

Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS Pizza Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/04/2016																
LHS Pizza Line	Total	257														
Pizza, RancheroNardone96WW MEX2	1 Each	181	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	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
Pizza, Cheese French Bread	1 each	76	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	111	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	36	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	39	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	170	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	180	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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
Cupcake	1 each	135	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	74	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	16	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	103	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	59	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	7	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	41	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	49	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	58	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	12	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			825	49	1171	13.50	4.97	640.8	1600	31.88	*21	29.94	119.29	26.55	8.91	*0.00
% of Calories											*10.3%	14.5%	57.8%	28.9%	9.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Base Menu Spreadsheet

LHS Pizza Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 07/05/2016																
LHS Pizza Line	Total	250														
Pizza, Pepperoni Giorgio 8671	1 EACH	218	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Cheese Giorgio 8391	1 EACH	32	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	109	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	34	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	34	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	162	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	168	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	128	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	90	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	46	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	95	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	54	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	6	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	54	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	45	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	57	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	11	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			815	39	1031	13.62	4.43	505.2	1659	44.35	*17	34.66	124.40	21.38	6.86	*0.00
% of Calories											*8.4%	17.0%	61.0%	23.6%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Wed - 07/06/2016																
LHS Pizza Line	Total	260														
Pizza, Supreme	1 each	167	380	45	660	4.00	2.70	300.0	400	18.0	7	22.0	31.0	18.0	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
Pizza, Cheese French Bread	1 each	93	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	125	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Corn: Frozen	1/2 cup	54	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	23	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Bread Stick	1 each	158	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	184	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	121	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	68	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	33	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	27	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	108	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	50	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	7	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	36	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	46	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	60	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	22	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	10	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	160	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			845	49	1181	11.18	3.49	531.3	1557	39.69	*18	31.10	115.24	29.48	9.00	*0.00
% of Calories											*8.7%	14.7%	54.6%	31.4%	9.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/07/2016																
LHS Pizza Line	Total	265														
Pizza, Pepperoni Giorgio 8671	1 EACH	244	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Cheese Giorgio 8391	1 EACH	21	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	142	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	32	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	65	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	191	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	170	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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, Double Choc Chip	1 each	143	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	102	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	22	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	29	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	124	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	66	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	54	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	49	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	64	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	12	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			830	39	1055	14.49	4.69	500.1	1703	42.97	*19	34.75	126.69	21.65	6.83	*0.00
% of Calories											*9.1%	16.7%	61.1%	23.5%	7.4%	*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 Pizza Line

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 Pizza Line	Total	259														
Pizza, RancheroNardone96WW MEX2	1 Each	184	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	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
Pizza, Cheese French Bread	1 each	75	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	141	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Corn: Frozen	1/2 cup	31	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	38	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Bread Stick	1 each	172	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	184	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	121	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	95	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	27	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	13	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	102	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	64	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	47	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	44	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	67	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	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	17	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			816	43	1137	11.09	4.32	510.3	1698	24.51	*20	30.38	116.61	26.63	8.94	*0.00
% of Calories											*9.6%	14.9%	57.2%	29.4%	9.9%	*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 Pizza Line

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 Pizza Line	Total	257														
Pizza, RancheroNardone96WW MEX2	1 Each	181	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	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
Pizza, Cheese French Bread	1 each	76	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	111	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	36	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	39	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	170	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	180	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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, Double Choc Chip	1 each	135	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	74	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	16	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	103	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	59	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	7	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	41	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	49	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	58	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	12	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			800	43	1120	10.85	4.40	483.2	1595	31.88	*20	29.76	113.78	26.69	8.95	*0.00
% of Calories											*10.1%	14.9%	56.9%	30.0%	10.1%	*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 Pizza Line

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 Pizza Line																
	Total	250														
Pizza, Pepperoni Giorgio 8671	1 EACH	218	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Cheese Giorgio 8391	1 EACH	32	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	109	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	34	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	34	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	162	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	168	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	128	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	90	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	46	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	95	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	54	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	6	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	54	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	45	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	57	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	11	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			815	39	1031	13.62	4.43	505.2	1659	44.35	*17	34.66	124.40	21.38	6.86	*0.00
% of Calories											*8.4%	17.0%	61.0%	23.6%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS Pizza Line

