

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

Generated on: 08/08/2017 12:48:49 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 - 07/03/2017																
Middle School - CHOICE LU	Total	1000														
Sandwich Chicken Breaded	1 each	615	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	1.47	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salisbury Steak w/Gravy	1 each	365	107	30	399	1.03	1.45	21.0	5	1.22	*1	11.13	4.34	5.06	2.00	*0.00
Sack Lunch H&C MS Monday	1 each	10	325	35	878	5.00	4.14	180.0	128	1.2	6	18.0	46.0	11.0	3.25	0.00
Banana 7-7 7/8in=1/2cup	1 each	100	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	215	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Potatoes Idahoan	1/2 cup	900	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Carrots, Steamed	1/2 cup	100	43	9	116	0.78	*0.00	*0.2	168	*0.0	1	0.0	2.33	3.95	0.65	*0.00
Corn: Frozen	1/2 cup	400	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	300	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Roll, Marzetti 1oz	1 each	350	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Rice Krispie Treat Mini-Square	1 each	800	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	300	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	212	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	26	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	77	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 Packet	2 each	200	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	2 each	100	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	350	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	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			553	59	1239	6.10	*3.73	*274.4	936	*29.22	*12	28.62	79.05	14.60	2.45	*0.00
% of Calories											*8.5%	20.7%	57.2%	23.8%	4.0%	*0.0%
Nutrient Guideline			600-700		1360										<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

