

Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	744														
Chicken Popcorn	15 Each	344	267	0	575	1.64	3.12	82.8	142	0.06	2	20.15	20.76	10.84	0.60	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 Buffalo	15 EACH	400	373	55	618	2.66	5.25	105.3	196	0.17	1	30.81	29.97	14.9	3.27	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	480	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	60	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
Orange	1 each	49	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	300	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	169	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	19	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Applesauce Watermelon Cup	1 EACH	120	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	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	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	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	52	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	28	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
BBQ Sauce	1 each	207	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 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			916	48	1530	13.89	6.39	434.5	1133	49.35	*20	40.40	133.88	25.60	3.94	*0.00
% of Calories											*8.9%	17.6%	58.5%	25.2%	3.9%	*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 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	701														
Chicken Breast Tenders	3 Each	701	216	66	350	1.19	1.86	22.2	83	0.03	0	21.96	12.31	8.35	1.56	0.00
Cornbread	1 each	200	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	50	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	125	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	70	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	700	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
Orange	1 each	131	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	57	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	266	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	151	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	18	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
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	284	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	1	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	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
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
BBQ Sauce	1 each	225	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 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	100	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			752	111	1315	6.51	*4.12	*513.4	1926	*31.00	*16	41.11	95.62	24.60	7.59	*0.00
% of Calories											*8.4%	21.9%	50.8%	29.4%	9.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	250														
Nachos Meat Only	1/2 CUP	250	128	30	122	2.34	2.33	27.6	735	7.99	*0	11.24	9.43	4.93	1.90	*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	150	128	0	209	4.37	1.63	38.7	69	1.02	*0	5.52	24.87	0.9	0.15	*0.00
Vegetables mixed CA Cheese	1/2 cup	50	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, Refried	1/2 cup	25	120	0	148	6.44	2.22	44.4	0	8.03	*N/A*	7.2	20.3	1.56	0.52	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
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
Salsa RedGold	3/8 CUP	20	30	0	211	0.00	1.09	60.4	1510	23.56	*N/A*	0.0	6.04	0.0	0.00	0.00
Tortilla Chips 2 Grain EQ	1 EACH	250	200	0	180	3.00	0.36	20.0	0	0.0	*N/A*	3.0	29.0	7.0	1.00	0.00
Cheese Sauce	1/3 cup	120	93	0	599	0.00	0.00	79.9	0	0.0	*N/A*	2.66	7.99	5.33	2.00	0.00
Queso LHS and PMLS ONLY	2 OZ	120	1007	256	3541	0.00	0.00	1732.0	3413	0.0	*N/A*	59.72	17.06	76.78	45.22	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
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*
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
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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Strawberry Cup	1 each	30	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	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
Sour Cream, Indiv	SERVING	125	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	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Taco Sauce Packet	2 each	100	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			1198	165	2856	12.41	5.03	1166.1	3862	33.77	*9	56.44	112.16	57.00	27.70	*0.00
% of Calories											*3.0%	18.9%	37.5%	42.8%	20.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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 - 07/07/2016																
LHS- Homestyle Lines 2-4	Total	600														
Chicken Baked Breast	1 Each	400	320	105	318	0.05	1.11	20.3	171	0.0	*0	36.02	0.08	20.02	7.00	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 Baked Thigh	1 Each	200	290	115	338	0.05	1.11	20.3	171	0.0	*0	20.02	1.08	24.02	7.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	350	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	320	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	110	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	120	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
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*
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
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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Applesauce Raspberry Cup	1 EACH	100	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	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	150	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
BBQ Sauce	1 each	100	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 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			852	120	1121	7.69	2.92	205.4	1021	22.28	*14	45.51	97.27	32.44	8.81	*0.00
% of Calories											*6.8%	21.4%	45.7%	34.3%	9.3%	*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

