

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 4, 2016 thru Jul 29, 2016

LHS-Chicken Lovers Line 1

Generated on: 8/10/2016 11:55:48 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)
Mon - 07/04/2016																
LHS-Chicken Lovers Line 1	Total	744														
Chicken Breaded Filet	1 each	500	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	244	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Roll, Marzetti 2oz	2 each	599	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potatoes Idahoan	1/2 cup	645	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans Lima Frozen	1/2 cup	85	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Corn: Frozen	1/2 cup	172	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Broccoli Florets Steamed	1/2 cup	170	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cupcake	1 each	413	140	20	200	6.00	1.80	300.0	0	0.0	*N/A*	2.0	26.0	3.0	1.00	0.00
Rice Krispie Treat Mini-Square	1 each	215	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
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	25	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	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			883	82	1488	14.06	4.11	414.3	1179	49.56	*21	38.72	135.66	21.33	3.45	*0.00
% of Calories											*9.7%	17.5%	61.5%	21.7%	3.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jul 4, 2016 thru Jul 29, 2016

LHS-Chicken Lovers Line 1

Generated on: 8/10/2016 11:55:48 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 - 07/05/2016																
LHS-Chicken Lovers Line 1	Total	701														
Chicken Breaded Filet	1 each	450	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	251	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Cornbread	1 each	300	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Collard Greens Frozen	1/2 cup	100	50	0	286	4.45	1.33	250.5	11360	49.48	*0	3.6	9.71	0.46	0.06	*0.00
Carrots, glazed	1/2 cup	50	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Peas, Garden FROZEN	1/2 cup	150	77	1	345	5.20	1.44	23.9	1987	9.37	*4	5.21	13.82	0.59	0.05	*0.00
Macaroni and Cheese Shells	1/2 CUP	600	203	20	529	0.81	0.73	279.2	353	0.6	*4	11.9	21.47	8.28	4.39	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	360	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	254	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
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	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	300	3	0	0	0.00	0.01	1.1	0	0.0	0	0.0	0.01	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			772	110	1451	7.63	*4.61	*561.0	3207	*35.73	*20	41.22	102.50	23.49	7.04	*0.00
% of Calories											*10.4%	21.4%	53.1%	27.4%	8.2%	*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-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/06/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	200	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice and Beans	1/2 CUP	150	128	0	209	4.37	1.63	38.7	69	1.02	*0	5.52	24.87	0.9	0.15	*0.00
Corn: Frozen	1/2 cup	100	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Vegetables mixed CA Cheese	1/2 cup	80	42	1	146	2.00	0.36	31.3	1503	27.06	*N/A*	1.28	6.42	1.13	0.28	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Salad Side LHS	each	2	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Chocolate Chip	1 each	180	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
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	70	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, Strawberry Skim	1 Cup	50	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
BBQ Sauce	1 each	60	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	75	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			884	76	1404	13.36	4.16	281.9	1678	26.95	*18	40.97	135.22	20.58	3.60	*0.00
% of Calories											*8.1%	18.5%	61.2%	21.0%	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-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/07/2016																
LHS-Chicken Lovers Line 1	Total	600														
Chicken Breaded Filet	1 each	400	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	200	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	500	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice Yellow	1/2 CUP	550	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Peas, Butter	1/2 cup	100	100	1	201	4.50	1.35	30.8	0	3.6	*0	5.49	18.24	0.24	0.00	*0.00
Broccoli Florets Steamed	1/2 cup	200	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Okra, Oven Fried	Servings	275	170	0	250	3.00	1.44	80.0	100	3.6	*N/A*	4.0	24.0	7.0	1.00	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Double Choc Chip	1 each	450	103	8	102	1.26	0.72	0.0	0	0.0	*N/A*	1.64	17.95	3.27	1.08	0.00
