% of Calories											*12.5%	11.7%	74.1%	13.5%	3.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 07/11/2016																
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	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	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	20	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	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
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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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			458	4	440	4.64	3.89	348.0	847	4.48	*17	12.09	87.52	7.13	2.41	0.00
% of Calories											*14.7%	10.5%	76.4%	14.0%	4.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 07/12/2016																
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
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	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	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			418	25	431	4.31	4.06	365.9	873	9.92	*16	12.92	77.28	7.10	2.06	0.00
% of Calories											*15.4%	12.4%	74.0%	15.3%	4.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Wed - 07/13/2016																
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 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
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	26	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	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			452	74	475	4.40	3.91	392.3	1034	40.73	*17	14.69	86.55	6.62	2.50	0.00
% of Calories											*15.2%	13.0%	76.5%	13.2%	5.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Thu - 07/14/2016																
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
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	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
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			550	18	477	4.85	3.64	326.7	823	8.34	*20	13.47	105.97	8.27	2.13	0.00
% of Calories											*14.7%	9.8%	77.1%	13.5%	3.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Fri - 07/15/2016																
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
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	13	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	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			475	8	521	4.51	2.91	286.0	702	7.22	*14	13.53	82.67	10.54	3.34	0.00
% of Calories											*11.7%	11.4%	69.6%	20.0%	6.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 9

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
<b>Mon - 07/18/2016</b>																
Breakfast K-12 MS and PML	Total	137														
Breakfast Pancake Pup	1 each	69	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	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 Probball	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	20	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	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
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			488	17	495	3.26	3.31	318.0	728	4.48	*14	12.65	90.96	8.76	2.35	0.00
% of Calories											*11.6%	10.4%	74.5%	16.1%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

<b>Tue - 07/19/2016</b>																
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
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	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	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

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Weighted Daily Average			414	13	411	4.27	4.02	362.6	915	9.92	*16	13.59	77.29	6.47	2.46	0.00
% of Calories											*15.4%	13.1%	74.7%	14.1%	5.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 07/20/2016																
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
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	26	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	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			497	78	682	4.01	4.10	367.0	1161	40.74	*16	15.16	88.87	10.33	2.60	*0.00
% of Calories											*13.0%	12.2%	71.6%	18.7%	4.7%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Thu - 07/21/2016																
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	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
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	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
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			544	12	418	5.39	3.64	326.7	833	8.34	*22	12.40	107.59	8.27	1.86	0.00
% of Calories											*16.4%	9.1%	79.1%	13.7%	3.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

	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 - 07/22/2016																
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	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
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	13	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	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			446	20	482	4.51	3.08	276.3	702	7.22	*14	13.05	82.67	6.69	1.90	0.00
% of Calories											*12.5%	11.7%	74.1%	13.5%	3.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 07/25/2016																
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	20	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	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
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 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Weighted Daily Average			458	4	440	4.64	3.89	348.0	847	4.48	*17	12.09	87.52	7.13	2.41	0.00
% of Calories											*14.7%	10.5%	76.4%	14.0%	4.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 07/26/2016																
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
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	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	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			418	25	431	4.31	4.06	365.9	873	9.92	*16	12.92	77.28	7.10	2.06	0.00
% of Calories											*15.4%	12.4%	74.0%	15.3%	4.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Wed - 07/27/2016																
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 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
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	26	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	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 % of Calories			452	74	475	4.40	3.91	392.3	1034	40.73	*17 *15.2%	14.69 13.0%	86.55 76.5%	6.62 13.2%	2.50 5.0%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 15

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:33 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 <sup>1</sup> (g)
Thu - 07/28/2016																
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
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	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
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			550	18	477	4.85	3.64	326.7	823	8.34	*20	13.47	105.97	8.27	2.13	0.00
% of Calories											*14.7%	9.8%	77.1%	13.5%	3.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

Generated on: 8/10/2016 11:57:34 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 <sup>1</sup> (g)
Fri - 07/29/2016																
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	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	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
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	13	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	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			475	8	521	4.51	2.91	286.0	702	7.22	*14	13.53	82.67	10.54	3.34	0.00
% of Calories											*11.7%	11.4%	69.6%	20.0%	6.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	
Weighted Average			474	27	483	4.42	3.66	336.9	862	14.14	*17	13.35	88.74	8.02	2.36	*0.00
											*31.6%	11.3%	74.8%	15.2%	4.5%	*0.0%

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Breakfast K-12 MS and PMLC

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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	474		450 - 500	100%													
Cholesterol (mg)	27																
Sodium (mg)	483		540														
Fiber (g)	4.42																
Iron (mg)	3.66																
Calcium (mg)	336.9																
Vitamin A (IU)	862																
Sugars (g)	17	14.06%				Missing											
Vitamin C (mg)	14.14																
Protein (g)	13.35	11.26%															
Carbohydrate (g)	88.74	74.85%															
Total Fat (g)	8.02	15.22%															
Saturated Fat (g)	2.36	4.48%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%															
			<10.00%			Missing											

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