

Lowndes County

Jul 3, 2017 thru Jul 28, 2017

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 ¹ (g)
Mon - 07/03/2017																
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	1 Each	0	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			755	79	1368	11.03	5.11	376.9	962	10.79	*10	30.59	109.79	21.11	3.40	*0.00
% of Calories											*5.1%	16.2%	58.2%	25.2%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

* - 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.

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

Jul 3, 2017 thru Jul 28, 2017

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 ¹ (g)
Tue - 07/04/2017																
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
Turkey Ham & Cheese Pretzel	1 Each	29	260	40	610	3.00	2.70	150.0	200	2.4	4	17.0	30.0	9.0	4.50	*N/A*
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			761	73	1343	8.09	4.32	273.1	1211	19.25	*12	31.90	112.11	20.68	3.47	*0.00
% of Calories											*6.6%	16.8%	58.9%	24.5%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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 ¹ (g)
Wed - 07/05/2017																
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			767	71	1363	8.89	4.59	271.7	1429	13.42	*10	31.14	113.60	20.07	3.30	*0.00
% of Calories											*5.0%	16.2%	59.2%	23.5%	3.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS Sandwich Lines

Generated on: 08/08/2017 2:41:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/06/2017																
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Pineapple Tidbits w/ Cherries	1/2 cup	113	72	0	1	1.03	0.28	14.7	43	9.28	*14	0.46	18.03	0.09	0.01	0.00
Juice, Fruit Punch	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			740	74	1295	8.15	4.48	275.9	1179	12.05	*13	31.72	107.40	20.47	3.34	*0.00
% of Calories											*7.0%	17.2%	58.1%	24.9%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS Sandwich Lines

Generated on: 08/08/2017 2:41:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/07/2017																
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	1 Each	108	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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*
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			734	70	1264	8.89	4.06	291.4	1210	11.57	*14	29.86	108.43	19.61	3.38	*0.00
% of Calories											*7.5%	16.3%	59.1%	24.0%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

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 ¹ (g)
Mon - 07/10/2017																
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	1 Each	0	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Peaches,Diced	1/2 cup	80	53	0	6	1.30	0.38	6.0	341	3.81	*N/A*	0.5	13.43	0.12	0.00	0.00
Juice, Fruit Punch	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			753	79	1369	10.93	5.14	377.3	1010	10.37	*8	30.54	109.24	21.09	3.39	*0.00
% of Calories											*4.3%	16.2%	58.0%	25.2%	4.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Tue - 07/11/2017																
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
Turkey Ham & Cheese Pretzel	1 Each	29	260	40	610	3.00	2.70	150.0	200	2.4	4	17.0	30.0	9.0	4.50	*N/A*
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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	109	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Orange	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			747	73	1328	8.58	4.34	281.3	1242	27.74	*12	31.95	108.29	20.70	3.47	*0.00
% of Calories											*6.4%	17.1%	58.0%	24.9%	4.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Wed - 07/12/2017																
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Applesauce Flavored	1/2 CUP	35	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	0.00
Juice, Apple	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			760	71	1366	8.12	4.29	271.9	1434	12.97	*11	31.18	111.65	20.07	3.30	*0.00
% of Calories											*5.7%	16.4%	58.8%	23.8%	3.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS Sandwich Lines

Generated on: 08/08/2017 2:41:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/13/2017																
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Fruit, Tropical Salad	1/2 cup	113	92	0	0	2.05	0.00	20.5	513	30.79	*N/A*	1.03	21.55	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			744	74	1294	8.37	4.42	277.1	1276	16.50	*10	31.84	108.13	20.45	3.34	*0.00
% of Calories											*5.4%	17.1%	58.1%	24.7%	4.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

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 ¹ (g)
Fri - 07/14/2017																
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	1 Each	108	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			728	70	1264	8.87	4.31	289.3	1192	10.96	*10	29.77	106.91	19.55	3.38	*0.00
% of Calories											*5.7%	16.4%	58.7%	24.2%	4.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Mon - 07/17/2017																
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	1 Each	0	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Fruit Punch	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			755	79	1368	11.03	5.11	376.9	962	10.79	*10	30.59	109.79	21.11	3.40	*0.00
% of Calories											*5.1%	16.2%	58.2%	25.2%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Tue - 07/18/2017																
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
Turkey Ham & Cheese Pretzel	1 Each	29	260	40	610	3.00	2.70	150.0	200	2.4	4	17.0	30.0	9.0	4.50	*N/A*
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			761	73	1343	8.09	4.32	273.1	1211	19.25	*12	31.90	112.11	20.68	3.47	*0.00
% of Calories											*6.6%	16.8%	58.9%	24.5%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

