

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

Generated on: 08/08/2017 2:49:28 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/03/2017																
LHS-Chicken Lovers Line 1	Total	744														
Chicken Breaded Filet	1 each	500	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	244	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Roll, Marzetti 2oz	2 each	599	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potatoes Idahoan	1/2 cup	645	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans Lima Frozen	1/2 cup	85	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Corn: Frozen	1/2 cup	172	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Broccoli Florets Steamed	1/2 cup	170	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cupcake	1 each	413	140	20	200	6.00	1.80	300.0	0	0.0	*N/A*	2.0	26.0	3.0	1.00	0.00
Rice Krispie Treat Mini-Square	1 each	215	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Banana 7-7 7/8in=1/2cup	1 each	25	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	140	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	240	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	100	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	68	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	42	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	318	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	207	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			829	82	1472	11.91	3.77	409.5	1115	33.61	*16	38.57	121.29	21.27	3.44	*0.00
% of Calories											*7.9%	18.6%	58.5%	23.1%	3.7%	*0.0%
Nutrient Guideline			750-850		1420										<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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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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)
Tue - 07/04/2017																
LHS-Chicken Lovers Line 1	Total	701														
Chicken Breaded Filet	1 each	450	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	251	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Cornbread	1 each	300	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Collard Greens Frozen	1/2 cup	100	50	0	286	4.45	1.33	250.5	11360	49.48	*0	3.6	9.71	0.46	0.06	*0.00
Carrots, glazed	1/2 cup	50	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Peas, Garden FROZEN	1/2 cup	150	77	1	345	5.20	1.44	23.9	1987	9.37	*4	5.21	13.82	0.59	0.05	*0.00
Macaroni and Cheese Shells	1/2 CUP	600	203	20	529	0.81	0.73	279.2	353	0.6	*4	11.9	21.47	8.28	4.39	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	360	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	254	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Fruit Mix w/Jello	1/2 CUP	150	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	150	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	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, Strawberry Skim	1 Cup	100	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	65	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	34	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	272	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	225	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Vinegar	2 each	300	3	0	0	0.00	0.01	1.1	0	0.0	0	0.0	0.01	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	100	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			720	110	1437	5.36	*4.25	*551.2	3125	*22.52	*16 *9.1%	40.86 22.7%	88.23 49.0%	23.39 29.2%	7.02 8.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