Middle School - CHOICE LUNCH

Generated on: 08/08/2017 12:48:50 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)
Tue - 07/04/2017																
Middle School - CHOICE LU	Total	1000														
Hamburger on Bun	1 each	550	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
OR 2	1		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Fajita w/ch/wrap ES&MS	Serving	400	381	85	870	4.01	*1.62	*352.5	271	*0.0	3	25.38	31.49	16.57	9.05	0.00
Sack Lunch PB&J MS Tuesday	1 each	30	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Fruit Mix w/Jello	1/2 CUP	320	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	215	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Lettuce, Romaine	1/2 CUP	75	4	0	2	0.49	0.23	7.8	2047	0.94	0	0.29	0.77	0.07	0.01	0.00
TOMATO Fresh Chopped/Sliced	1/2 CUP	75	16	0	5	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03	*N/A*
Beans Baked	1/2 cup	220	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Potatoes, FriesRaw	3.57 oz	900	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	0.00
Peas, Butter	1/2 cup	100	100	1	201	4.50	1.35	30.8	0	3.6	*0	5.49	18.24	0.24	0.00	*0.00
Broccoli Florets Steamed	1/2 cup	200	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	3 each	800	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	20	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Mustard Packet	2 each	100	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Taco Sauce Packet	2 each	300	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Sour Cream, Indiv	SERVING	320	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			669	55	1073	8.27	*3.48	*437.5	1203	*25.98	*11 *6.7%	29.04 17.3%	95.91 57.3%	18.59 25.0%	6.66 9.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/05/2017																
Middle School - CHOICE LU	Total	1000														
Chicken Breast Tenders	3 each	635	216	66	350	1.19	1.86	22.2	83	0.03	0	21.96	12.31	8.35	1.56	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Corn Dog	1 Each	350	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
Sack Lunch H&C MS Wednesday	1 each	5	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	100	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	215	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Rice Yellow	1/2 CUP	750	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Collard Greens Frozen	1/2 cup	250	50	0	286	4.45	1.33	250.5	11360	49.48	*0	3.6	9.71	0.46	0.06	*0.00
Peas, Blackeye from DRY	1/2 cup	200	111	0	262	3.43	2.66	35.6	17	0.55	*2	7.77	19.8	0.41	0.11	*0.00
Beans Lima Frozen	1/2 cup	200	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Cornbread	1 each	200	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Cookie, WG, Chocolate Chip	1 each	850	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Mustard Packet	2 each	75	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Catsup Packet	2 each	250	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	150	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	450	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	100	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Vinegar	1 each	40	2	0	0	0.00	0.00	0.5	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			632	81	1165	7.79	4.70	352.7	3602	15.91	*8	30.26	88.77	17.68	3.86	*0.00
% of Calories											*4.8%	19.1%	56.2%	25.2%	5.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/06/2017																
Middle School - CHOICE LU	Total	1000														
Chicken Breast Chunks	5 EACH	735	180	75	400	1.00	2.00	27.0	29	0.0	*N/A*	23.0	12.0	4.5	1.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hot Dog on Bun	1 each	215	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Sack Lunch PB&J MS Thursday	1 each	30	490	19	680	5.00	1.80	280.0	260	0.0	*12	19.0	48.0	25.5	7.00	0.00
Strawberry Cup	1 each	320	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, Fruit Punch	1/2 cup	215	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Macaroni and Cheese Shells	1/2 CUP	700	203	20	529	0.81	0.73	279.2	353	0.6	*4	11.9	21.47	8.28	4.39	*0.00
Broccoli Florets Steamed	1/2 cup	150	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Carrots, glazed	1/2 cup	55	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Corn: Frozen	1/2 CUP	250	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Roll, Marzetti 1oz	1 each	500	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Cookie, WG, Double Choc Chip	1 each	650	103	8	102	1.26	0.72	0.0	0	0.0	*N/A*	1.64	17.95	3.27	1.08	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	3 each	200	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	20	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Mustard Packet	2 each	100	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Bar B Que Sauce Cups	1 each	100	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	300	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Dressing Ranch 1 oz	Pack	250	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			651	98	1210	5.27	*3.40	*461.5	1109	*29.63	*10	37.02	82.71	21.06	6.54	*0.00
% of Calories											*6.1%	22.7%	50.8%	29.1%	9.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Fri - 07/07/2017																
Middle School - CHOICE LU	Total	1000														
Pizza, RancheroNardone96WW	1 Each	720	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	7.00	0.00
MEX2																
OR 2	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Popcorn Buffalo	10 EACH	230	249	36	412	1.77	3.50	70.2	131	0.11	0	20.54	19.98	9.94	2.18	0.00
Sack Lunch H&C MS Friday	1 each	25	345	35	898	5.00	1.80	180.0	118	1.2	*4	17.0	49.0	12.5	3.75	0.00
Orange	1 each	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	215	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Salad Side ES&MS	1 each	100	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Corn: Frozen	1/2 cup	300	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	200	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Sauce,Pizza,Dip Heated	3/8 cup	300	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Bread Stick	1 each	550	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Cookie, WG, Candy	1 each	800	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Milk, Chocolate Skim	1 CUP	542	120	5	180	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	26	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	77	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 Packet	2 each	50	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	2 each	100	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	100	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	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	50	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Dressing Ranch 1 oz	Pack	50	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Weighted Daily Average			602	47	945	7.72	4.72	420.0	1547	17.26	*9	29.44	79.75	19.82	7.08	*0.00
% of Calories											*5.8%	19.6%	53.0%	29.6%	10.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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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)
Mon - 07/10/2017																
Middle School - CHOICE LU	Total	1000														
Sandwich Steak	1 each	750	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fish Sticks	5 Each	300	269	44	340	3.75	1.35	25.0	0	0.0	*N/A*	15.0	27.5	10.74	1.96	0.00
Sack Lunch H&C MS Monday	1 each	20	325	35	878	5.00	4.14	180.0	128	1.2	6	18.0	46.0	11.0	3.25	0.00
Juice, Fruit Punch	1/2 cup	215	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Peaches,Diced	1/2 cup	250	53	0	6	1.30	0.38	6.0	341	3.81	*N/A*	0.5	13.43	0.12	0.00	0.00
Rice Yellow	1/2 CUP	650	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Sweet Potato Souffle	1/2 cup	350	190	11	68	3.46	1.28	35.0	9954	12.92	*16	1.8	42.17	1.63	0.34	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	250	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Broccoli Florets Steamed	1/2 cup	175	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Roll, Marzetti 1oz	1 each	450	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Rice Krispie Treat Mini-Square	1 each	800	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	312	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	200	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	26	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	77	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 Packet	3 each	400	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mustard Packet	2 each	100	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	500	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	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			741	51	1071	9.63	5.47	303.2	4527	16.16	*16	28.73	107.69	22.99	4.34	*0.00
% of Calories											*8.4%	15.5%	58.2%	27.9%	5.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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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)
Tue - 07/11/2017																
Middle School - CHOICE LU	Total	1000														
Spaghetti&crumbles	1 cup	350	249	31	403	5.30	3.74	22.2	4807	56.18	*0	15.09	34.27	5.4	1.84	*0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Quesadillas Cheesiest ConQueso	3 each	600	260	10	620	4.00	2.70	200.0	100	0.0	*N/A*	15.0	29.0	9.0	2.50	0.00
Sack Lunch PB&J MS Tuesday	1 each	30	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	100	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, Orange	1/2 cup	215	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Corn: Frozen	1/2 cup	300	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	250	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Peas, Butter	1/2 cup	170	100	1	201	4.50	1.35	30.8	0	3.6	*0	5.49	18.24	0.24	0.00	*0.00
Garlic Toast	1 each	750	100	0	130	2.00	0.72	0.0	300	0.0	0	3.0	15.0	3.0	0.00	0.00
Cookie, WG, Double Choc Chip	1 each	875	103	8	102	1.26	0.72	0.0	0	0.0	*N/A*	1.64	17.95	3.27	1.08	0.00
Milk, Chocolate Skim	1 CUP	145	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	200	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	26	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	77	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 Packet	2 each	20	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	20	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Mustard Packet	2 each	10	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Sour Cream, Indiv	SERVING	250	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	0.00
Taco Sauce Packet	2 each	250	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			551	29	986	8.97	4.74	290.9	2676	32.14	*4	24.69	79.79	15.17	4.03	*0.00
% of Calories											*3.1%	17.9%	58.0%	24.8%	6.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/12/2017																
Middle School - CHOICE LU	Total	1000														
Chicken and Rice Diced Chicken OR 2	1 CUP	525	285	54	691	1.66	2.06	22.8	189	0.09	*0	20.8	36.04	6.28	1.56	*0.00
Hot Dog on Bun	1 each	425	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Sack Lunch H&C MS Wednesday	1 each	20	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Applesauce Flavored	1/2 CUP	320	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	215	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Cole Slaw	1/2 cup	100	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Corn: Frozen	1/2 cup	200	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Potato Tater Tots	1/2 CUP	800	90	0	160	1.00	0.36	0.0	0	0.0	0	1.0	14.0	3.5	0.00	0.00
Beans Baked	1/2 cup	200	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Roll, Marzetti 1oz	1 each	500	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Cookie, WG, Chocolate Chip	1 each	800	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	3 each	900	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mustard Packet	2 each	150	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	75	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	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			653	66	1177	6.88	3.41	286.1	866	8.08	*14	26.29	101.08	16.55	3.59	*0.00
% of Calories											*8.5%	16.1%	62.0%	22.8%	4.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