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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 - 07/08/2016																
LHS- Homestyle Lines 2-4	Total	500														
Chicken Fajita w/ch/wrap LHS	Serving	250	483	128	1459	4.27	*1.72	*354.5	302	*3.95	*7	35.89	37.05	20.41	10.41	*0.00
Rice Casserole	1/2 cup	1	101	0	284	0.87	0.90	14.7	407	7.34	*0	2.34	21.96	0.36	0.01	*0.00
Lettuce, Romaine	1/2 CUP	40	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/2 CUP	85	16	0	5	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03	*N/A*
Salsa RedGold	3/8 CUP	80	30	0	211	0.00	1.09	60.4	1510	23.56	*N/A*	0.0	6.04	0.0	0.00	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salisbury Steak w/Gravy	2 each	250	214	60	798	2.05	2.90	42.1	10	2.45	*2	22.25	8.68	10.12	4.00	*0.00
Roll, Marzetti 2oz	1 each	130	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	0.00
Potatoes Idahoan	1/2 cup	220	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*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
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
Beans Baked	1/2 cup	180	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Corn: Frozen	1/2 cup	220	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	4	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	270	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	100	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	30	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	80	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	80	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	20	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	10	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Fruit Mix w/Cherries	1/2 CUP	60	63	0	8	0.00	0.00	0.0	10	0.67	*N/A*	0.0	16.75	0.0	0.00	0.00
Juice, Grape	1/2 cup	120	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	140	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	50	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
Sour Cream, Indiv	SERVING	100	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	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
Taco Sauce Packet	2 each	100	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			761	104	1776	10.19	*4.32	*460.6	1963	*41.94	*16	42.09	95.81	23.72	9.22	*0.00
% of Calories											*8.5%	22.1%	50.3%	28.0%	10.9%	*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

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	250														
Chicken Popcorn	15 Each	100	267	0	575	1.64	3.12	82.8	142	0.06	2	20.15	20.76	10.84	0.60	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 Buffalo	15 EACH	150	373	55	618	2.66	5.25	105.3	196	0.17	1	30.81	29.97	14.9	3.27	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
Fried Rice	1/2 cup	150	112	0	287	1.99	1.04	14.9	1582	4.73	*0	2.75	20.81	2.03	0.31	*0.00
Beans, Green:Cut, Can seasoned	1/2 Cup	40	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
Cookie, WG, Double Choc Chip	1 each	180	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	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*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Applesauce Strawberry Cup	1 EACH	30	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	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
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 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			937	46	1509	11.00	6.59	324.9	2108	20.05	*17	42.52	130.88	27.90	4.61	*0.00
% of Calories											*7.1%	18.2%	55.9%	26.8%	4.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

LHS- Homestyle Lines 2-4

Generated on: 8/10/2016 11:54:28 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)
Tue - 07/12/2016																
LHS- Homestyle Lines 2-4	Total	250														
Chicken Breast Tenders	3 Each	250	216	66	350	1.19	1.86	22.2	83	0.03	0	21.96	12.31	8.35	1.56	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	225	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	40	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	64	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	85	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	135	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*
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
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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Fruit Mix w/Jello	1/2 CUP	30	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	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	70	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
BBQ Sauce	1 each	45	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 Ranch 1 oz	Pack	85	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			781	78	1236	9.03	3.24	235.1	1278	50.80	*16	37.88	112.03	21.89	3.77	*0.00
% of Calories											*8.2%	19.4%	57.4%	25.2%	4.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	250														
Nachos Meat Only	1/2 CUP	250	128	30	122	2.34	2.33	27.6	735	7.99	*0	11.24	9.43	4.93	1.90	*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	175	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	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, Refried	1/2 cup	20	120	0	148	6.44	2.22	44.4	0	8.03	*N/A*	7.2	20.3	1.56	0.52	0.00
Tortilla Chips 2 Grain EQ	1 EACH	250	200	0	180	3.00	0.36	20.0	0	0.0	*N/A*	3.0	29.0	7.0	1.00	0.00
Cheese Sauce	1/3 cup	120	93	0	599	0.00	0.00	79.9	0	0.0	*N/A*	2.66	7.99	5.33	2.00	0.00
Queso LHS and PMLS ONLY	2 OZ	120	1007	256	3541	0.00	0.00	1732.0	3413	0.0	*N/A*	59.72	17.06	76.78	45.22	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
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*
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
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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Strawberry Cup	1 each	30	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	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
Sour Cream, Indiv	SERVING	200	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	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Taco Sauce Packet	2 each	100	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			1230	169	2897	13.12	5.14	1180.2	4013	35.30	*9	57.77	116.40	58.25	28.39	*0.00
% of Calories											*2.9%	18.8%	37.8%	42.6%	20.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jul 4, 2016 thru Jul 29, 2016