Rice Krispie Treat Mini-Square	1 each	100	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
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	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			932	74	1565	12.05	4.56	218.8	1148	28.11	*18	40.35	140.95	23.33	3.79	*0.00
% of Calories											*7.7%	17.3%	60.5%	22.5%	3.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/08/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Roll, Marzetti 2oz	2 each	100	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potato Baked	1 each	150	179	0	11	3.00	1.95	30.0	2	12.89	0	4.86	41.02	0.18	0.07	0.00
Broccoli Florets Steamed	1/2 cup	60	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Beans Baked	1/2 cup	30	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	125	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	185	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
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 Ranch 1 oz	Pack	50	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	65	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
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
Margarine, Individual	2 each	120	120	0	210	0.00	0.00	0.0	1000	0.0	0	0.0	0.0	14.0	5.00	0.00
Sour Cream, Indiv	2 Each	65	80	20	80	0.00	0.00	80.0	400	0.0	*N/A*	4.0	4.0	5.0	4.00	0.00
Pepper Ind. Packs	2 Each	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			869	80	1133	10.13	4.35	263.0	1876	24.39	*14	37.84	122.70	26.75	7.02	*0.00
% of Calories											*6.5%	17.4%	56.5%	27.7%	7.3%	*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-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/11/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	155	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Fried Rice	1/2 cup	100	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	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Mixed Vegetables Frozen	1/2 cup	45	54	0	117	2.25	0.54	15.2	562	4.5	*0	1.62	9.12	0.12	0.00	*0.00
Okra, Oven Fried	Servings	100	170	0	250	3.00	1.44	80.0	100	3.6	*N/A*	4.0	24.0	7.0	1.00	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Double Choc Chip	1 each	190	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
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
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*
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			820	77	1354	10.38	4.13	258.3	1829	20.68	*18	37.01	119.34	22.25	3.87	*0.00
% of Calories											*8.5%	18.0%	58.2%	24.4%	4.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 07/12/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	142	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potatoes Idahoan	1/2 cup	240	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Peas, Zipper from frozen	1/2 cup	100	114	0	183	1.85	1.67	19.5	0	0.0	*0	7.6	20.76	1.85	0.46	*0.00
Broccoli Florets Steamed	1/2 cup	80	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Corn: Frozen	1/2 cup	130	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	155	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Orange	1 each	15	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
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	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			852	76	1439	10.37	3.90	250.3	1448	55.00	*17	39.69	126.10	23.57	4.13	*0.00
% of Calories											*8.0%	18.6%	59.2%	24.9%	4.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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* - 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-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/13/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Rice and Beans	1/2 CUP	120	128	0	209	4.37	1.63	38.7	69	1.02	*0	5.52	24.87	0.9	0.15	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Corn: Frozen	1/2 cup	135	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Vegetables mixed CA Cheese	1/2 cup	80	42	1	146	2.00	0.36	31.3	1503	27.06	*N/A*	1.28	6.42	1.13	0.28	0.00
Roll, Marzetti 2oz	2 each	180	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Chocolate Chip	1 each	120	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
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
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	60	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			815	73	1313	12.30	3.91	251.3	1739	27.10	*17	38.87	122.56	19.51	3.35	*0.00
% of Calories											*8.4%	19.1%	60.2%	21.5%	3.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/14/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	200	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			899	78	1496	11.36	*3.62	*253.1	1641	*43.75	*22	39.27	134.36	23.70	3.98	*0.00
% of Calories											*9.6%	17.5%	59.8%	23.7%	4.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Jul 4, 2016 thru Jul 29, 2016