Generated on: 08/08/2017 12:48:50 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																
Middle School - CHOICE LU	Total	1000														
Chicken Baked Thigh	servings	250	290	115	338	0.05	1.11	20.3	171	0.0	*0	20.02	1.08	24.02	7.00	0.00
OR 4	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Baked Breast	servings	450	320	105	318	0.05	1.11	20.3	171	0.0	*0	36.02	0.08	20.02	7.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hamburger on Bun	1 each	250	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
Doritos Assorted	1 each	250	130	0	180	2.00	0.36	20.0	33	0.0	*N/A*	2.0	19.67	5.0	0.67	0.00
Sack Lunch PB&J MS Thursday	1 each	30	490	19	680	5.00	1.80	280.0	260	0.0	*12	19.0	48.0	25.5	7.00	0.00
Fruit, Tropical Salad	1/2 cup	100	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	215	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Potatoes Idahoan	1/2 cup	600	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans, Green: Cut, Can seasoned	1/2 Cup	250	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Cabbage, fresh cut & steamed	1/2 CUP	200	62	0	113	1.72	0.15	43.9	273	34.02	*3	1.2	5.1	4.45	0.80	*0.00
Roll, Marzetti 1oz	1 each	650	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	2 each	200	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	2 each	100	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	150	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Bar B Que Sauce Cups	1 each	250	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	200	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Dressing Ranch 1 oz	Pack	100	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			583	96	921	4.15	2.26	276.4	964	28.34	*9	34.85	56.96	25.61	6.91	*0.00
% of Calories											*6.3%	23.9%	39.1%	39.5%	10.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/14/2017																
Middle School - CHOICE LU	Total	1000														
Pizza, Pepperoni Giorgio 8671	1 each	720	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Popcorn Buffalo	10 EACH	230	249	36	412	1.77	3.50	70.2	131	0.11	0	20.54	19.98	9.94	2.18	0.00
Sack Lunch H&C MS Friday	1 each	25	345	35	898	5.00	1.80	180.0	118	1.2	*4	17.0	49.0	12.5	3.75	0.00
Pears,Diced,Lt Syrp,Can	1/2 cup	320	28	0	2	0.78	0.14	2.4	0	0.34	*6	0.09	7.41	0.01	0.00	*N/A*
Juice, Grape	1/2 cup	215	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Salad Side ES&MS	1 each	100	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Corn: Frozen	1/2 cup	220	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Beans Lima Frozen	1/2 cup	200	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Sauce,Pizza,Dip Heated	3/8 cup	350	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Bread Stick	1 each	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Cookie, WG, Candy	1 each	850	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	2 each	20	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	10	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Mustard Packet	2 each	10	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	50	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Dressing, Honey Mustard	1 EACH	100	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	100	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			652	44	900	10.09	4.56	456.2	1700	13.07	*9	34.65	92.30	17.66	5.70	*0.00
% of Calories											*5.7%	21.3%	56.6%	24.4%	7.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

