

# Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

Portion Values - Detailed

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Generated on: 08/08/2017 2:42:06 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 <sup>1</sup> (g)
Mon - 07/03/2017																
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	1 each	480	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	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
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
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
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			755	48	1366	9.80	6.05	429.8	1031	33.40	*12	37.02	100.16	23.77	3.84	*0.00
% of Calories											*6.4%	19.6%	53.1%	28.3%	4.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lowndes County

Jul 3, 2017 thru Jul 28, 2017

## 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 <sup>1</sup> (g)
Tue - 07/04/2017																
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
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
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	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			700	111	1300	4.24	*3.76	*503.6	1844	*17.80	*12	40.74	81.35	24.49	7.57	*0.00
% of Calories											*6.9%	23.3%	46.5%	31.5%	9.7%	*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- Homestyle Lines 2-4

Generated on: 08/08/2017 2:42:06 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 <sup>1</sup> (g)
Wed - 07/05/2017																
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
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	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
Salsa RedGold	3/8 CUP	1	30	0	211	0.00	1.09	60.4	1510	23.56	*N/A*	0.0	6.04	0.0	0.00	0.00
Weighted Daily Average			1163	165	2856	11.32	4.93	1160.1	3840	20.85	*5	56.04	103.34	56.92	27.68	*0.00
% of Calories											*1.8%	19.3%	35.6%	44.1%	21.4%	*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- 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 <sup>1</sup> (g)
Thu - 07/06/2017																
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	1 each	350	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	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
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	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
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			736	120	976	5.29	2.89	206.2	956	11.34	*11	42.55	74.83	30.82	8.73	*0.00
% of Calories											*5.7%	23.1%	40.7%	37.7%	10.7%	*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- 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 <sup>1</sup> (g)
Fri - 07/07/2017																
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
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*
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			728	104	1775	9.14	*4.15	*457.1	1936	*36.64	*13	41.82	87.08	23.64	9.20	*0.00
% of Calories											*7.2%	23.0%	47.9%	29.2%	11.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lowndes County

Jul 3, 2017 thru Jul 28, 2017

## 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 <sup>1</sup> (g)
Mon - 07/10/2017																
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	1 each	155	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	0.00
Rice, WG	1/2 cup	150	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	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
Cupcake	1 each	180	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			837	55	1370	11.02	7.18	535.1	1151	5.58	*11 *5.4%	39.32 18.8%	112.29 53.7%	25.69 27.6%	4.41 4.7%	*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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lowndes County

Jul 3, 2017 thru Jul 28, 2017

## 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 <sup>1</sup> (g)
Tue - 07/11/2017																
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	1 each	142	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	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*
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
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	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			643	78	1089	6.29	3.07	233.5	1210	46.81	*10	34.72	83.42	20.26	3.67	*0.00
% of Calories											*6.3%	21.6%	51.9%	28.4%	5.1%	*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- Homestyle Lines 2-4

Generated on: 08/08/2017 2:42:07 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 <sup>1</sup> (g)
Wed - 07/12/2017																
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	25	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	25	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
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
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
Salsa RedGold	3/8 CUP	1	30	0	211	0.00	1.09	60.4	1510	23.56	*N/A*	0.0	6.04	0.0	0.00	0.00
Weighted Daily Average			783	71	1329	11.90	4.94	486.2	2703	23.09	*8	33.74	99.53	26.97	10.43	*0.00
% of Calories											*3.9%	17.2%	50.8%	31.0%	12.0%	*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- 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 <sup>1</sup> (g)
Thu - 07/13/2017																
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	1 each	170	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	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			808	123	1156	6.10	*2.61	*244.6	1639	*34.51	*12	46.14	82.91	34.10	9.36	*0.00
% of Calories											*5.8%	22.9%	41.1%	38.0%	10.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS- Homestyle Lines 2-4

Portion Values - Detailed

Page 10

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/14/2017																
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	1 each	142	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	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
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
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
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	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			703	121	1116	8.18	4.58	245.8	5053	17.80	*16	44.55	95.52	16.80	3.37	*0.00
% of Calories											*9.1%	25.4%	54.4%	21.5%	4.3%	*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- 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 <sup>1</sup> (g)
Mon - 07/17/2017																
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	1 each	565	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	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
Cupcake	1 each	375	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	50	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	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
Bar B Que Sauce Cups	1 each	180	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			774	46	1396	10.05	6.02	460.3	1209	32.78	*13 *6.7%	38.92 20.1%	104.15 53.8%	23.08 26.8%	3.69 4.3%	*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- Homestyle Lines 2-4