LHS-Chicken Lovers Line 1

Generated on: 8/10/2016 11:55:48 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 - 07/15/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	110	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potato Baked	1 each	130	179	0	11	3.00	1.95	30.0	2	12.89	0	4.86	41.02	0.18	0.07	0.00
Peas, Purple Hull Frozen	1/2 cup	100	63	0	188	2.50	0.90	11.0	0	0.0	*0	4.21	11.43	0.25	0.00	*0.00
Corn: Frozen	1/2 cup	120	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Beans Lima Frozen	1/2 cup	100	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Broccoli Florets Steamed	1/2 cup	50	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Salad Side LHS	each	5	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	145	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
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
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	60	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Margarine, Individual	2 each	110	120	0	210	0.00	0.00	0.0	1000	0.0	0	0.0	0.0	14.0	5.00	0.00
Sour Cream, Indiv	2 Each	80	80	20	80	0.00	0.00	80.0	400	0.0	*N/A*	4.0	4.0	5.0	4.00	0.00
Pepper Ind. Packs	2 Each	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			897	80	1271	11.93	5.02	272.5	1914	25.29	*15	41.09	127.84	26.14	6.85	*0.00
% of Calories											*6.6%	18.3%	57.0%	26.2%	6.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

LHS-Chicken Lovers Line 1

Generated on: 8/10/2016 11:55:48 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)
Mon - 07/18/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Roll, Marzetti 2oz	2 each	180	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	220	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	50	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	100	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	45	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	175	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
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
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*
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 Watermelon 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	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
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			867	75	1487	11.87	3.92	244.6	1697	47.93	*20	39.45	129.82	22.37	3.78	*0.00
% of Calories											*9.4%	18.2%	59.9%	23.2%	3.9%	*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-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 07/19/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Cornbread	1 each	45	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Macaroni and Cheese Shells	1/2 CUP	225	203	20	529	0.81	0.73	279.2	353	0.6	*4	11.9	21.47	8.28	4.39	*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
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
Carrots, glazed	1/2 cup	40	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Peas, Zipper from frozen	1/2 cup	80	114	0	183	1.85	1.67	19.5	0	0.0	*0	7.6	20.76	1.85	0.46	*0.00
Salad Side LHS	each	3	180	12	320	2.15	1.47	113.4	6782	10.88	*2	7.59	21.51	7.67	1.92	*0.00
Cookie, WG, Candy	1 each	145	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Rice Krispie Treat Mini-Square	1 each	50	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
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	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
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	75	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			727	101	1441	6.41	*4.69	*522.2	2831	*27.03	*15	42.15	91.87	23.23	7.22	*0.00
% of Calories											*8.5%	23.2%	50.6%	28.8%	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-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/20/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	220	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice and Beans	1/2 CUP	120	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	150	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	60	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	60	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Salad Side LHS	each	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	175	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
BBQ Sauce	1 each	40	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	50	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	45	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	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			886	75	1353	13.32	3.92	247.1	1602	24.52	*19	40.69	135.36	20.85	3.59	*0.00
% of Calories											*8.4%	18.4%	61.1%	21.2%	3.6%	*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-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/21/2016																
LHS-Chicken Lovers Line 1	Total	600														
Chicken Breaded Filet	1 each	400	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	200	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	500	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Rice Yellow	1/2 CUP	550	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Squash Casserole w/CanSquash	1/2 cup	130	186	42	299	2.74	1.04	273.7	584	2.82	*1	10.62	8.03	12.88	8.56	*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
Okra, Oven Fried	Servings	200	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	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	500	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	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	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			932	85	1560	11.45	4.40	211.3	1105	24.77	*17	39.95	135.50	26.29	5.76	*0.00
% of Calories											*7.2%	17.1%	58.1%	25.4%	5.6%	*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-Chicken Lovers Line 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/22/2016																
LHS-Chicken Lovers Line 1	Total	250														
Chicken Breaded Filet	1 each	150	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	100	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
Roll, Marzetti 2oz	2 each	110	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Potato Baked	1 each	125	179	0	11	3.00	1.95	30.0	2	12.89	0	4.86	41.02	0.18	0.07	0.00
Peas, Purple Hull Frozen	1/2 cup	60	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	75	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Broccoli Florets Steamed	1/2 cup	50	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Corn: Frozen	1/2 cup	75	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	10	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	170	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	70	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, Strawberry Skim	1 Cup	50	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	20	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
BBQ Sauce	1 each	40	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	55	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Margarine, Individual	2 each	100	120	0	210	0.00	0.00	0.0	1000	0.0	0	0.0	0.0	14.0	5.00	0.00
Sour Cream, Indiv	2 Each	80	80	20	80	0.00	0.00	80.0	400	0.0	*N/A*	4.0	4.0	5.0	4.00	0.00
Pepper Ind. Packs	2 Each	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			844	81	1203	9.98	4.24	290.6	1986	22.57	*14	38.79	118.64	25.07	6.64	*0.00
% of Calories											*6.8%	18.4%	56.2%	26.7%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jul 4, 2016 thru Jul 29, 2016

LHS-Chicken Lovers Line 1

Generated on: 8/10/2016 11:55:49 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)
Mon - 07/25/2016																
LHS-Chicken Lovers Line 1	Total	744														
Chicken Breaded Filet	1 each	500	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	244	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
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	595	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	527	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	150	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	71	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	200	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	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	40	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	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*
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 Strawberry Cup	1 EACH	119	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	142	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	212	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	67	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	42	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	318	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
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	63	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			873	75	1416	11.81	4.16	242.8	2050	23.86	*20	38.42	133.31	21.27	3.51	*0.00
% of Calories											*9.3%	17.6%	61.0%	21.9%	3.6%	*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

