

# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

## Base Menu Spreadsheet

LHS Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 07/04/2016																
LHS Sandwich Lines	Total	496														
Sandwich Chicken Breaded	1 each	343	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	128	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Sandwich Steak	1 each	25	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	0.00
OR 3	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
Sandwich PB&J	2 Each	0	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	52	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	57	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	39	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	144	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	444	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	276	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	144	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	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	200	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	113	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	12	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	80	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	95	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	59	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	45	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	24	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	522	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	83	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	211	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	34	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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

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

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

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			805	79	1376	13.17	5.45	381.7	1016	26.55	*16	30.75	122.91	21.17	3.41	*0.00
% of Calories											*8.0%	15.3%	61.1%	23.7%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

## Base Menu Spreadsheet

LHS Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 07/05/2016																
LHS Sandwich Lines	Total	510														
Sandwich Chicken Breaded	1 each	319	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	161	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Sandwich Yumbo hotHam&CH	1 each	29	215	35	718	3.00	1.44	160.0	118	1.2	4	15.0	29.0	7.5	3.25	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	60	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	44	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	22	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	160	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	470	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	261	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	185	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	95	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	41	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	193	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	110	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	13	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	109	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	92	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	118	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	46	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	23	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	522	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	70	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	178	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	20	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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

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Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			807	73	1354	10.36	4.61	283.5	1276	32.08	*18	32.17	124.79	20.73	3.42	*0.00
% of Calories											*8.9%	15.9%	61.9%	23.1%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Wed - 07/06/2016																
LHS Sandwich Lines	Total	532														
Sandwich Chicken Breaded	1 each	330	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	157	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Hamburger on Bun	1 each	44	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	67	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	165	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	15	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	156	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	475	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	257	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	146	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	71	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	58	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	230	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	106	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	16	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	35	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	98	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	123	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	47	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	22	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	982	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	48	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	193	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	29	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

Generated on: 8/10/2016 11:53:47 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			810	71	1368	10.46	4.70	280.9	1488	27.26	*15 *7.4%	31.57 15.6%	124.69 61.6%	20.21 22.5%	3.32 3.7%	*0.00 *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 Sandwich Lines**

**Portion Values - Detailed**

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 07/07/2016																
LHS Sandwich Lines	Total	547														
Sandwich Chicken Breaded	1 each	392	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	131	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Hot Dog on Bun	1 each	23	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Doritos RF Spicy Chili Doritos	1 each	23	130	0	180	2.00	0.36	20.0	0	0.0	*N/A*	2.0	20.0	5.0	0.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Cole Slaw	1/2 cup	26	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Lettuce, Romaine	1/2 CUP	73	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	54	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	9	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	128	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	480	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	298	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	211	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	58	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	256	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	136	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	9	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	113	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	100	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	137	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	48	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	24	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	384	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	61	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	144	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	54	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 07/07/2016																
Weighted Daily Average % of Calories			794	74	1303	10.72	4.84	279.1	1241	30.83	*19 *9.7%	31.95 16.1%	121.58 61.3%	20.59 23.3%	3.37 3.8%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/08/2016																
LHS Sandwich Lines	Total	594														
Sandwich Chicken Breaded	1 each	356	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	129	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Corn Dog, State Fair WG	1 each	108	240	15	670	4.00	1.80	60.0	0	15.0	*N/A*	11.0	33.0	7.0	1.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	58	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	153	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	41	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	160	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	508	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	280	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	219	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	61	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	31	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	235	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	146	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*
Fruit Mix w/Cherries	1/2 CUP	107	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	101	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	168	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	71	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	38	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	618	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	66	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	185	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	44	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			771	65	1321	9.99	4.38	292.3	1240	21.37	*14 *7.4%	30.41 15.8%	118.78 61.6%	19.49 22.7%	3.22 3.8%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 07/11/2016																
LHS Sandwich Lines	Total	496														
Sandwich Chicken Breaded	1 each	343	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	128	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Sandwich Steak	1 each	25	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	0.00
OR 3	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
Sandwich PB&J	2 Each	0	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	52	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	57	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	39	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	144	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	444	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	276	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	144	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	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	200	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	113	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	12	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	80	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	95	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	109	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	45	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	24	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	522	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	83	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	211	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	34	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

