

Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	517														
Salisbury Steak w/Gravy	1 each	92	107	30	399	1.03	1.45	21.0	5	1.22	*1	11.13	4.34	5.06	2.00	*0.00
Roll, Marzetti 1oz	1 each	92	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	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
Sandwich Chicken Breaded	1 each	236	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	1.47	0.00
Sack Lunch PB&J ES Monday	1 each	141	500	15	670	6.00	4.14	280.0	270	0.0	14	19.0	51.0	25.5	6.00	0.00
Sack Lunch H&C ES Monday	1 each	48	325	35	878	5.00	4.14	180.0	128	1.2	6	18.0	46.0	11.0	3.25	0.00
Potatoes Idahoan	1/2 cup	323	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	126	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Applesauce Watermelon Cup	1 EACH	180	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	193	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	354	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Rice Krispie Treat Mini-Square	1 each	440	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	158	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	22	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	41	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	131	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	72	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	28	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			635	47	1127	6.89	4.31	399.3	1173	43.29	*23	28.79	94.33	16.15	3.27	*0.00
% of Calories											*14.7%	18.1%	59.4%	22.9%	4.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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Elementary OVS

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																
Elementary OVS	Total	515														
Chicken Fajita w/ch/wrap ES&MS	Serving	99	381	85	870	4.01	*1.62	*352.5	271	*0.0	3	25.38	31.49	16.57	9.05	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
Hamburger on Bun	1 each	222	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
Sack Lunch H&C ES Tuesday	1 each	62	345	35	918	5.00	1.80	160.0	218	1.2	*4	17.0	49.0	12.5	3.75	0.00
Sack Lunch PB&J ES Tuesday	1 each	132	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Beans Baked	1/2 cup	104	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Lettuce Romaine & Tomato Diced	SERVING	60	12	0	4	1.03	0.35	12.3	2422	7.11	1	0.69	2.52	0.16	0.02	*0.00
Potatoes, FriesRaw	3.57 oz	342	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	200	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Fruit Mix w/Jello	1/2 CUP	226	110	0	66	0.00	0.00	0.0	72	11.34	*12	0.7	29.19	0.0	0.00	0.00
Juice, Orange	1/2 cup	315	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	155	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	29	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	35	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	3 each	153	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mustard Packet	1 each	36	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Taco Sauce Packet	1 each	46	5	0	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	7	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Sour Cream, Indiv	SERVING	30	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			690	40	958	8.06	*3.31	*457.2	1402	*37.03	*19	27.85	104.52	19.17	5.64	*0.00
% of Calories											*10.8%	16.1%	60.6%	25.0%	7.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Elementary OVS

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																
Elementary OVS	Total	504														
Chicken Breast Tenders	2 each	132	144	44	233	0.79	1.24	14.8	55	0.02	0	14.64	8.21	5.57	1.04	0.00
Cornbread	1 each	132	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*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
Corn Dog, State Fair WG	1 each	164	240	15	670	4.00	1.80	60.0	0	15.0	*N/A*	11.0	33.0	7.0	1.50	0.00
Sack Lunch H&C ES Wednesday	1 each	63	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Sack Lunch PB&J ES Wednesday	1 each	145	520	15	670	6.00	1.80	300.0	260	0.0	*12	18.0	53.0	27.0	7.00	0.00
Collard Greens Frozen	1/2 cup	61	50	0	286	4.45	1.33	250.5	11360	49.48	*0	3.6	9.71	0.46	0.06	*0.00
Peas, Blackeye from DRY	1/2 cup	80	111	0	262	3.43	2.66	35.6	17	0.55	*2	7.77	19.8	0.41	0.11	*0.00
Cookie, WG, Chocolate Chip	1 each	442	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	229	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Strawberry Cup	1 each	192	90	0	0	2.00	0.36	20.0	0	66.0	*N/A*	1.0	22.0	0.0	0.00	0.00
Juice, Apple	1/2 cup	383	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	149	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	31	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	171	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	140	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	40	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Vinegar	1 each	10	2	0	0	0.00	0.00	0.5	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 each	31	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	45	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			672	48	1019	8.37	3.64	462.9	2434	38.96	*13	25.75	101.75	18.48	4.77	*0.00