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 Pizza Line	Total	260														
Pizza, Supreme	1 each	167	380	45	660	4.00	2.70	300.0	400	18.0	7	22.0	31.0	18.0	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
Pizza, Cheese French Bread	1 each	93	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	125	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Corn: Frozen	1/2 cup	54	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	23	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Bread Stick	1 each	158	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	184	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	121	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	68	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	33	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	27	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	108	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	50	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	7	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	36	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	46	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	60	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	22	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	10	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	160	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			845	49	1181	11.18	3.49	531.3	1557	39.69	*18	31.10	115.24	29.48	9.00	*0.00
% of Calories											*8.7%	14.7%	54.6%	31.4%	9.6%	*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 Pizza Line

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 Pizza Line	Total	265														
Pizza, Pepperoni Giorgio 8671	1 EACH	244	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Cheese Giorgio 8391	1 EACH	21	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	142	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	32	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	65	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	191	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	170	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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, Double Choc Chip	1 each	143	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	102	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	22	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	29	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	124	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	66	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	54	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	49	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	64	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	12	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			830	39	1055	14.49	4.69	500.1	1703	42.97	*19	34.75	126.69	21.65	6.83	*0.00
% of Calories											*9.1%	16.7%	61.1%	23.5%	7.4%	*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 Pizza Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/15/2016																
LHS Pizza Line	Total	259														
Pizza, RancheroNardone96WW MEX2	1 Each	184	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	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
Pizza, Cheese French Bread	1 each	75	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	141	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Corn: Frozen	1/2 cup	31	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	38	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Bread Stick	1 each	172	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	184	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	121	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	95	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	27	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	13	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	102	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	64	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	47	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	44	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	67	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	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	17	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			816	43	1137	11.09	4.32	510.3	1698	24.51	*20	30.38	116.61	26.63	8.94	*0.00
% of Calories											*9.6%	14.9%	57.2%	29.4%	9.9%	*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 Pizza Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/18/2016																
LHS Pizza Line	Total	257														
Pizza, RancheroNardone96WW MEX2	1 Each	181	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	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
Pizza, Cheese French Bread	1 each	76	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	111	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	36	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	39	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	170	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	180	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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, Double Choc Chip	1 each	135	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	74	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	16	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	103	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	59	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	7	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	41	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	49	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	58	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	12	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			806	43	1120	11.01	4.40	483.2	1600	31.88	*21	29.76	115.06	26.69	8.95	*0.00
% of Calories											*10.6%	14.8%	57.1%	29.8%	10.0%	*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 Pizza Line

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 Pizza Line	Total	250														
Pizza, Pepperoni Giorgio 8671	1 EACH	218	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Cheese Giorgio 8391	1 EACH	32	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	109	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	34	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	34	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	162	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	168	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	128	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	90	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	46	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	95	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	54	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	6	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	54	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	45	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	57	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	11	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			815	39	1031	13.62	4.43	505.2	1659	44.35	*17	34.66	124.40	21.38	6.86	*0.00
% of Calories											*8.4%	17.0%	61.0%	23.6%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS Pizza Line

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 Pizza Line	Total	260														
Pizza, Supreme	1 each	167	380	45	660	4.00	2.70	300.0	400	18.0	7	22.0	31.0	18.0	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
Pizza, Cheese French Bread	1 each	93	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	125	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Corn: Frozen	1/2 cup	54	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	23	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Bread Stick	1 each	158	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	184	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	121	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	68	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	33	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	27	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	108	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	50	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	7	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	36	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	46	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	60	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	22	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	10	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	160	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			845	49	1181	11.18	3.49	531.3	1557	39.69	*18	31.10	115.24	29.48	9.00	*0.00
% of Calories											*8.7%	14.7%	54.6%	31.4%	9.6%	*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 Pizza Line

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 Pizza Line	Total	265														
Pizza, Pepperoni Giorgio 8671	1 EACH	244	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Cheese Giorgio 8391	1 EACH	21	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	142	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	32	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	65	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	191	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	170	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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, Double Choc Chip	1 each	143	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	102	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	22	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	29	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	124	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	66	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	54	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	49	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	64	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	12	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			830	39	1055	14.49	4.69	500.1	1703	42.97	*19	34.75	126.69	21.65	6.83	*0.00
% of Calories											*9.1%	16.7%	61.1%	23.5%	7.4%	*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 Pizza Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/22/2016																
LHS Pizza Line	Total	259														
Pizza, RancheroNardone96WW MEX2	1 Each	184	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	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
Pizza, Cheese French Bread	1 each	75	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	141	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Corn: Frozen	1/2 cup	31	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	38	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Bread Stick	1 each	172	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	184	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	121	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	95	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	27	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	13	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	102	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	64	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	47	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	44	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	57	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	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	17	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			811	43	1130	11.09	4.32	498.7	1679	24.42	*20	30.07	115.76	26.63	8.94	*0.00
% of Calories											*9.7%	14.8%	57.1%	29.5%	9.9%	*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 Pizza Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/25/2016																
LHS Pizza Line	Total	257														
Pizza, RancheroNardone96WW MEX2	1 Each	181	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	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
Pizza, Cheese French Bread	1 each	76	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	111	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	36	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	39	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	170	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	180	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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, Double Choc Chip	1 each	135	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	74	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	16	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	103	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	59	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	7	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	41	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	49	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	58	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	12	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			800	43	1120	10.85	4.40	483.2	1595	31.88	*20	29.76	113.78	26.69	8.95	*0.00
% of Calories											*10.1%	14.9%	56.9%	30.0%	10.1%	*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 Pizza Line