Generated on: 08/08/2017 12:48:50 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 - 07/17/2017																
Middle School - CHOICE LU	Total	1000														
Corn Dog	1 Each	450	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Meatloaf w/Cheese & Ketchup	1 each	500	190	40	390	1.00	1.44	60.0	200	9.0	5	11.0	8.0	12.0	6.00	*N/A*
Sack Lunch H&C MS Monday	1 each	20	325	35	878	5.00	4.14	180.0	128	1.2	6	18.0	46.0	11.0	3.25	0.00
Banana 7-7 7/8in=1/2cup	1 each	100	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	215	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Potatoes Idahoan	1/2 cup	800	78	0	282	0.84	0.31	19.1	53	25.3	*0	1.69	14.34	2.0	0.21	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	200	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Beans Baked	1/2 cup	178	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Roll, Marzetti 1oz	1 each	800	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Cupcake	1 each	850	140	20	200	6.00	1.80	300.0	0	0.0	*N/A*	2.0	26.0	3.0	1.00	0.00
Milk, Chocolate Skim	1 CUP	312	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	200	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	26	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	77	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 Packet	2 each	400	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	2 each	100	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	65	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	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			598	67	1146	11.68	4.20	540.1	823	28.57	*13	21.70	88.93	17.08	5.73	*0.00
% of Calories											*8.7%	14.5%	59.5%	25.7%	8.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

Generated on: 08/08/2017 12:48:50 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)
Tue - 07/18/2017																
Middle School - CHOICE LU	Total	1000														
Quesadilla, Taco Sv=3	1 serving	550	240	10	600	4.00	2.70	200.0	100	0.0	*N/A*	15.0	29.0	8.0	2.50	0.00
OR 2	1		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken and Noodles	1 cup	400	271	65	826	1.39	1.67	48.8	286	0.39	*2	24.83	26.15	7.41	1.95	*0.00
Sack Lunch PB&J MS Tuesday	1 each	30	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Juice, Orange	1/2 cup	1	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Fruit Mix w/Jello	1/2 CUP	350	110	0	66	0.00	0.00	0.0	72	11.34	*12	0.7	29.19	0.0	0.00	0.00
Carrots, glazed	1/2 cup	120	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Broccoli Florets Steamed	1/2 cup	200	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Corn: Frozen	1/2 cup	300	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Roll, Marzetti 1oz	1 each	800	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Rice Krispie Treat Mini-Square	1 each	750	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	2 each	10	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	10	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Mustard Packet	2 each	10	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Taco Sauce Packet	2 each	300	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Sour Cream, Indiv	SERVING	350	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			545	47	1122	5.74	*3.00	*355.3	1199	*13.04	*14	28.48	77.59	14.93	3.95	*0.00
% of Calories											*10.4%	20.9%	57.0%	24.7%	6.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/19/2017																
Middle School - CHOICE LU	Total	1000														
Pepperoni Mini Calzone	Serving	250	340	35	470	5.00	2.70	350.0	400	9.0	6	24.0	34.0	13.0	6.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sandwich Chicken Breaded	1 each	700	339	63	720	4.22	3.36	90.6	69	1.2	4	25.28	39.79	9.3	1.47	0.00
Sack Lunch H&C MS Wednesday	1 each	20	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	100	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	215	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Corn: Frozen	1/2 cup	250	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Salad Side ES&MS	1 each	50	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	150	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Beans Lima Frozen	1/2 cup	150	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Cookie, WG, Chocolate Chip	1 each	700	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Mustard Packet	2 each	200	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Catsup Packet	2 each	400	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	500	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	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			572	66	1027	7.21	4.11	369.1	1117	7.56	*8	32.33	78.02	15.23	3.70	*0.00
% of Calories											*5.8%	22.6%	54.6%	24.0%	5.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