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 ¹ (g)
Wed - 07/19/2017																
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			767	71	1363	8.89	4.59	271.7	1429	13.42	*10	31.14	113.60	20.07	3.30	*0.00
% of Calories											*5.0%	16.2%	59.2%	23.5%	3.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Thu - 07/20/2017																
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Pineapple Tidbits w/ Cherries	1/2 cup	9	72	0	1	1.03	0.28	14.7	43	9.28	*14	0.46	18.03	0.09	0.01	0.00
Applesauce Flavored	1/2 CUP	113	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			744	74	1303	8.28	4.46	274.0	1187	12.15	*14	31.78	108.69	20.47	3.35	*0.00
% of Calories											*7.7%	17.1%	58.4%	24.8%	4.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Fri - 07/21/2017																
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	1 Each	108	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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*
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			734	70	1264	8.89	4.06	291.4	1210	11.57	*14	29.86	108.43	19.61	3.38	*0.00
% of Calories											*7.5%	16.3%	59.1%	24.0%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

LHS Sandwich Lines

Generated on: 08/08/2017 2:41:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/24/2017																
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	1 Each	0	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
PEACH,Frozen,4.4 oz Cup	1/2 Each	80	40	0	0	0.50	0.18	0.0	150	81.0	*N/A*	0.5	9.5	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			751	79	1368	10.80	5.11	376.3	979	22.82	*8	30.54	108.61	21.07	3.39	*0.00
% of Calories											*4.3%	16.3%	57.9%	25.3%	4.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Tue - 07/25/2017																
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
Turkey Ham & Cheese Pretzel	1 Each	29	260	40	610	3.00	2.70	150.0	200	2.4	4	17.0	30.0	9.0	4.50	*N/A*
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			746	73	1328	8.34	4.34	273.6	1202	17.65	*11	31.86	108.04	20.71	3.48	*0.00
% of Calories											*6.0%	17.1%	57.9%	25.0%	4.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Wed - 07/26/2017																
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Applesauce Flavored	1/2 CUP	35	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	0.00
Juice, Apple	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			760	71	1366	8.12	4.29	271.9	1434	12.97	*11	31.18	111.65	20.07	3.30	*0.00
% of Calories											*5.7%	16.4%	58.8%	23.8%	3.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 3, 2017 thru Jul 28, 2017

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 ¹ (g)
Thu - 07/27/2017																
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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
Fruit, Tropical Salad	1/2 cup	113	92	0	0	2.05	0.00	20.5	513	30.79	*N/A*	1.03	21.55	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			744	74	1294	8.37	4.42	277.1	1276	16.50	*10	31.84	108.13	20.45	3.34	*0.00
% of Calories											*5.4%	17.1%	58.1%	24.7%	4.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

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 ¹ (g)
Fri - 07/28/2017																
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	1 Each	108	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	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	1 Each	1	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	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
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
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
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			728	70	1264	8.87	4.31	289.3	1192	10.96	*10	29.77	106.91	19.55	3.38	*0.00
% of Calories											*5.7%	16.4%	58.7%	24.2%	4.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

LHS 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 ¹ (g)
Weighted Average			749	73	1326	8.98	4.50	298.1	1212	14.68	*11 *13.2%	31.05 16.6%	109.58 58.5%	20.38 24.5%	3.38 4.1%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	749		750 - 850	100%		1		Correction Required - Calories are Low
Cholesterol (mg)	73							
Sodium (mg)	1326		1420					
Fiber (g)	8.98							
Iron (mg)	4.50							
Calcium (mg)	298.1							
Vitamin A (IU)	1212							
Sugars (g)	11	5.87%			Missing			
Vitamin C (mg)	14.68							
Protein (g)	31.05	16.58%						
Carbohydrate (g)	109.58	58.52%						
Total Fat (g)	20.38	24.49%						
Saturated Fat (g)	3.38	4.06%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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