% of Calories											*7.6%	15.3%	60.6%	24.8%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<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																
Elementary OVS	Total	520														
Chicken Breast Chunks	5 EACH	212	180	75	400	1.00	2.00	27.0	29	0.0	*N/A*	23.0	12.0	4.5	1.00	0.00
Roll, Marzetti 1oz	1 each	212	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	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
Hot Dog on Bun	1 each	192	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Sack Lunch H&C ES Thursday	1 each	28	315	39	908	4.00	2.16	180.0	118	1.2	*4	17.0	43.0	11.0	3.75	0.00
Sack Lunch PB&J ES Thursday	1 each	88	490	19	700	5.00	2.16	280.0	260	0.0	*12	18.0	48.0	25.5	6.50	0.00
Broccoli Florets Steamed	1/2 cup	126	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Macaroni and Cheese Shells	1/2 CUP	260	203	20	529	0.81	0.73	279.2	353	0.6	*4	11.9	21.47	8.28	4.39	*0.00
Vegetables Carrots&Broccoli	1 EACH	74	96	5	180	2.10	0.64	46.3	7929	17.33	*0	0.86	10.8	6.14	1.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	173	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Applesauce Raspberry Cup	1 EACH	177	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	341	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	156	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	38	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	86	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	115	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	36	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
BBQ Sauce	1 each	90	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	57	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			616	75	1102	5.69	2.98	509.6	2558	36.64	*20 *13.1%	31.49 20.4%	82.53 53.6%	18.83 27.5%	5.72 8.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Fri - 07/08/2016																
Elementary OVS	Total	527														
Pizza, RancheroNardone96WW	1 each	258	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	7.00	0.00
MEX2																
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
Sandwich Grilled Ham&CH	1 each	101	295	31	781	2.00	1.44	140.0	450	0.0	4	16.06	31.62	13.96	4.39	0.00
Sack Lunch H&C ES Friday	1 each	48	315	35	853	4.00	2.16	260.0	118	1.2	*4	17.0	42.0	11.5	3.25	0.00
Sack Lunch PB&J ES Friday	1 each	120	490	15	645	5.00	2.16	360.0	260	0.0	*12	18.0	47.0	26.0	6.00	0.00
Bread Stick	1 each	216	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	120	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Salad Side ES&MS	1 each	55	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Corn: Frozen	1/2 cup	176	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	150	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Orange	1 each	124	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	350	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	171	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	24	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	88	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	93	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	35	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			619	35	941	7.25	3.58	524.7	2061	21.79	*18	28.59	84.15	20.00	6.45	*0.00
% of Calories											*11.9%	18.5%	54.4%	29.1%	9.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	522														
Fish Sticks	5 Each	159	269	44	340	3.75	1.35	25.0	0	0.0	*N/A*	15.0	27.5	10.74	1.96	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
Sandwich Steak	1 each	126	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	0.00
Sack Lunch H&C ES Monday	1 each	73	325	35	878	5.00	4.14	180.0	128	1.2	6	18.0	46.0	11.0	3.25	0.00
Sack Lunch PB&J ES Monday	1 each	164	500	15	670	6.00	4.14	280.0	270	0.0	14	19.0	51.0	25.5	6.00	0.00
Rice Yellow	1/2 CUP	238	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Broccoli Florets Steamed	1/2 cup	168	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Sweet Potato Souffle	1/2 cup	168	190	11	68	3.46	1.28	35.0	9954	12.92	*16	1.8	42.17	1.63	0.34	*0.00
Rice Krispie Treat Mini-Square	1 each	429	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Applesauce Strawberry Cup	1 EACH	185	50	0	15	1.00	0.00	0.0	60	60.0	12	0.0	14.0	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	178	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	302	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	155	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	34	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	31	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	3 each	132	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	50	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Mustard Packet	1 each	88	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			715	39	970	8.60	4.84	415.7	4589	41.38	*25	26.82	106.77	20.80	4.41	*0.00