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 07/26/2016																
LHS-Chicken Lovers Line 1	Total	701														
Chicken Breaded Filet	1 each	500	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	201	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	600	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	650	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	120	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*
Raisins	Pack	47	129	0	5	1.58	0.80	21.4	0	0.98	*N/A*	1.32	33.94	0.19	0.02	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	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			909	75	1481	12.32	3.51	245.3	1199	57.47	*23	39.58	142.46	21.58	3.45	*0.00
% of Calories											*10.3%	17.4%	62.7%	21.4%	3.4%	*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 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS-Chicken Lovers Line 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/27/2016																
LHS-Chicken Lovers Line 1	Total	659														
Chicken Breaded Filet	1 each	400	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 1	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	259	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Rice and Beans	1/2 CUP	350	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	350	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	320	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	158	42	1	146	2.00	0.36	31.3	1503	27.06	*N/A*	1.28	6.42	1.13	0.28	0.00
Roll, Marzetti 2oz	2 each	550	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Salad Side LHS	each	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	225	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
BBQ Sauce	1 each	172	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	150	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	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
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			877	73	1405	14.18	4.24	273.7	1567	31.32	*20	40.61	136.62	19.52	3.24	*0.00
% of Calories											*9.0%	18.5%	62.3%	20.0%	3.3%	*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-Chicken Lovers Line 1

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/28/2016																
LHS-Chicken Lovers Line 1	Total	658														
Chicken Breaded Filet	1 each	462	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	196	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	550	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	600	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Cabbage, fresh cut & steamed	1/2 CUP	198	62	0	113	1.72	0.15	43.9	273	34.02	*3	1.2	5.1	4.45	0.80	*0.00
Peas, Zipper from frozen	1/2 cup	120	114	0	183	1.85	1.67	19.5	0	0.0	*0	7.6	20.76	1.85	0.46	*0.00
Carrots, Steamed	1/2 cup	47	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	400	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	184	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	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	56	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			864	74	1394	11.59	*3.58	*239.6	952	*55.90	*25	38.76	132.32	20.82	3.40	*0.00
% of Calories											*11.7%	17.9%	61.2%	21.7%	3.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS-Chicken Lovers Line 1

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/29/2016																
LHS-Chicken Lovers Line 1	Total	573														
Chicken Breaded Filet	1 each	231	219	63	490	1.22	1.92	30.6	59	0.0	2	21.28	14.79	7.8	1.47	0.00
OR 4	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breaded SPICY	1 Each	342	221	62	362	1.64	1.97	22.5	233	0.06	0	21.04	15.8	7.87	1.48	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Roll, Marzetti 2oz	2 each	421	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	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
Potato Baked	1 each	200	179	0	11	3.00	1.95	30.0	2	12.89	0	4.86	41.02	0.18	0.07	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
BBQ Sauce	1 each	110	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
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
Margarine, Individual	2 each	170	120	0	210	0.00	0.00	0.0	1000	0.0	0	0.0	0.0	14.0	5.00	0.00
Sour Cream, Indiv	2 Each	100	80	20	80	0.00	0.00	80.0	400	0.0	*N/A*	4.0	4.0	5.0	4.00	0.00
Pepper Ind. Packs	2 Each	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			886	77	1211	12.01	4.05	269.3	1796	25.99	*20	39.75	130.22	23.90	5.39	*0.00
% of Calories											*8.9%	17.9%	58.8%	24.3%	5.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			865	80	1393	11.43	*4.15	*290.5	1722	*33.89	*19	39.66	127.67	22.78	4.65	*0.00
											*19.5%	18.3%	59.1%	23.7%	4.8%	*0.0%

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS-Chicken Lovers Line 1

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	865		750 - 850	102%			15	Correction Required - Calories too High
Cholesterol (mg)	80							
Sodium (mg)	1393		1420					
Fiber (g)	11.43							
Iron (mg)	4.15				Missing			
Calcium (mg)	290.5				Missing			
Vitamin A (IU)	1722							
Sugars (g)	19	8.65%			Missing			
Vitamin C (mg)	33.89				Missing			
Protein (g)	39.66	18.35%						
Carbohydrate (g)	127.67	59.07%						
Total Fat (g)	22.78	23.71%						
Saturated Fat (g)	4.65	4.84%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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