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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 - 07/20/2017																
Middle School - CHOICE LU	Total	1000														
Hamburger on Bun	1 each	300	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
Doritos Assorted	1 each	300	130	0	180	2.00	0.36	20.0	33	0.0	*N/A*	2.0	19.67	5.0	0.67	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Breast Tenders	3 each	650	216	66	350	1.19	1.86	22.2	83	0.03	0	21.96	12.31	8.35	1.56	0.00
Sack Lunch PB&J MS Thursday	1 each	30	490	19	680	5.00	1.80	280.0	260	0.0	*12	19.0	48.0	25.5	7.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	100	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, Fruit Punch	1/2 cup	215	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Rice Yellow	1/2 CUP	500	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*0.00
Peas, Blackeye from DRY	1/2 cup	150	111	0	262	3.43	2.66	35.6	17	0.55	*2	7.77	19.8	0.41	0.11	*0.00
Turnip Greens	1/2 cup	200	36	0	242	3.09	1.88	147.9	7650	33.15	*0	3.33	6.26	0.38	0.09	*0.00
Okra, Oven Fried	Servings	100	170	0	250	3.00	1.44	80.0	100	3.6	*N/A*	4.0	24.0	7.0	1.00	0.00
Cornbread	1 each	400	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Cookie, WG, Double Choc Chip	1 each	700	103	8	102	1.26	0.72	0.0	0	0.0	*N/A*	1.64	17.95	3.27	1.08	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	2 each	400	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	2 each	100	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	300	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Bar B Que Sauce Cups	1 each	200	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	200	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Dressing Ranch 1 oz	Pack	150	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Vinegar	1 each	40	2	0	0	0.00	0.00	0.5	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			641	80	1106	6.09	4.92	348.1	2284	9.93	*8	31.37	86.13	19.37	3.99	*0.00
% of Calories											*4.8%	19.6%	53.8%	27.2%	5.6%	*0.0%
Nutrient Guideline			600-700		1360										<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

Page 15

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/21/2017																
Middle School - CHOICE LU	Total	1000														
Pizza, Cheese Giorgio 8391	1 EACH	720	330	25	390	6.00	2.70	350.0	400	9.0	*N/A*	25.0	36.0	11.0	6.00	0.00
OR 2	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Popcorn Buffalo	10 EACH	230	249	36	412	1.77	3.50	70.2	131	0.11	0	20.54	19.98	9.94	2.18	0.00
Sack Lunch H&C MS Friday	1 each	25	345	35	898	5.00	1.80	180.0	118	1.2	*4	17.0	49.0	12.5	3.75	0.00
Orange	1 each	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	215	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Salad Side ES&MS	1 each	100	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Corn: Frozen	1/2 cup	250	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Beans Lima Frozen	1/2 cup	150	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	200	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Sauce,Pizza,Dip Heated	3/8 cup	200	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Bread Stick	1 each	450	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Cookie, WG, Candy	1 each	700	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Milk, Chocolate Skim	1 CUP	342	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	200	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	26	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	77	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 Packet	2 each	100	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	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	65	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	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			584	38	806	9.17	4.23	493.0	1681	17.55	*7	33.38	80.54	16.21	6.12	*0.00
% of Calories											*4.5%	22.8%	55.1%	25.0%	9.4%	*0.0%
Nutrient Guideline			600-700		1360										<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