% of Calories											*14.2%	15.0%	59.7%	26.2%	5.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	516														
Spaghetti&crumbles	2/3 cup	213	166	21	269	3.53	2.49	14.8	3204	37.45	*0	10.06	22.85	3.6	1.23	*0.00
Garlic Toast	1 each	213	100	0	130	2.00	0.72	0.0	300	0.0	0	3.0	15.0	3.0	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
Quesadillas Cheesiest ConQueso	3 each	111	260	10	620	4.00	2.70	200.0	100	0.0	*N/A*	15.0	29.0	9.0	2.50	0.00
Sack Lunch H&C ES Tuesday	1 each	60	345	35	918	5.00	1.80	160.0	218	1.2	*4	17.0	49.0	12.5	3.75	0.00
Sack Lunch PB&J ES Tuesday	1 each	132	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Corn: Frozen	1/2 cup	170	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Carrots, Steamed	1/2 cup	65	43	9	116	0.78	*0.00	*0.2	168	*0.0	1	0.0	2.33	3.95	0.65	*0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	176	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Fruit Mix w/Jello	1/2 CUP	179	110	0	66	0.00	0.00	0.0	72	11.34	*12	0.7	29.19	0.0	0.00	0.00
Juice, Orange	1/2 cup	333	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Cookie, WG, Candy	1 each	450	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Milk, Chocolate Skim	1 CUP	151	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	36	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	23	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	88	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	77	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	15	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Taco Sauce Packet	1 each	86	5	0	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Sour Cream, Indiv	SERVING	42	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			647	32	908	8.05	*3.42	*376.6	2632	*49.86	*16	24.65	100.21	18.21	4.71	*0.00
% of Calories											*9.7%	15.2%	61.9%	25.3%	6.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	522														
Chicken and Rice Diced Chicken	2/3 CUP	146	190	36	461	1.11	1.37	15.2	126	0.06	*0	13.87	24.03	4.19	1.04	*0.00
Roll, Marzetti 1oz	1 each	146	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	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
Hot Dog on Bun	1 each	221	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Sack Lunch H&C ES Wednesday	1 each	43	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Sack Lunch PB&J ES Wednesday	1 each	112	520	15	670	6.00	1.80	300.0	260	0.0	*12	18.0	53.0	27.0	7.00	0.00
Beans Baked	1/2 cup	84	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Potato Tater Tots	1/2 CUP	401	90	0	160	1.00	0.36	0.0	0	0.0	0	1.0	14.0	3.5	0.00	0.00
Vegetables Carrots&Broccoli	1 EACH	29	96	5	180	2.10	0.64	46.3	7929	17.33	*0	0.86	10.8	6.14	1.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	212	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Strawberry Cup	1 each	164	90	0	0	2.00	0.36	20.0	0	66.0	*N/A*	1.0	22.0	0.0	0.00	0.00
Juice, Apple	1/2 cup	373	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	151	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	36	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	27	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	3 each	164	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mustard Packet	1 each	77	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	35	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			594	45	941	6.51	2.88	390.9	1439	24.79	*13	22.66	89.07	16.81	3.74	*0.00
% of Calories											*8.5%	15.3%	59.9%	25.5%	5.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	515														
Hamburger on Bun	1 each	228	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
Doritos Assorted	1 each	228	130	0	180	2.00	0.36	20.0	33	0.0	*N/A*	2.0	19.67	5.0	0.67	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
Chicken Baked Breast	1 Each	22	320	105	318	0.05	1.11	20.3	171	0.0	*0	36.02	0.08	20.02	7.00	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
Chicken Baked Thigh	1 Each	109	290	115	338	0.05	1.11	20.3	171	0.0	*0	20.02	1.08	24.02	7.00	0.00
Roll, Marzetti 1oz	1 each	131	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Sack Lunch H&C ES Thursday	1 each	38	315	39	908	4.00	2.16	180.0	118	1.2	*4	17.0	43.0	11.0	3.75	0.00
Sack Lunch PB&J ES Thursday	1 each	118	490	19	700	5.00	2.16	280.0	260	0.0	*12	18.0	48.0	25.5	6.50	0.00
Potatoes Idahoan	1/2 cup	285	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans, Green: Cut, Can seasoned	1/2 Cup	150	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	190	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Applesauce Birthday Cake Cup	1 EACH	216	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	350	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	162	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	21	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	41	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Mustard Packet	1 each	103	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	36	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Catsup Packet	2 each	146	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			633	54	952	6.64	3.10	399.2	1201	45.66	*20 *12.7%	27.33 17.3%	86.74 54.8%	20.48 29.1%	5.28 7.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	535														