Generated on: 8/10/2016 11:53:47 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			822	80	1406	13.01	5.45	442.2	1237	26.91	*17 *8.1%	32.36 15.8%	125.75 61.2%	21.17 23.2%	3.41 3.7%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 07/12/2016																
LHS Sandwich Lines	Total	510														
Sandwich Chicken Breaded	1 each	319	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	161	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Sandwich Yumbo hotHam&CH	1 each	29	215	35	718	3.00	1.44	160.0	118	1.2	4	15.0	29.0	7.5	3.25	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	60	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	44	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	22	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	160	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	470	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	261	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	185	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	95	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	41	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	193	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	110	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	13	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	109	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	92	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	118	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	46	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	23	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	522	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	70	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	178	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	20	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			807	73	1354	10.36	4.61	283.5	1276	32.08	*18	32.17	124.79	20.73	3.42	*0.00
% of Calories											*8.9%	15.9%	61.9%	23.1%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

## Base Menu Spreadsheet

LHS Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 07/13/2016																
LHS Sandwich Lines	Total	532														
Sandwich Chicken Breaded	1 each	330	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	157	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Hamburger on Bun	1 each	44	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	67	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	165	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	15	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	156	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	475	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	257	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	146	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	71	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	58	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	230	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	106	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	16	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	35	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	98	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	123	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	47	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	22	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	982	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	48	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	193	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	29	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			810	71	1368	10.46	4.70	280.9	1488	27.26	*15 *7.4%	31.57 15.6%	124.69 61.6%	20.21 22.5%	3.32 3.7%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 07/14/2016																
LHS Sandwich Lines	Total	547														
Sandwich Chicken Breaded	1 each	392	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	131	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Hot Dog on Bun	1 each	23	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Doritos RF Spicy Chili Doritos	1 each	23	130	0	180	2.00	0.36	20.0	0	0.0	*N/A*	2.0	20.0	5.0	0.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Cole Slaw	1/2 cup	26	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Lettuce, Romaine	1/2 CUP	73	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	54	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	9	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	128	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	480	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	298	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	211	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	58	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	256	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	136	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	9	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	113	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	100	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	137	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	48	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	24	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	384	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	61	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	144	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	54	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

\*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 Sandwich Lines

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 <sup>1</sup> (g)
Thu - 07/14/2016																
Weighted Daily Average % of Calories			794	74	1303	10.72	4.84	279.1	1241	30.83	*19 *9.7%	31.95 16.1%	121.58 61.3%	20.59 23.3%	3.37 3.8%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/15/2016																
LHS Sandwich Lines	Total	594														
Sandwich Chicken Breaded	1 each	356	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	129	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Corn Dog, State Fair WG	1 each	108	240	15	670	4.00	1.80	60.0	0	15.0	*N/A*	11.0	33.0	7.0	1.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	58	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	153	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	41	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	160	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	508	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	280	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	219	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	61	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	31	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	235	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	146	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*
Fruit Mix w/Cherries	1/2 CUP	107	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	101	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	168	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	71	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	38	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	618	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	66	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	185	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	44	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			771	65	1321	9.99	4.38	292.3	1240	21.37	*14 *7.4%	30.41 15.8%	118.78 61.6%	19.49 22.7%	3.22 3.8%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 07/18/2016																
LHS Sandwich Lines	Total	496														
Sandwich Chicken Breaded	1 each	343	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	128	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Sandwich Steak	1 each	25	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	0.00
OR 3	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
Sandwich PB&J	2 Each	0	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	52	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	57	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	39	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	144	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	444	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	276	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	144	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	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	200	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	113	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	12	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	80	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	95	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	109	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	45	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	24	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	522	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	83	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	211	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	34	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			828	80	1406	13.17	5.45	442.2	1243	26.91	*18 *8.6%	32.36 15.6%	127.04 61.4%	21.17 23.0%	3.41 3.7%	*0.00 *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 Sandwich Lines

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 07/19/2016																
LHS Sandwich Lines	Total	510														
Sandwich Chicken Breaded	1 each	319	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	161	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Sandwich Yumbo hotHam&CH	1 each	29	215	35	718	3.00	1.44	160.0	118	1.2	4	15.0	29.0	7.5	3.25	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	60	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	44	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	22	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	160	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	470	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	261	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	185	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	95	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	41	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	193	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	110	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	13	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	109	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	92	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	118	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	46	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	23	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	522	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	70	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	178	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	20	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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