Page 16

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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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)
Mon - 07/24/2017																
Middle School - CHOICE LU	Total	1000														
Chicken Burrito	Serving	550	438	94	803	3.76	*2.39	*473.7	779	*7.8	*3	33.16	32.5	18.84	10.25	0.00
OR 2	1	0	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	400	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	0.00
OR 1	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sandwich Ham&Cheese	1 EACH	20	215	35	718	3.00	1.44	160.0	118	1.2	4	15.0	29.0	7.5	3.25	0.00
PEACH,Frozen,4.4 oz Cup	1 Each	320	80	0	0	1.00	0.36	0.0	300	162.0	*N/A*	1.0	19.0	0.0	0.00	0.00
Juice, Fruit Punch	1/2 cup	215	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	100	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Rice and Beans	1/2 CUP	400	128	0	209	4.37	1.63	38.7	69	1.02	*0	5.52	24.87	0.9	0.15	*0.00
Corn: Frozen	1/2 CUP	250	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Cookie, WG, Chocolate Chip	1 each	900	105	9	92	1.52	0.54	10.0	0	0.0	*N/A*	1.62	18.11	3.28	1.11	0.00
Milk, Chocolate Skim	1 CUP	312	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	200	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	26	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	77	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 Packet	2 each	300	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	2 each	10	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	10	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Taco Sauce Packet	2 each	400	10	0	180	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Sour Cream, Indiv	SERVING	350	40	10	40	0.00	0.00	40.0	200	0.0	*N/A*	2.0	2.0	2.5	2.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			701	79	1044	8.61	*4.42	*529.3	1336	*60.62	*7	36.44	89.26	22.75	9.27	*0.00
% of Calories											*3.8%	20.8%	51.0%	29.2%	11.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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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)
Tue - 07/25/2017																
Middle School - CHOICE LU	Total	1000														
Hamburger on Bun	1 each	400	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
Doritos Assorted	1 each	400	130	0	180	2.00	0.36	20.0	33	0.0	*N/A*	2.0	19.67	5.0	0.67	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Alfredo	1 cup	550	408	110	962	2.03	1.93	397.3	476	0.82	*8	39.87	31.39	13.74	6.76	0.00
Sack Lunch PB&J MS Tuesday	1 each	30	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Banana 7-7 7/8in=1/2cup	1 each	100	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	215	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Broccoli Florets Steamed	1/2 cup	200	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Carrots, Steamed	1/2 cup	100	43	9	116	0.78	*0.00	*0.2	168	*0.0	1	0.0	2.33	3.95	0.65	*0.00
Peas, Purple Hull Frozen	1/2 cup	100	63	0	188	2.50	0.90	11.0	0	0.0	*0	4.21	11.43	0.25	0.00	*0.00
Bread Stick	1 each	500	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Cookie, WG, Double Choc Chip	1 each	850	103	8	102	1.26	0.72	0.0	0	0.0	*N/A*	1.64	17.95	3.27	1.08	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	2 each	325	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mustard Packet	2 each	120	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	200	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	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			648	83	1082	6.00	*3.60	*478.9	1086	*18.98	*11	38.70	82.69	19.44	6.33	*0.00
% of Calories											*6.7%	23.9%	51.0%	27.0%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/26/2017																
Middle School - CHOICE LU	Total	1000														
Chicken Breast Chunks	5 EACH	600	180	75	400	1.00	2.00	27.0	29	0.0	*N/A*	23.0	12.0	4.5	1.00	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hot Dog on Bun	1 each	350	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Sack Lunch H&C MS Wednesday	1 each	20	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Applesauce Flavored	1/2 CUP	300	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	215	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Beans Baked	1/2 cup	250	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
Cole Slaw	1/2 cup	50	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	0.00
Potatoes, FriesRaw	3.57 oz	850	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	0.00
Roll, Marzetti 1oz	1 each	350	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	0.00
Milk, Chocolate Skim	1 CUP	345	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	200	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	26	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	77	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 Packet	3 each	800	30	0	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Mustard Packet	2 each	150	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	100	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Bar B Que Sauce Cups	1 each	200	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	100	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Dressing Ranch 1 oz	Pack	150	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			583	72	982	6.41	3.06	277.1	689	8.93	*14	26.94	85.08	14.98	2.89	*0.00
% of Calories											*9.7%	18.5%	58.4%	23.1%	4.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