Pizza, Pepperoni Giorgio 8671	1 EACH	319	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	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
Chicken Popcorn	10 Each	88	178	0	383	1.09	2.08	55.2	94	0.04	2	13.43	13.84	7.23	0.40	0.00
Sack Lunch H&C ES Friday	1 each	32	315	35	853	4.00	2.16	260.0	118	1.2	*4	17.0	42.0	11.5	3.25	0.00
Sack Lunch PB&J ES Friday	1 each	96	490	15	645	5.00	2.16	360.0	260	0.0	*12	18.0	47.0	26.0	6.00	0.00
Salad Side ES&MS	1 each	44	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Corn: Frozen	1/2 cup	193	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	197	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	120	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	171	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Orange	1 each	80	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	365	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	180	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	27	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	120	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	74	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	15	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 each	50	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Weighted Daily Average			605	29	826	8.06	3.28	533.7	1859	18.45	*13	31.21	84.98	16.27	4.90	*0.00
% of Calories											*8.5%	20.6%	56.2%	24.2%	7.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	517														
Corn Dog, State Fair WG	1 each	223	240	15	670	4.00	1.80	60.0	0	15.0	*N/A*	11.0	33.0	7.0	1.50	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
Salisbury Steak w/Gravy	1 each	128	107	30	399	1.03	1.45	21.0	5	1.22	*1	11.13	4.34	5.06	2.00	*0.00
Roll, Marzetti 1oz	1 each	128	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Sack Lunch H&C ES Monday	1 each	52	325	35	878	5.00	4.14	180.0	128	1.2	6	18.0	46.0	11.0	3.25	0.00
Sack Lunch PB&J ES Monday	1 each	114	500	15	670	6.00	4.14	280.0	270	0.0	14	19.0	51.0	25.5	6.00	0.00
Potatoes Idahoan	1/2 cup	300	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	121	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	178	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Applesauce Watermelon Cup	1 EACH	138	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	302	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Cupcake	1 each	450	140	20	200	6.00	1.80	300.0	0	0.0	*N/A*	2.0	26.0	3.0	1.00	0.00
Milk, Chocolate Skim	1 CUP	148	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	23	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	38	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	66	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	129	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	35	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			632	45	1214	11.57	4.71	625.2	1094	42.79	*17	23.60	99.37	15.99	4.00	*0.00
% of Calories											*10.9%	14.9%	62.9%	22.8%	5.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	500														
Chicken and Noodles	1 cup	178	271	65	826	1.39	1.67	48.8	286	0.39	*2	24.83	26.15	7.41	1.95	*0.00
Roll, Marzetti 1oz	1 each	178	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	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
Quesadilla, Taco Sv=3	serving	118	240	10	600	4.00	2.70	200.0	100	0.0	*N/A*	15.0	29.0	8.0	2.50	0.00
Sack Lunch H&C ES Tuesday	1 each	72	345	35	918	5.00	1.80	160.0	218	1.2	*4	17.0	49.0	12.5	3.75	0.00
Sack Lunch PB&J ES Tuesday	1 each	132	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Carrots, glazed	1/2 cup	140	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Broccoli Florets Steamed	1/2 cup	128	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	180	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Fruit Mix w/Jello	1/2 CUP	190	110	0	66	0.00	0.00	0.0	72	11.34	*12	0.7	29.19	0.0	0.00	0.00
Juice, Orange	1/2 cup	301	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Rice Krispie Treat Mini-Square	1 each	452	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	139	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	36	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Taco Sauce Packet	1 each	45	5	0	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Sour Cream, Indiv	SERVING	52	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	0.00
Catsup Packet	1 each	46	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	51	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	21	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			629	46	1089	6.04	*2.83	*413.6	1528	*40.77	*21 *13.4%	28.89 18.4%	91.74 58.3%	18.07 25.8%	4.37 6.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	517														