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 Pizza Line	Total	250														
Pizza, Pepperoni Giorgio 8671	1 EACH	218	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Cheese Giorgio 8391	1 EACH	32	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	109	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	34	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	34	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	162	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	168	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	128	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	90	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	46	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	20	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	95	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	54	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	6	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	54	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	45	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	57	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	11	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			815	39	1031	13.62	4.43	505.2	1659	44.35	*17	34.66	124.40	21.38	6.86	*0.00
% of Calories											*8.4%	17.0%	61.0%	23.6%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS Pizza Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/27/2016																
LHS Pizza Line	Total	260														
Pizza, Supreme	1 each	167	380	45	660	4.00	2.70	300.0	400	18.0	7	22.0	31.0	18.0	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
Pizza, Cheese French Bread	1 each	93	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	125	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Corn: Frozen	1/2 cup	54	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	23	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Bread Stick	1 each	158	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	184	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	121	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	68	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	33	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	27	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	108	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	50	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	7	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	36	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	46	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	60	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	22	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	10	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	160	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			845	49	1181	11.18	3.49	531.3	1557	39.69	*18	31.10	115.24	29.48	9.00	*0.00
% of Calories											*8.7%	14.7%	54.6%	31.4%	9.6%	*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 Pizza Line

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 Pizza Line	Total	265														
Pizza, Pepperoni Giorgio 8671	1 EACH	244	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Cheese Giorgio 8391	1 EACH	21	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	142	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	32	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	65	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Bread Stick	1 each	191	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	170	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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, Double Choc Chip	1 each	143	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	102	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	22	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	29	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	124	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	66	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	54	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	49	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	54	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	23	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	12	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			825	39	1048	14.49	4.69	488.7	1684	42.88	*19	34.45	125.86	21.65	6.83	*0.00
% of Calories											*9.1%	16.7%	61.0%	23.6%	7.4%	*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 Pizza Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/29/2016																
LHS Pizza Line	Total	259														
Pizza, RancheroNardone96WW MEX2	1 Each	184	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	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
Pizza, Cheese French Bread	1 each	75	370	30	530	2.00	0.00	400.0	400	0.0	*N/A*	22.0	29.0	20.0	8.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	141	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Corn: Frozen	1/2 cup	31	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	38	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Bread Stick	1 each	172	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Potatoes, FriesRaw	3.57 oz	184	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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	121	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	95	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	27	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	13	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	102	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	64	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	47	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	44	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	67	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	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	17	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Catsup in 1.5 Gallon Bag	1/8 cup	150	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	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	25	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	25	60	0	120	0.00	0.00	0.0	100	1.2	*N/A*	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average			816	43	1137	11.09	4.32	510.3	1698	24.51	*20	30.38	116.61	26.63	8.94	*0.00
% of Calories											*9.6%	14.9%	57.2%	29.4%	9.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			822	43	1107	12.39	4.29	512.7	1641	36.67	*19	32.11	119.60	25.16	8.11	*0.00
											*20.8%	15.6%	58.2%	27.5%	8.9%	*0.0%

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

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

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

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Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS Pizza Line

Portion Values - Detailed

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Generated on: 8/10/2016 11:55:16 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	822		750 - 850	100%													
Cholesterol (mg)	43																
Sodium (mg)	1107		1420														
Fiber (g)	12.39																
Iron (mg)	4.29																
Calcium (mg)	512.7																
Vitamin A (IU)	1641																
Sugars (g)	19	9.22%				Missing											
Vitamin C (mg)	36.67																
Protein (g)	32.11	15.62%															
Carbohydrate (g)	119.60	58.18%															
Total Fat (g)	25.16	27.53%															
Saturated Fat (g)	8.11	8.88%															
Trans Fat ¹ (g)	0.00	0.00%			<10.00%												
						Missing											

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