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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																
Middle School - CHOICE LU	Total	1000														
Chicken Nuggts Grill A/P 9880	5 each	250	188	63	237	0.00	0.90	0.0	0	1.5	0	20.0	1.25	11.25	3.13	0.00
OR 2	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Nachos Meat Only	1/2 CUP	700	128	30	122	2.34	2.33	27.6	735	7.99	*0	11.24	9.43	4.93	1.90	*0.00
OR 1	1	0	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	30	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	100	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, Fruit Punch	1/2 cup	215	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Bean Dip Refried Beans	1/2 cup	50	109	8	199	3.72	1.73	86.7	773	12.71	*0	5.68	14.57	3.06	1.90	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	200	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Corn: Frozen	1/2 cup	200	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Cheese Sauce	1/3 cup	850	93	0	599	0.00	0.00	79.9	0	0.0	*N/A*	2.66	7.99	5.33	2.00	0.00
Tortilla Chips Baked Scoops	1 EACH	900	110	0	125	2.00	0.36	20.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
Rice Krispie Treat Mini-Square	1 each	850	50	0	45	0.00	0.36	0.0	15	0.0	3	0.0	9.0	1.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	342	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	200	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	26	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	77	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 Packet	2 each	50	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 EACH	150	70	10	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	6.0	1.00	0.00
Bar B Que Sauce Cups	1 each	50	40	0	75	0.00	0.00	0.0	40	0.0	8	0.0	9.0	0.0	0.00	0.00
Dressing Ranch 1 oz	Pack	150	70	5	130	0.00	0.00	20.0	0	0.0	*N/A*	0.0	5.0	6.0	1.00	0.00
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	1	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Mustard Packet	1 each	1	5	0	55	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			507	42	1048	4.63	2.90	312.3	1269	10.22	*7	23.37	63.01	17.18	4.46	*0.00
% of Calories											*5.8%	18.4%	49.7%	30.5%	7.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

Generated on: 08/08/2017 12:48:50 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 - 07/28/2017																
Middle School - CHOICE LU	Total	1000														
Pizza, Pepperoni Giorgio 8671	1 EACH	400	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
OR 2	1	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken Popcorn Buffalo	10 EACH	550	249	36	412	1.77	3.50	70.2	131	0.11	0	20.54	19.98	9.94	2.18	0.00
Sack Lunch H&C MS Friday	1 each	20	345	35	898	5.00	1.80	180.0	118	1.2	*4	17.0	49.0	12.5	3.75	0.00
Fruit Mix w/Cherries	1/2 CUP	320	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	200	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Salad Side ES&MS	1 each	50	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Corn: Frozen	1/2 cup	250	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Beans Lima Frozen	1/2 cup	180	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Sauce,Pizza,Dip Heated	3/8 cup	100	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Bread Stick	1 each	550	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Cookie, WG, Candy	1 each	850	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Milk, Chocolate Skim	1 CUP	342	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	200	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	26	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	77	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 Packet	2 each	20	20	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Mayo Packet, LoCal	1 each	10	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Mustard Packet	2 each	8	10	0	110	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	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
Pepper Ind. Packs	2 Each	200	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			595	45	806	7.18	4.46	370.3	1228	8.40	*6	31.93	82.62	16.92	4.75	*0.00
% of Calories											*3.7%	21.5%	55.5%	25.6%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			613	62	1043	7.38	*3.97	*381.6	1592	*19.98	*10	30.41	83.89	18.19	5.12	*0.00
											*14.4%	19.8%	54.7%	26.7%	7.5%	*0.0%

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Middle School - CHOICE LUNCH

Generated on: 08/08/2017 12:48:50 PM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	613		600 - 700		100%												
Cholesterol (mg)	62																
Sodium (mg)	1043		1360														
Fiber (g)	7.38																
Iron (mg)	3.97					Missing											
Calcium (mg)	381.6					Missing											
Vitamin A (IU)	1592																
Sugars (g)	10	6.38%				Missing											
Vitamin C (mg)	19.98					Missing											
Protein (g)	30.41	19.84%															
Carbohydrate (g)	83.89	54.74%															
Total Fat (g)	18.19	26.70%															
Saturated Fat (g)	5.12	7.51%			<10.00%												
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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