Pepperoni Mini Calzone	Serving	92	340	35	470	5.00	2.70	350.0	400	9.0	6	24.0	34.0	13.0	6.00	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
Sandwich Chicken Breaded	1 each	236	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	1.47	0.00
Sack Lunch H&C ES Wednesday	1 each	48	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Sack Lunch PB&J ES Wednesday	1 each	141	520	15	670	6.00	1.80	300.0	260	0.0	*12	18.0	53.0	27.0	7.00	0.00
Corn: Frozen	1/2 CUP	196	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Beans Lima Frozen	1/2 cup	120	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Vegetables Carrots&Broccoli	1 EACH	23	96	5	180	2.10	0.64	46.3	7929	17.33	*0	0.86	10.8	6.14	1.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	196	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Strawberry Cup	1 each	200	90	0	0	2.00	0.36	20.0	0	66.0	*N/A*	1.0	22.0	0.0	0.00	0.00
Juice, Apple	1/2 cup	356	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	158	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	22	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	41	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	131	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	72	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	28	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			641	47	950	8.33	3.74	465.3	1604	34.02	*14	31.50	92.29	17.18	4.42	*0.00
% of Calories											*8.8%	19.7%	57.6%	24.1%	6.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	504														
Hamburger on Bun	1 each	148	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
Doritos Assorted	1 each	148	130	0	180	2.00	0.36	20.0	33	0.0	*N/A*	2.0	19.67	5.0	0.67	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
Chicken Breast Tenders	2 each	148	144	44	233	0.79	1.24	14.8	55	0.02	0	14.64	8.21	5.57	1.04	0.00
Cornbread	1 each	148	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Sack Lunch H&C ES Thursday	1 each	63	315	39	908	4.00	2.16	180.0	118	1.2	*4	17.0	43.0	11.0	3.75	0.00
Sack Lunch PB&J ES Thursday	1 each	145	490	19	700	5.00	2.16	280.0	260	0.0	*12	18.0	48.0	25.5	6.50	0.00
Turnip Greens	1/2 cup	61	36	0	242	3.09	1.88	147.9	7650	33.15	*0	3.33	6.26	0.38	0.09	*0.00
Peas, Blackeye from DRY	1/2 cup	80	111	0	262	3.43	2.66	35.6	17	0.55	*2	7.77	19.8	0.41	0.11	*0.00
Rice Yellow	1/2 CUP	238	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	229	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Applesauce Raspberry Cup	1 EACH	192	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	383	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	149	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	31	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	171	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	140	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	40	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
BBQ Sauce	1 each	31	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	45	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Vinegar	1 each	10	2	0	0	0.00	0.00	0.5	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			659	48	1047	7.18	4.16	450.2	2065	33.00	*21	27.22	98.31	17.65	4.22	*0.00
% of Calories											*12.6%	16.5%	59.6%	24.1%	5.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	514														
Pizza, Cheese Giorgio 8391	1 EACH	271	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	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
Sandwich Grilled Ham&CH	1 each	87	295	31	781	2.00	1.44	140.0	450	0.0	4	16.06	31.62	13.96	4.39	0.00
Sack Lunch H&C ES Friday	1 each	48	315	35	853	4.00	2.16	260.0	118	1.2	*4	17.0	42.0	11.5	3.25	0.00
Sack Lunch PB&J ES Friday	1 each	108	490	15	645	5.00	2.16	360.0	260	0.0	*12	18.0	47.0	26.0	6.00	0.00
Salad Side ES&MS	1 each	41	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Corn: Frozen	1/2 cup	163	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	200	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	120	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	180	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	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*
Juice, Grape	1/2 cup	336	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	148	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	59	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	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
Catsup Packet	2 each	51	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	10	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	10	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			610	30	825	8.20	3.15	572.6	1900	19.99	*15	30.97	85.18	17.91	6.01	*0.00
% of Calories											*9.9%	20.3%	55.8%	26.4%	8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	499														