Generated on: 08/08/2017 2:42:07 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 <sup>1</sup> (g)
Tue - 07/18/2017																
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
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
Bar B Que Sauce Cups	1 each	182	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	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			696	107	1292	3.83	*3.76	*536.4	1664	*16.49	*14	41.90	81.08	23.60	7.48	*0.00
% of Calories											*8.1%	24.1%	46.6%	30.5%	9.7%	*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- Homestyle Lines 2-4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 07/19/2017																
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	25	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	25	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
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	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
Salsa RedGold	3/8 CUP	1	30	0	211	0.00	1.09	60.4	1510	23.56	*N/A*	0.0	6.04	0.0	0.00	0.00
Weighted Daily Average			751	68	1265	11.84	5.02	470.3	2422	19.61	*5	32.90	94.82	25.84	9.78	*0.00
% of Calories											*2.8%	17.5%	50.5%	31.0%	11.7%	*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- Homestyle Lines 2-4

Portion Values - Detailed

Generated on: 08/08/2017 2:42:07 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 <sup>1</sup> (g)
Thu - 07/20/2017																
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	1 each	450	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	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
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	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
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			857	128	1216	6.73	3.49	253.4	1245	14.56	*12	45.68	89.38	36.92	10.63	*0.00
% of Calories											*5.4%	21.3%	41.7%	38.8%	11.2%	*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

Jul 3, 2017 thru Jul 28, 2017

## 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 <sup>1</sup> (g)
Fri - 07/21/2017																
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
Meatloaf w/Cheese & Ketchup	1 each	240	190	40	390	1.00	1.44	60.0	200	9.0	5	11.0	8.0	12.0	6.00	*N/A*
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	1 each	310	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	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
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*
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			667	82	1321	7.49	2.98	428.9	1535	29.81	*15	37.83	84.33	20.38	7.71	*0.00
% of Calories											*9.1%	22.7%	50.5%	27.5%	10.4%	*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 3, 2017 thru Jul 28, 2017

## 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 <sup>1</sup> (g)
Mon - 07/24/2017																
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	1 each	155	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	0.00
Rice, WG	1/2 cup	150	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	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
Cupcake	1 each	180	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			840	55	1369	10.98	7.18	534.3	1146	24.57	*11 *5.3%	39.38 18.8%	112.96 53.8%	25.67 27.5%	4.41 4.7%	*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- 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 <sup>1</sup> (g)
Tue - 07/25/2017																
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		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	537	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	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
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
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
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	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			656	78	1087	6.74	2.90	224.0	1021	39.96	*12	34.46	87.81	19.23	3.37	*0.00
% of Calories											*7.5%	21.0%	53.6%	26.4%	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- 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 <sup>1</sup> (g)
Wed - 07/26/2017																
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	50	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	50	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
Applesauce Flavored	1/2 CUP	91	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	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
Salsa RedGold	3/8 CUP	1	30	0	211	0.00	1.09	60.4	1510	23.56	*N/A*	0.0	6.04	0.0	0.00	0.00
Weighted Daily Average			692	59	1060	10.48	4.53	403.8	1966	16.65	*7	29.63	90.56	22.67	8.01	*0.00
% of Calories											*4.3%	17.1%	52.3%	29.5%	10.4%	*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- 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 <sup>1</sup> (g)
Thu - 07/27/2017																
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	1 each	400	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	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
Fruit, Tropical Salad	1/2 cup	135	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	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
Bar B Que Sauce Cups	1 each	57	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	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			699	123	992	4.38	*2.21	*221.8	764	*35.22	*7	36.35	70.04	32.03	8.59	*0.00
% of Calories											*3.7%	20.8%	40.1%	41.3%	11.1%	*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- Homestyle Lines 2-4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/28/2017																
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		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
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
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
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			693	119	1113	8.40	4.54	261.1	4244	17.67	*16	44.94	94.72	15.61	3.09	*0.00
% of Calories											*9.3%	25.9%	54.7%	20.3%	4.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			759	93	1322	8.21	*4.34	*414.8	1929	*24.76	*11	39.93	91.51	26.43	7.75	*0.00
											*13.2%	21.0%	48.2%	31.3%	9.2%	*0.0%

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS- Homestyle Lines 2-4

Generated on: 08/08/2017 2:42:07 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 <sup>1</sup> (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	759		750 - 850		100%												
Cholesterol (mg)	93																
Sodium (mg)	1322		1420														
Fiber (g)	8.21																
Iron (mg)	4.34					Missing											
Calcium (mg)	414.8					Missing											
Vitamin A (IU)	1929																
Sugars (g)	11	5.86%				Missing											
Vitamin C (mg)	24.76					Missing											
Protein (g)	39.93	21.05%															
Carbohydrate (g)	91.51	48.23%															
Total Fat (g)	26.43	31.34%															
Saturated Fat (g)	7.75	9.19%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%															
			<10.00%			Missing											

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