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 - 07/05/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	200	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice and Beans	1/2 CUP	150	128	0	209	4.37	1.63	38.7	69	1.02	*0	5.52	24.87	0.9	0.15	*0.00
Corn: Frozen	1/2 cup	100	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Vegetables mixed CA Cheese	1/2 cup	80	42	1	146	2.00	0.36	31.3	1503	27.06	*N/A*	1.28	6.42	1.13	0.28	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Salad Side LHS	each	2	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Chocolate Chip	1 each	180	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	40	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	60	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	70	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	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
Bar B Que Sauce Cups	1 each	60	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	75	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			844	76	1393	12.27	4.05	275.6	1635	13.65	*16	40.57	124.70	20.50	3.58	*0.00
% of Calories											*7.6%	19.2%	59.1%	21.9%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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 - 07/06/2017																
LHS-Chicken Lovers Line 1	Total	600														
Chicken Breaded Filet	1 each	400	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	200	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	400	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice Yellow	1/2 CUP	550	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Peas, Butter	1/2 cup	100	100	1	201	4.50	1.35	30.8	0	3.6	*0	5.49	18.24	0.24	0.00	*0.00
Broccoli Florets Steamed	1/2 cup	200	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Okra, Oven Fried	Servings	275	170	0	250	3.00	1.44	80.0	100	3.6	*N/A*	4.0	24.0	7.0	1.00	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*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
Rice Krispie Treat Mini-Square	1 each	100	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Pineapple Tidbits w/ Cherries	1/2 cup	100	72	0	1	1.03	0.28	14.7	43	9.28	*14	0.46	18.03	0.09	0.01	0.00
Juice, Fruit Punch	1/2 cup	200	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	100	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	100	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	100	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	100	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			858	74	1478	10.40	4.53	219.7	1098	17.18	*15 *7.1%	38.64 18.0%	126.00 58.7%	22.40 23.5%	3.74 3.9%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Fri - 07/07/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Roll, Marzetti 2oz	2 each	100	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potato Baked	1 each	150	179	0	11	3.00	1.95	30.0	2	12.89	0	4.86	41.02	0.18	0.07	0.00
Broccoli Florets Steamed	1/2 cup	60	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Beans Baked	30	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	0.00	*0.00
Corn: Frozen	1/2 cup	125	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	185	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Apple Fresh 125-138ct	1 each	10	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Juice, Grape	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	50	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	65	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Margarine, Individual	2 each	120	120	0	210	0.00	0.00	0.0	1000	0.0	0	0.0	0.0	14.0	5.00	0.00
Sour Cream, Indiv	2 Each	65	80	20	80	0.00	0.00	80.0	400	0.0	*N/A*	4.0	4.0	5.0	4.00	0.00
Pepper Ind. Packs	2 Each	100	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			832	80	1123	9.09	4.17	259.5	1837	18.85	*13	37.57	112.57	26.68	7.00	*0.00
% of Calories											*6.1%	18.1%	54.1%	28.9%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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)
Mon - 07/10/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	155	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice, WG	1/2 cup	100	114	0	193	0.92	0.93	9.7	50	0.0	*0	2.35	22.49	1.56	0.24	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Mixed Vegetables Frozen	1/2 cup	45	54	0	117	2.25	0.54	15.2	562	4.5	*0	1.62	9.12	0.12	0.00	*0.00
Okra, Oven Fried	Servings	100	170	0	250	3.00	1.44	80.0	100	3.6	*N/A*	4.0	24.0	7.0	1.00	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cupcake	1 each	190	140	20	200	6.00	1.80	300.0	0	0.0	*N/A*	2.0	26.0	3.0	1.00	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Peaches,Diced	1/2 cup	30	53	0	6	1.30	0.38	6.0	341	3.81	*N/A*	0.5	13.43	0.12	0.00	0.00
Juice, Fruit Punch	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	75	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			816	86	1381	12.42	4.77	481.0	1209	6.34	*14 *6.9%	36.90 18.1%	117.19 57.4%	21.79 24.0%	3.76 4.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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)
Tue - 07/11/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	142	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potatoes Idahoan	1/2 cup	240	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Peas, Zipper from frozen	1/2 cup	100	114	0	183	1.85	1.67	19.5	0	0.0	*0	7.6	20.76	1.85	0.46	*0.00
Broccoli Florets Steamed	1/2 cup	80	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Corn: Frozen	1/2 cup	130	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	155	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Orange	1 each	15	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Orange	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	75	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			809	76	1422	9.34	3.72	248.8	1411	50.99	*14	39.38	114.39	23.49	4.11	*0.00
% of Calories											*6.9%	19.5%	56.6%	26.1%	4.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

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 - 07/12/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Rice and Beans	1/2 CUP	120	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	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Corn: Frozen	1/2 cup	135	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Vegetables mixed CA Cheese	1/2 cup	80	42	1	146	2.00	0.36	31.3	1503	27.06	*N/A*	1.28	6.42	1.13	0.28	0.00
Roll, Marzetti 2oz	2 each	180	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Chocolate Chip	1 each	120	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Applesauce Flavored	1/2 CUP	30	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	0.00
Juice, Apple	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Bar B Que Sauce Cups	1 each	45	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	60	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	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
Pepper Ind. Packs	2 Each	100	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			782	73	1310	11.07	3.71	245.5	1709	14.57	*17 *8.8%	38.55 19.7%	113.92 58.3%	19.43 22.4%	3.33 3.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

Portion Values - Detailed

Generated on: 08/08/2017 2:49:28 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/13/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	175	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potatoes Idahoan	1/2 cup	230	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans Baked	1/2 cup	50	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Cole Slaw	1/2 cup	35	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Corn: Frozen	1/2 cup	80	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	40	43	9	116	0.78	*0.00	*0.2	168	*0.0	1	0.0	2.33	3.95	0.65	*0.00
Salad Side LHS	each	20	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Double Choc Chip	1 each	165	103	8	102	1.26	0.72	0.0	0	0.0	*N/A*	1.64	17.95	3.27	1.08	0.00
Rice Krispie Treat Mini-Square	1 each	30	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Fruit, Tropical Salad	1/2 cup	30	92	0	0	2.05	0.00	20.5	513	30.79	*N/A*	1.03	21.55	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	75	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			833	78	1439	9.59	*3.43	*251.7	1639	*34.53	*16	38.11	119.43	23.07	3.93	*0.00
% of Calories											*7.8%	18.3%	57.3%	24.9%	4.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