LHS- Homestyle Lines 2-4

Generated on: 8/10/2016 11:54:28 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)
Thu - 07/14/2016																
LHS- Homestyle Lines 2-4	Total	250														
Chicken Baked Breast	1 Each	200	320	105	318	0.05	1.11	20.3	171	0.0	*0	36.02	0.08	20.02	7.00	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 Baked Thigh	1 Each	50	290	115	338	0.05	1.11	20.3	171	0.0	*0	20.02	1.08	24.02	7.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	170	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
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*
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
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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Applesauce Birthday Cake Cup	1 EACH	30	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	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
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 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			954	123	1324	9.30	*2.79	*246.0	1669	*43.72	*20	49.71	112.25	36.04	9.47	*0.00
% of Calories											*8.2%	20.9%	47.1%	34.0%	8.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	250														
Chicken Breast Chunks	7 EACH	250	252	105	560	1.40	2.80	37.8	41	0.0	*N/A*	32.2	16.8	6.3	1.40	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
Sweet Potato Souffle	1/2 cup	100	190	11	68	3.46	1.28	35.0	9954	12.92	*16	1.8	42.17	1.63	0.34	*0.00
Peas, Purple Hull Frozen	1/2 cup	40	63	0	188	2.50	0.90	11.0	0	0.0	*0	4.21	11.43	0.25	0.00	*0.00
Beans Lima Frozen	1/2 cup	45	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	64	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	85	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	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, Candy	1 each	135	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*
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
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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Fruit Mix w/Cherries	1/2 CUP	30	63	0	8	0.00	0.00	0.0	10	0.67	*N/A*	0.0	16.75	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
Dressing, Honey Mustard	1 EACH	70	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
BBQ Sauce	1 each	45	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 Ranch 1 oz	Pack	85	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	121	1256	10.74	4.64	249.7	5127	23.18	*21	47.68	122.03	18.44	3.47	*0.00
% of Calories											*10.2%	22.9%	58.6%	19.9%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	744														
Chicken Popcorn	15 Each	344	267	0	575	1.64	3.12	82.8	142	0.06	2	20.15	20.76	10.84	0.60	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 Buffalo	15 EACH	400	373	55	618	2.66	5.25	105.3	196	0.17	1	30.81	29.97	14.9	3.27	0.00
Roll, Marzetti 2oz	2 each	565	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	620	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	60	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	165	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Peas, Garden FROZEN	1/2 cup	45	77	1	345	5.20	1.44	23.9	1987	9.37	*4	5.21	13.82	0.59	0.05	*0.00
Broccoli Florets Steamed	1/2 cup	155	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, Double Choc Chip	1 each	375	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	215	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	49	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	300	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	169	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	19	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Applesauce Watermelon Cup	1 EACH	120	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	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	222	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
BBQ Sauce	1 each	180	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 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			935	40	1535	12.09	5.81	313.9	1315	48.69	*22	42.69	136.99	25.36	3.84	*0.00
% of Calories											*9.4%	18.3%	58.6%	24.4%	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 4, 2016 thru Jul 29, 2016