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

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

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# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS Sandwich Lines

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 <sup>1</sup> (g)
Weighted Daily Average			807	73	1354	10.36	4.61	283.5	1276	32.08	*18	32.17	124.79	20.73	3.42	*0.00
% of Calories											*8.9%	15.9%	61.9%	23.1%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

## Base Menu Spreadsheet

LHS Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 07/20/2016																
LHS Sandwich Lines	Total	532														
Sandwich Chicken Breaded	1 each	330	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	157	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Hamburger on Bun	1 each	44	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	67	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	165	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	15	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	156	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	475	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	257	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	146	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	71	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	58	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	230	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	106	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	16	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	35	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	98	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	123	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	47	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	22	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	982	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	48	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	193	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	29	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			810	71	1368	10.46	4.70	280.9	1488	27.26	*15	31.57	124.69	20.21	3.32	*0.00
% of Calories											*7.4%	15.6%	61.6%	22.5%	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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 07/21/2016																
LHS Sandwich Lines	Total	547														
Sandwich Chicken Breaded	1 each	392	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	131	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Hot Dog on Bun	1 each	23	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Doritos RF Spicy Chili Doritos	1 each	23	130	0	180	2.00	0.36	20.0	0	0.0	*N/A*	2.0	20.0	5.0	0.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Cole Slaw	1/2 cup	26	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Lettuce, Romaine	1/2 CUP	73	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	54	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	9	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	128	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	480	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	298	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	211	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	58	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	256	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	136	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	9	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	113	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	100	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	137	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	48	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	24	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	384	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	61	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	144	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	54	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

\*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 Sandwich Lines

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 <sup>1</sup> (g)
Thu - 07/21/2016																
Weighted Daily Average % of Calories			794	74	1303	10.72	4.84	279.1	1241	30.83	*19 *9.7%	31.95 16.1%	121.58 61.3%	20.59 23.3%	3.37 3.8%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/22/2016																
LHS Sandwich Lines	Total	594														
Sandwich Chicken Breaded	1 each	356	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	129	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Corn Dog, State Fair WG	1 each	108	240	15	670	4.00	1.80	60.0	0	15.0	*N/A*	11.0	33.0	7.0	1.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	58	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	153	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	41	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	160	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	508	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	280	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	219	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	61	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	31	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	235	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	146	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*
Fruit Mix w/Cherries	1/2 CUP	107	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	101	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	168	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	71	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	38	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	618	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	66	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	185	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	44	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			771	65	1321	9.99	4.38	292.3	1240	21.37	*14	30.41	118.78	19.49	3.22	*0.00
% of Calories											*7.4%	15.8%	61.6%	22.7%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

## Base Menu Spreadsheet

LHS Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 07/25/2016																
LHS Sandwich Lines	Total	496														
Sandwich Chicken Breaded	1 each	343	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	128	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Sandwich Steak	1 each	25	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	0.00
OR 3	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
Sandwich PB&J	2 Each	0	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	52	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	57	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	39	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	144	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	444	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	276	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	144	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	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	200	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	113	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	12	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	80	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	95	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	109	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	45	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	24	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	522	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	83	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	211	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	34	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			822	80	1406	13.01	5.45	442.2	1237	26.91	*17 *8.1%	32.36 15.8%	125.75 61.2%	21.17 23.2%	3.41 3.7%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 07/26/2016																
LHS Sandwich Lines	Total	510														
Sandwich Chicken Breaded	1 each	319	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	161	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Sandwich Yumbo hotHam&CH	1 each	29	215	35	718	3.00	1.44	160.0	118	1.2	4	15.0	29.0	7.5	3.25	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	60	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	44	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	22	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	160	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	470	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	261	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	185	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	95	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	41	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	193	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	110	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	13	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	109	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	92	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	118	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	46	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	23	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	522	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	70	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	178	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	20	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 34

Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

Generated on: 8/10/2016 11:53:47 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 <sup>1</sup> (g)
Weighted Daily Average			807	73	1354	10.36	4.61	283.5	1276	32.08	*18	32.17	124.79	20.73	3.42	*0.00
% of Calories											*8.9%	15.9%	61.9%	23.1%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