Sandwich Steak	1 each	193	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	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
Chicken Burrito	Serving	124	438	94	803	3.76	*2.39	*473.7	779	*7.8	*3	33.16	32.5	18.84	10.25	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
Sandwich PB&J	1 Each	123	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Sandwich Ham&Cheese	1 EACH	59	215	35	718	3.00	1.44	160.0	118	1.2	4	15.0	29.0	7.5	3.25	0.00
with	1	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Rice and Beans	1/2 CUP	70	128	0	209	4.37	1.63	38.7	69	1.02	*0	5.52	24.87	0.9	0.15	*0.00
Beans, Green: Cut, Can seasoned	1/2 Cup	219	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	174	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Applesauce Strawberry Cup	1 EACH	196	50	0	15	1.00	0.00	0.0	60	60.0	12	0.0	14.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	347	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Cookie, WG, Candy	1 each	409	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Milk, Chocolate Skim	1 CUP	137	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	48	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	26	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	147	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	79	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	32	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Taco Sauce Packet	1 each	51	5	0	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Sour Cream, Indiv	SERVING	29	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			646	51	904	8.20	*3.94	*453.8	1365	*33.11	*18	29.02	90.71	19.88	6.32	*0.00
% of Calories											*11.4%	18.0%	56.2%	27.7%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	504														
Hamburger on Bun	1 each	123	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	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
Chicken Alfredo	2/3 CUP	146	272	73	641	1.35	1.28	264.9	317	0.54	*5	26.58	20.92	9.16	4.51	0.00
Bread Stick	1 each	146	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Sack Lunch H&C ES Tuesday	1 each	81	345	35	918	5.00	1.80	160.0	218	1.2	*4	17.0	49.0	12.5	3.75	0.00
Sack Lunch PB&J ES Tuesday	1 each	154	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Broccoli Florets Steamed	1/2 cup	82	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Carrots, Steamed	1/2 cup	52	43	9	116	0.78	*0.00	*0.2	168	*0.0	1	0.0	2.33	3.95	0.65	*0.00
Cookie, WG, Double Choc Chip	1 each	450	103	8	102	1.26	0.72	0.0	0	0.0	*N/A*	1.64	17.95	3.27	1.08	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	205	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Fruit Mix w/Jello	1/2 CUP	198	110	0	66	0.00	0.00	0.0	72	11.34	*12	0.7	29.19	0.0	0.00	0.00
Juice, Orange	1/2 cup	323	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	145	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	39	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	25	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	80	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	64	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	41	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			666	50	950	6.48	*3.14	*456.7	1347	*39.90	*19	29.80	97.81	19.92	5.75	*0.00
% of Calories											*11.5%	17.9%	58.7%	26.9%	7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Elementary OVS

Generated on: 8/10/2016 11:51:52 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/27/2016																
Elementary OVS	Total	515														
Chicken Breast Chunks	5 EACH	275	180	75	400	1.00	2.00	27.0	29	0.0	*N/A*	23.0	12.0	4.5	1.00	0.00
Roll, Marzetti 1oz	1 each	275	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	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
Hot Dog on Bun	1 each	97	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Sack Lunch H&C ES Wednesday	1 each	43	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Sack Lunch PB&J ES Wednesday	1 each	100	520	15	670	6.00	1.80	300.0	260	0.0	*12	18.0	53.0	27.0	7.00	0.00
Potatoes, FriesRaw	3.57 oz	418	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	0.00
Cole Slaw	1/2 cup	63	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	200	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Strawberry Cup	1 each	182	90	0	0	2.00	0.36	20.0	0	66.0	*N/A*	1.0	22.0	0.0	0.00	0.00
Juice, Apple	1/2 cup	388	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	144	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	31	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	3 each	160	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mustard Packet	1 each	86	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	35	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
BBQ Sauce	1 each	94	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	119	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			690	68	999	7.70	3.02	360.0	1082	32.38	*13	28.78	101.83	19.52	4.11	0.00