LHS- Homestyle Lines 2-4

Generated on: 8/10/2016 11:54:28 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)
Tue - 07/19/2016																
LHS- Homestyle Lines 2-4	Total	701														
Chicken Breast Tenders	3 Each	701	216	66	350	1.19	1.86	22.2	83	0.03	0	21.96	12.31	8.35	1.56	0.00
Cornbread	1 each	150	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Turnip Greens	1/2 cup	50	36	0	242	3.09	1.88	147.9	7650	33.15	*0	3.33	6.26	0.38	0.09	*0.00
Peas, Zipper from frozen	1/2 cup	50	114	0	183	1.85	1.67	19.5	0	0.0	*0	7.6	20.76	1.85	0.46	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	120	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Carrots, glazed	1/2 cup	75	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Macaroni and Cheese Shells	1/2 CUP	700	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
Orange	1 each	131	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	57	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	266	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	151	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	18	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
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	221	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
BBQ Sauce	1 each	182	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 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	100	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			747	107	1304	6.10	*4.12	*546.2	1743	*29.62	*18	42.26	94.91	23.71	7.50	*0.00
% of Calories											*9.8%	22.6%	50.8%	28.6%	9.0%	*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 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	250														
Nachos Meat Only	1/2 CUP	250	128	30	122	2.34	2.33	27.6	735	7.99	*0	11.24	9.43	4.93	1.90	*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	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	80	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	50	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
Beans, Refried	1/2 cup	45	120	0	148	6.44	2.22	44.4	0	8.03	*N/A*	7.2	20.3	1.56	0.52	0.00
Tortilla Chips 2 Grain EQ	1 EACH	250	200	0	180	3.00	0.36	20.0	0	0.0	*N/A*	3.0	29.0	7.0	1.00	0.00
Cheese Sauce	1/3 cup	120	93	0	599	0.00	0.00	79.9	0	0.0	*N/A*	2.66	7.99	5.33	2.00	0.00
Queso LHS and PMLS ONLY	2 OZ	120	1007	256	3541	0.00	0.00	1732.0	3413	0.0	*N/A*	59.72	17.06	76.78	45.22	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
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*
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
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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Strawberry Cup	1 each	30	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	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
Sour Cream, Indiv	SERVING	125	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	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Taco Sauce Packet	2 each	82	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			1204	165	2838	12.93	5.13	1164.8	3741	32.52	*9	57.02	113.16	57.13	27.74	*0.00
% of Calories											*3.0%	18.9%	37.6%	42.7%	20.7%	*0.0%
Nutrient Guideline			750-850		1420									<10.00		