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 - 07/14/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	100	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potato Baked	1 each	130	179	0	11	3.00	1.95	30.0	2	12.89	0	4.86	41.02	0.18	0.07	0.00
Peas, Purple Hull Frozen	1/2 cup	100	63	0	188	2.50	0.90	11.0	0	0.0	*0	4.21	11.43	0.25	0.00	*0.00
Corn: Frozen	1/2 cup	120	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	100	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Broccoli Florets Steamed	1/2 cup	50	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	145	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	40	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	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	60	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	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
Margarine, Individual	2 each	110	120	0	210	0.00	0.00	0.0	1000	0.0	0	0.0	0.0	14.0	5.00	0.00
Sour Cream, Indiv	2 Each	80	80	20	80	0.00	0.00	80.0	400	0.0	*N/A*	4.0	4.0	5.0	4.00	0.00
Pepper Ind. Packs	2 Each	100	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			848	80	1242	10.84	4.95	268.6	1867	19.88	*12	40.41	115.83	25.84	6.81	*0.00
% of Calories											*5.8%	19.1%	54.6%	27.4%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<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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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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)
Mon - 07/17/2017																
LHS-Chicken Lovers Line 1	Total	744														
Chicken Breaded Filet	1 each	500	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	244	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Roll, Marzetti 2oz	2 each	599	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potatoes Idahoan	1/2 cup	645	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans Lima Frozen	1/2 cup	85	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Corn: Frozen	1/2 cup	172	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Broccoli Florets Steamed	1/2 cup	170	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cupcake	1 each	413	140	20	200	6.00	1.80	300.0	0	0.0	*N/A*	2.0	26.0	3.0	1.00	0.00
Rice Krispie Treat Mini-Square	1 each	215	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Banana 7-7 7/8in=1/2cup	1 each	25	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	140	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	240	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	100	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	68	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	42	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	318	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	207	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			829	82	1472	11.91	3.77	409.5	1115	33.61	*16	38.57	121.29	21.27	3.44	*0.00
% of Calories											*7.9%	18.6%	58.5%	23.1%	3.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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)
Tue - 07/18/2017																
LHS-Chicken Lovers Line 1	Total	701														
Chicken Breaded Filet	1 each	450	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	251	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Cornbread	1 each	300	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Collard Greens Frozen	1/2 cup	100	50	0	286	4.45	1.33	250.5	11360	49.48	*0	3.6	9.71	0.46	0.06	*0.00
Carrots, glazed	1/2 cup	50	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Peas, Garden FROZEN	1/2 cup	150	77	1	345	5.20	1.44	23.9	1987	9.37	*4	5.21	13.82	0.59	0.05	*0.00
Macaroni and Cheese Shells	1/2 CUP	600	203	20	529	0.81	0.73	279.2	353	0.6	*4	11.9	21.47	8.28	4.39	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	360	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	254	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Fruit Mix w/Jello	1/2 CUP	150	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	150	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	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, Strawberry Skim	1 Cup	100	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	65	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	34	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	272	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	225	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Vinegar	2 each	300	3	0	0	0.00	0.01	1.1	0	0.0	0	0.0	0.01	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	100	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			720	110	1437	5.36	*4.25	*551.2	3125	*22.52	*16 *9.1%	40.86 22.7%	88.23 49.0%	23.39 29.2%	7.02 8.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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)
Wed - 07/19/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	200	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice and Beans	1/2 CUP	150	128	0	209	4.37	1.63	38.7	69	1.02	*0	5.52	24.87	0.9	0.15	*0.00
Corn: Frozen	1/2 cup	100	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Vegetables mixed CA Cheese	1/2 cup	80	42	1	146	2.00	0.36	31.3	1503	27.06	*N/A*	1.28	6.42	1.13	0.28	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Salad Side LHS	each	2	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Chocolate Chip	1 each	180	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	40	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	60	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	70	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	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
Bar B Que Sauce Cups	1 each	60	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	75	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			844	76	1393	12.27	4.05	275.6	1635	13.65	*16	40.57	124.70	20.50	3.58	*0.00
% of Calories											*7.6%	19.2%	59.1%	21.9%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