% of Calories											*7.7%	16.7%	59.1%	25.5%	5.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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																
Elementary OVS	Total	508														
Nachos Meat Only	1/4 CUP	120	64	15	61	1.17	1.16	13.8	368	3.99	*0	5.62	4.71	2.46	0.95	*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
Chicken Nuggts Grill A/P 9880	4 each	200	150	50	190	0.00	0.72	0.0	0	1.2	0	16.0	1.0	9.0	2.50	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
Sandwich PB&J	1 Each	140	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Sandwich Ham&Cheese	1 EACH	48	215	35	718	3.00	1.44	160.0	118	1.2	4	15.0	29.0	7.5	3.25	0.00
with	1	0	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Tortilla Chips Baked Scoops	1 EACH	418	110	0	125	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
Cheese Sauce	1/3 cup	180	93	0	599	0.00	0.00	79.9	0	0.0	*N/A*	2.66	7.99	5.33	2.00	0.00
Bean Dip Refried Beans	1/2 cup	25	109	8	199	3.72	1.73	86.7	773	12.71	*0	5.68	14.57	3.06	1.90	*0.00
Vegetables Carrots&Broccoli	1 EACH	25	96	5	180	2.10	0.64	46.3	7929	17.33	*0	0.86	10.8	6.14	1.02	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	158	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	200	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Applesauce Birthday Cake Cup	1 EACH	231	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
Rice Krispie Treat Mini-Square	1 each	410	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	353	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	142	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	36	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	61	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	78	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	40	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Taco Sauce Packet	1 each	49	5	0	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	1 each	37	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	20	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			557	32	866	5.74	2.29	331.7	1597	36.37	*23	21.47	82.07	15.11	3.18	*0.00
% of Calories											*16.2%	15.4%	59.0%	24.4%	5.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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 - 07/29/2016																
Elementary OVS	Total	518														
Pizza, Pepperoni Giorgio 8671	1 EACH	250	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	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
Chicken Popcorn	10 Each	124	178	0	383	1.09	2.08	55.2	94	0.04	2	13.43	13.84	7.23	0.40	0.00
Sack Lunch H&C ES Friday	1 each	40	315	35	853	4.00	2.16	260.0	118	1.2	*4	17.0	42.0	11.5	3.25	0.00
Sack Lunch PB&J ES Friday	1 each	104	490	15	645	5.00	2.16	360.0	260	0.0	*12	18.0	47.0	26.0	6.00	0.00
Salad Side ES&MS	1 each	65	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Corn: Frozen	1/2 cup	154	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	195	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	120	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	176	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Orange	1 each	85	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	342	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	155	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, Strawberry Skim	1 Cup	200	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	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	41	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup Packet	2 each	76	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	1 each	70	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	46	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	2 Each	120	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 each	50	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Weighted Daily Average			595	27	835	7.84	3.29	514.6	2019	18.35	*13	30.08	82.94	16.62	4.55	*0.00
% of Calories											*9.1%	20.2%	55.7%	25.1%	6.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Weighted Average			638	44	971	7.57	*3.48	*455.7	1847	*34.43	*18	27.82	92.87	18.15	4.79	*0.00
											*25.1%	17.5%	58.3%	25.6%	6.8%	*0.0%

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

Elementary OVS

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	638		550 - 650	100%													
Cholesterol (mg)	44																
Sodium (mg)	971		1230														
Fiber (g)	7.57																
Iron (mg)	3.48				Missing												
Calcium (mg)	455.7				Missing												
Vitamin A (IU)	1847																
Sugars (g)	18	11.15%															
Vitamin C (mg)	34.43																
Protein (g)	27.82	17.45%															
Carbohydrate (g)	92.87	58.26%															
Total Fat (g)	18.15	25.62%															
Saturated Fat (g)	4.79	6.76%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%														
					Missing												

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