## Base Menu Spreadsheet

LHS Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 07/27/2016																
LHS Sandwich Lines	Total	532														
Sandwich Chicken Breaded	1 each	330	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	157	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Hamburger on Bun	1 each	44	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	67	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	165	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	15	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	156	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	475	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	257	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	146	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	71	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	58	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	230	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	106	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	16	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	35	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	98	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	123	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	47	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	22	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	982	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	48	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	193	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	29	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 4, 2016 thru Jul 29, 2016

LHS Sandwich Lines

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			810	71	1368	10.46	4.70	280.9	1488	27.26	*15 *7.4%	31.57 15.6%	124.69 61.6%	20.21 22.5%	3.32 3.7%	*0.00 *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 Sandwich Lines**

**Portion Values - Detailed**

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 07/28/2016																
LHS Sandwich Lines	Total	547														
Sandwich Chicken Breaded	1 each	392	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	131	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Hot Dog on Bun	1 each	23	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Doritos RF Spicy Chili Doritos	1 each	23	130	0	180	2.00	0.36	20.0	0	0.0	*N/A*	2.0	20.0	5.0	0.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Cole Slaw	1/2 cup	26	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Lettuce, Romaine	1/2 CUP	73	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	54	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	9	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	128	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	480	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	298	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	211	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	58	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	256	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	136	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	9	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	113	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	100	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	137	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	48	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	24	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	384	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	61	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	144	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	54	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

Base Menu Spreadsheet

LHS Sandwich Lines

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 <sup>1</sup> (g)
Thu - 07/28/2016																
Weighted Daily Average % of Calories			794	74	1303	10.72	4.84	279.1	1241	30.83	*19 *9.7%	31.95 16.1%	121.58 61.3%	20.59 23.3%	3.37 3.8%	*0.00 *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 Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/29/2016																
LHS Sandwich Lines	Total	594														
Sandwich Chicken Breaded	1 each	356	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	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
Sandwich Chicken Spicy LHS	1 each	129	341	62	592	4.64	3.41	82.5	243	1.26	2	25.04	40.8	9.37	1.48	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
Corn Dog, State Fair WG	1 each	108	240	15	670	4.00	1.80	60.0	0	15.0	*N/A*	11.0	33.0	7.0	1.50	0.00
OR 3	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
Sandwich PB&J	2 Each	1	620	0	620	8.00	2.88	120.0	120	0.0	24	20.0	68.0	32.0	5.00	0.00
with	1	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	58	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	153	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
ONIONS SLICED	1/4 cup sl ices	41	12	0	1	0.49	0.06	6.6	1	2.13	1	0.32	2.69	0.03	0.01	0.00
Pickles, Dill	1/4 cup	160	5	0	313	0.39	0.10	22.1	48	0.89	0	0.19	0.93	0.12	0.03	*N/A*
Potatoes, FriesRaw	3.57 oz	508	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	280	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	219	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	61	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	31	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	235	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	146	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*
Fruit Mix w/Cherries	1/2 CUP	107	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	101	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	168	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	71	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	38	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	618	40	0	101	0.00	0.00	0.0	202	2.42	*N/A*	0.0	8.06	0.0	0.00	0.00
Mustard Packet	2 each	66	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	185	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Pepper Ind. Packs	Packet	231	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sauce, Hot 9 grams	1 each	44	5	0	240	0.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	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	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	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

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

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

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

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# Lowndes County

Jul 4, 2016 thru Jul 29, 2016

## Base Menu Spreadsheet

LHS Sandwich Lines

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			771	65	1321	9.99	4.38	292.3	1240	21.37	*14	30.41	118.78	19.49	3.22	*0.00
% of Calories											*7.4%	15.8%	61.6%	22.7%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			800	73	1349	10.92	4.80	312.6	1286	27.67	*17	31.61	123.04	20.44	3.35	*0.00
											*18.7%	15.8%	61.5%	23.0%	3.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	800		750 - 850	100%				
Cholesterol (mg)	73							
Sodium (mg)	1349		1420					
Fiber (g)	10.92							
Iron (mg)	4.80							
Calcium (mg)	312.6							
Vitamin A (IU)	1286							
Sugars (g)	17	8.33%			Missing			
Vitamin C (mg)	27.67							
Protein (g)	31.61	15.80%						
Carbohydrate (g)	123.04	61.50%						
Total Fat (g)	20.44	22.99%						
Saturated Fat (g)	3.35	3.77%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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

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