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 - 07/20/2017																
LHS-Chicken Lovers Line 1	Total	600														
Chicken Breaded Filet	1 each	400	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	200	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	200	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice Yellow	1/2 CUP	200	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Peas, Butter	1/2 cup	100	100	1	201	4.50	1.35	30.8	0	3.6	*0	5.49	18.24	0.24	0.00	*0.00
Broccoli Florets Steamed	1/2 cup	200	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Okra, Oven Fried	Servings	275	170	0	250	3.00	1.44	80.0	100	3.6	*N/A*	4.0	24.0	7.0	1.00	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*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
Rice Krispie Treat Mini-Square	1 each	100	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Pineapple Tidbits w/ Cherries	1/2 cup	100	72	0	1	1.03	0.28	14.7	43	9.28	*14	0.46	18.03	0.09	0.01	0.00
Juice, Fruit Punch	1/2 cup	200	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	100	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	100	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	100	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	100	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			677	73	1121	7.80	3.97	213.9	1029	17.07	*12	33.67	92.42	19.43	3.51	*0.00
% of Calories											*7.1%	19.9%	54.6%	25.8%	4.7%	*0.0%
Nutrient Guideline			750-850		1420										<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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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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)
Fri - 07/21/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Roll, Marzetti 2oz	2 each	100	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potato Baked	1 each	150	179	0	11	3.00	1.95	30.0	2	12.89	0	4.86	41.02	0.18	0.07	0.00
Broccoli Florets Steamed	1/2 cup	60	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Beans Baked	30	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	0.00	*0.00
Corn: Frozen	1/2 cup	125	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	185	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Apple Fresh 125-138ct	1 each	10	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Juice, Grape	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	50	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	65	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Margarine, Individual	2 each	120	120	0	210	0.00	0.00	0.0	1000	0.0	0	0.0	0.0	14.0	5.00	0.00
Sour Cream, Indiv	2 Each	65	80	20	80	0.00	0.00	80.0	400	0.0	*N/A*	4.0	4.0	5.0	4.00	0.00
Pepper Ind. Packs	2 Each	100	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			832	80	1123	9.09	4.17	259.5	1837	18.85	*13	37.57	112.57	26.68	7.00	*0.00
% of Calories											*6.1%	18.1%	54.1%	28.9%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

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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)
Mon - 07/24/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	155	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice, WG	1/2 cup	100	114	0	193	0.92	0.93	9.7	50	0.0	*0	2.35	22.49	1.56	0.24	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Mixed Vegetables Frozen	1/2 cup	45	54	0	117	2.25	0.54	15.2	562	4.5	*0	1.62	9.12	0.12	0.00	*0.00
Okra, Oven Fried	Servings	100	170	0	250	3.00	1.44	80.0	100	3.6	*N/A*	4.0	24.0	7.0	1.00	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cupcake	1 each	190	140	20	200	6.00	1.80	300.0	0	0.0	*N/A*	2.0	26.0	3.0	1.00	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
PEACH,Frozen,4.4 oz Cup	1 Each	30	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	75	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			820	86	1380	12.38	4.77	480.3	1204	25.32	*14 *6.8%	36.96 18.0%	117.85 57.5%	21.77 23.9%	3.76 4.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

Generated on: 08/08/2017 2:49:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 07/25/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	142	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potatoes Idahoan	1/2 cup	240	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Peas, Zipper from frozen	1/2 cup	100	114	0	183	1.85	1.67	19.5	0	0.0	*0	7.6	20.76	1.85	0.46	*0.00
Broccoli Florets Steamed	1/2 cup	80	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Corn: Frozen	1/2 cup	130	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	155	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Banana 7-7 7/8in=1/2cup	1 each	40	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	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	75	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			823	76	1422	9.69	3.76	247.4	1410	49.57	*16	39.53	118.03	23.55	4.13	*0.00
% of Calories											*7.7%	19.2%	57.4%	25.7%	4.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