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	600														
Chicken Baked Breast	1 Each	400	320	105	318	0.05	1.11	20.3	171	0.0	*0	36.02	0.08	20.02	7.00	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 Baked Thigh	1 Each	200	290	115	338	0.05	1.11	20.3	171	0.0	*0	20.02	1.08	24.02	7.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	450	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	500	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Squash Casserole w/CanSquash	1/2 cup	100	186	42	299	2.74	1.04	273.7	584	2.82	*1	10.62	8.03	12.88	8.56	*0.00
Okra, Oven Fried	Servings	300	170	0	250	3.00	1.44	80.0	100	3.6	*N/A*	4.0	24.0	7.0	1.00	0.00
Broccoli Florets Steamed	1/2 cup	150	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	15	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	365	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	75	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*
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
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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Applesauce Raspberry Cup	1 EACH	100	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	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	200	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
BBQ Sauce	1 each	100	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 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			1000	128	1399	9.63	3.52	252.5	1320	25.49	*16	49.47	116.83	38.99	10.74	*0.00
% of Calories											*6.5%	19.8%	46.7%	35.1%	9.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	500														
Chicken Alfredo	1 cup	250	408	110	962	2.03	1.93	397.3	476	0.82	*8	39.87	31.39	13.74	6.76	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
Salisbury Steak w/Gravy	2 each	240	214	60	798	2.05	2.90	42.1	10	2.45	*2	22.25	8.68	10.12	4.00	*0.00
Potatoes Idahoan	1/2 cup	220	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*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	310	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Broccoli Florets Steamed	1/2 cup	150	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Peas, Purple Hull Frozen	1/2 cup	120	63	0	188	2.50	0.90	11.0	0	0.0	*0	4.21	11.43	0.25	0.00	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	182	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	200	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	300	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	100	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	30	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	80	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	80	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	20	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	10	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Fruit Mix w/Cherries	1/2 CUP	60	63	0	8	0.00	0.00	0.0	10	0.67	*N/A*	0.0	16.75	0.0	0.00	0.00
Juice, Grape	1/2 cup	120	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	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	40	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	40	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	200	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			816	92	1661	10.90	3.86	423.8	1507	31.96	*20	46.60	111.99	21.24	6.86	*0.00
% of Calories											*9.8%	22.9%	54.9%	23.4%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	250														
Chicken Popcorn	15 Each	100	267	0	575	1.64	3.12	82.8	142	0.06	2	20.15	20.76	10.84	0.60	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 Buffalo	15 EACH	150	373	55	618	2.66	5.25	105.3	196	0.17	1	30.81	29.97	14.9	3.27	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
Fried Rice	1/2 cup	150	112	0	287	1.99	1.04	14.9	1582	4.73	*0	2.75	20.81	2.03	0.31	*0.00
Beans, Green: Cut, Can seasoned	1/2 Cup	40	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
Cookie, WG, Double Choc Chip	1 each	180	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	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*
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	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
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*
Pears Fresh	1 each	5	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Applesauce Strawberry Cup	1 EACH	30	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	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
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 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			949	46	1509	11.37	6.62	325.6	2117	21.29	*18	42.67	134.11	27.95	4.62	*0.00
% of Calories											*7.8%	18.0%	56.5%	26.5%	4.4%	*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 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	701														
Chicken Breast Tenders	3 Each	701	216	66	350	1.19	1.86	22.2	83	0.03	0	21.96	12.31	8.35	1.56	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	537	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	585	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Peas, Butter	1/2 cup	59	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	171	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	172	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	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
Orange	1 each	131	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	57	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	266	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	151	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	18	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
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	126	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	200	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	63	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	32	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
BBQ Sauce	1 each	225	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 Ranch 1 oz	Pack	70	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			851	78	1293	11.06	3.23	233.3	1157	54.75	*21	38.70	129.11	21.40	3.49	*0.00
% of Calories											*10.0%	18.2%	60.7%	22.6%	3.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/27/2016																
LHS- Homestyle Lines 2-4	Total	659														
Nachos Meat Only	1/2 CUP	659	128	30	122	2.34	2.33	27.6	735	7.99	*0	11.24	9.43	4.93	1.90	*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	400	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	178	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	167	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	82	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, Refried	1/2 cup	40	120	0	148	6.44	2.22	44.4	0	8.03	*N/A*	7.2	20.3	1.56	0.52	0.00
Tortilla Chips 2 Grain EQ	1 EACH	659	200	0	180	3.00	0.36	20.0	0	0.0	*N/A*	3.0	29.0	7.0	1.00	0.00
Cheese Sauce	1/3 cup	310	93	0	599	0.00	0.00	79.9	0	0.0	*N/A*	2.66	7.99	5.33	2.00	0.00
Queso LHS and PMLS ONLY	2 OZ	310	1007	256	3541	0.00	0.00	1732.0	3413	0.0	*N/A*	59.72	17.06	76.78	45.22	0.00
Salad Side LHS	each	4	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	310	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	175	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	86	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	69	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	276	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	128	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	19	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Strawberry Cup	1 each	91	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	118	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	181	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	57	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
Sour Cream, Indiv	SERVING	172	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	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Taco Sauce Packet	2 each	100	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			1172	160	2688	12.77	4.94	1128.4	3351	34.65	*11	54.62	112.31	55.17	26.66	*0.00
% of Calories											*3.6%	18.6%	38.3%	42.3%	20.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

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																
LHS- Homestyle Lines 2-4	Total	658														
Chicken Baked Breast	1 Each	196	320	105	318	0.05	1.11	20.3	171	0.0	*0	36.02	0.08	20.02	7.00	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 Baked Thigh	1 Each	462	290	115	338	0.05	1.11	20.3	171	0.0	*0	20.02	1.08	24.02	7.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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
Potatoes Idahoan	1/2 cup	560	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	104	114	0	183	1.85	1.67	19.5	0	0.0	*0	7.6	20.76	1.85	0.46	*0.00
Cabbage, fresh cut & steamed	1/2 CUP	102	62	0	113	1.72	0.15	43.9	273	34.02	*3	1.2	5.1	4.45	0.80	*0.00
Carrots, Steamed	1/2 cup	90	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	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	358	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	254	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	56	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	70	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	308	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	164	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	11	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Applesauce Birthday Cake Cup	1 EACH	135	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	121	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	284	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	57	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	29	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	163	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
BBQ Sauce	1 each	57	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 Ranch 1 oz	Pack	43	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	100	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			849	123	1140	8.55	*2.63	*223.7	764	*49.57	*19	39.49	101.68	33.81	8.70	*0.00
% of Calories											*8.9%	18.6%	47.9%	35.8%	9.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Jul 4, 2016 thru Jul 29, 2016

LHS- Homestyle Lines 2-4

Generated on: 8/10/2016 11:54:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/29/2016																
LHS- Homestyle Lines 2-4	Total	573														
Chicken Breast Chunks	7 EACH	573	252	105	560	1.40	2.80	37.8	41	0.0	*N/A*	32.2	16.8	6.3	1.40	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	1 each	410	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	0.00
Broccoli Florets Steamed	1/2 cup	147	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	141	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	92	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Peas, Garden FROZEN	1/2 cup	45	77	1	345	5.20	1.44	23.9	1987	9.37	*4	5.21	13.82	0.59	0.05	*0.00
Sweet Potato Souffle	1/2 cup	175	190	11	68	3.46	1.28	35.0	9954	12.92	*16	1.8	42.17	1.63	0.34	*0.00
Salad Side LHS	each	4	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	269	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	212	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	58	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	30	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	228	30	0	0	2.00	0.72	0.0	0	2.4	*N/A*	0.0	8.0	0.0	0.00	0.00
Apple Fresh 125-138ct	1 each	141	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
Pears Fresh	1 each	10	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	*N/A*
Fruit Mix w/Cherries	1/2 CUP	103	63	0	8	0.00	0.00	0.0	10	0.67	*N/A*	0.0	16.75	0.0	0.00	0.00
Juice, Grape	1/2 cup	97	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	159	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	37	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	150	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
BBQ Sauce	1 each	100	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 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			737	119	1123	9.69	4.61	267.5	4301	25.38	*20	45.20	106.59	15.70	3.11	*0.00
% of Calories											*10.9%	24.5%	57.9%	19.2%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			924	107	1665	10.45	*4.48	*494.8	2271	*35.27	*17	45.99	114.30	32.32	10.51	*0.00
											*16.2%	19.9%	49.5%	31.5%	10.2%	*0.0%

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

LHS- Homestyle Lines 2-4

Generated on: 8/10/2016 11:54:28 AM

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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	924		750 - 850	109%			74	Correction Required - Calories too High										
Cholesterol (mg)	107																	
Sodium (mg)	1665		1420				245	Correction Required - Sodium too High										
Fiber (g)	10.45																	
Iron (mg)	4.48				Missing													
Calcium (mg)	494.8				Missing													
Vitamin A (IU)	2271																	
Sugars (g)	17	7.22%				Missing												
Vitamin C (mg)	35.27					Missing												
Protein (g)	45.99	19.92%																
Carbohydrate (g)	114.30	49.50%																
Total Fat (g)	32.32	31.49%																
Saturated Fat (g)	10.51	10.24%																
Saturated Fat (g)	10.51	10.24%		<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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

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