Generated on: 08/08/2017 2:49:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/26/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Rice and Beans	1/2 CUP	120	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	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Corn: Frozen	1/2 cup	135	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Vegetables mixed CA Cheese	1/2 cup	80	42	1	146	2.00	0.36	31.3	1503	27.06	*N/A*	1.28	6.42	1.13	0.28	0.00
Roll, Marzetti 2oz	2 each	180	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Chocolate Chip	1 each	120	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Applesauce Flavored	1/2 CUP	30	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	0.00
Juice, Apple	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Bar B Que Sauce Cups	1 each	45	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	60	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	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
Pepper Ind. Packs	2 Each	100	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			782	73	1310	11.07	3.71	245.5	1709	14.57	*17	38.55	113.92	19.43	3.33	*0.00
% of Calories											*8.8%	19.7%	58.3%	22.4%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

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 - 07/27/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	150	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potatoes Idahoan	1/2 cup	150	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans Baked	1/2 cup	50	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Cole Slaw	1/2 cup	35	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Corn: Frozen	1/2 cup	80	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	40	43	9	116	0.78	*0.00	*0.2	168	*0.0	1	0.0	2.33	3.95	0.65	*0.00
Salad Side LHS	each	20	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Double Choc Chip	1 each	165	103	8	102	1.26	0.72	0.0	0	0.0	*N/A*	1.64	17.95	3.27	1.08	0.00
Rice Krispie Treat Mini-Square	1 each	30	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Fruit, Tropical Salad	1/2 cup	30	92	0	0	2.05	0.00	20.5	513	30.79	*N/A*	1.03	21.55	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	75	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	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			775	78	1302	8.72	*3.33	*245.6	1610	*26.43	*15	36.57	108.84	21.89	3.83	*0.00
% of Calories											*7.9%	18.9%	56.2%	25.4%	4.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

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 - 07/28/2017																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	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 Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	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
Roll, Marzetti 2oz	2 each	110	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potato Baked	1 each	130	179	0	11	3.00	1.95	30.0	2	12.89	0	4.86	41.02	0.18	0.07	0.00
Peas, Purple Hull Frozen	1/2 cup	100	63	0	188	2.50	0.90	11.0	0	0.0	*0	4.21	11.43	0.25	0.00	*0.00
Corn: Frozen	1/2 cup	120	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	100	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Broccoli Florets Steamed	1/2 cup	50	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	145	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	40	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	60	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	50	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	50	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	20	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	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	60	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	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
Margarine, Individual	2 each	110	120	0	210	0.00	0.00	0.0	1000	0.0	0	0.0	0.0	14.0	5.00	0.00
Sour Cream, Indiv	2 Each	80	80	20	80	0.00	0.00	80.0	400	0.0	*N/A*	4.0	4.0	5.0	4.00	0.00
Pepper Ind. Packs	2 Each	100	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			861	80	1260	11.08	4.95	268.6	1872	19.88	*13	40.81	118.23	26.06	6.83	*0.00
% of Calories											*5.9%	18.9%	54.9%	27.2%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			807	82	1346	10.08	*4.11	*320.4	1660	*23.68	*15	38.66	113.48	22.59	4.66	*0.00
											*16.7%	19.2%	56.3%	25.2%	5.2%	*0.0%

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Jul 3, 2017 thru Jul 28, 2017

LHS-Chicken Lovers Line 1

Generated on: 08/08/2017 2:49:29 PM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	807		750 - 850	100%													
Cholesterol (mg)	82																
Sodium (mg)	1346		1420														
Fiber (g)	10.08																
Iron (mg)	4.11				Missing												
Calcium (mg)	320.4				Missing												
Vitamin A (IU)	1660																
Sugars (g)	15	7.41%															
Vitamin C (mg)	23.68																
Protein (g)	38.66	19.17%															
Carbohydrate (g)	113.48	56.26%															
Total Fat (g)	22.59	25.20%															
Saturated Fat (g)	4.66	5.19%															
Trans Fat ¹ (g)	0.00	0.00%															

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