

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 07/04/2016 | | | | | | | | | | | | | | | | |
| 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 | | 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 |
| Sack Lunch PB&J MS Monday | 1 each | 10 | 500 | 15 | 670 | 6.00 | 4.14 | 280.0 | 270 | 0.0 | 14 | 19.0 | 51.0 | 25.5 | 6.00 | 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 |
| 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* |
| 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 |
| Applesauce Watermelon Cup | 1 EACH | 320 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 95 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Juice, Fruit Punch | 1/2 cup | 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 | | | 594 | 59 | 1251 | 7.23 | *3.85 | *281.1 | 990 | *53.77 | *19 | 28.90 | 88.53 | 14.86 | 2.51 | *0.00 |
| % of Calories | | | | | | | | | | | *12.7% | 19.5% | 59.6% | 22.5% | 3.8% | *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

Page 2

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 07/05/2016 | | | | | | | | | | | | | | | | |
| 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 H&C MS Tuesday | 1 each | 20 | 345 | 35 | 918 | 5.00 | 1.80 | 160.0 | 218 | 1.2 | *4 | 17.0 | 49.0 | 12.5 | 3.75 | 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 |
| 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* |
| 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 |
| 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 | | | 694 | 55 | 1091 | 9.10 | *3.62 | *445.1 | 1237 | *32.38 | *14 | 29.59 | 101.51 | 18.89 | 6.75 | *0.00 |
| % of Calories | | | | | | | | | | | *7.8% | 17.0% | 58.5% | 24.5% | 8.8% | *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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|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 07/06/2016 | | | | | | | | | | | | | | | | |
| 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, State Fair WG | 1 each | 350 | 240 | 15 | 670 | 4.00 | 1.80 | 60.0 | 0 | 15.0 | *N/A* | 11.0 | 33.0 | 7.0 | 1.50 | 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 |
| Sack Lunch PB&J MS Wednesday | 1 each | 10 | 520 | 15 | 670 | 6.00 | 1.80 | 300.0 | 260 | 0.0 | *12 | 18.0 | 53.0 | 27.0 | 7.00 | 0.00 |
| Banana 7-7 7/8in=1/2cup | 1 each | 75 | 105 | 0 | 1 | 3.07 | 0.31 | 5.9 | 76 | 10.27 | 14 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| Orange | 1 each | 75 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | *N/A* |
| Apples, Sliced 2 oz.=1/2 cup | 1 each | 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 |
| Strawberry Cup | 1 each | 150 | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 66.0 | *N/A* | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple | 1/2 cup | 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 |
| BBQ Sauce | 1 each | 100 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Dressing Ranch 1 oz | Pack | 100 | 70 | 5 | 130 | 0.00 | 0.00 | 20.0 | 0 | 0.0 | *N/A* | 0.0 | 5.0 | 6.0 | 1.00 | 0.00 |
| 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 | | | 664 | 72 | 1274 | 8.21 | 4.80 | 355.0 | 3624 | 35.78 | *7 | 31.45 | 97.22 | 17.63 | 3.59 | *0.00 |
| % of Calories | | | | | | | | | | | *4.2% | 18.9% | 58.6% | 23.9% | 4.9% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 07/07/2016 | | | | | | | | | | | | | | | | |
| 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 H&C MS Thursday | 1 each | 20 | 315 | 39 | 908 | 4.00 | 2.16 | 180.0 | 118 | 1.2 | *4 | 17.0 | 43.0 | 11.0 | 3.75 | 0.00 |
| Sack Lunch PB&J MS Thursday | 1 each | 30 | 490 | 19 | 700 | 5.00 | 2.16 | 280.0 | 260 | 0.0 | *12 | 18.0 | 48.0 | 25.5 | 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 |
| 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* |
| 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 |
| Applesauce Raspberry Cup | 1 EACH | 320 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 95 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Juice, Fruit Punch | 1/2 cup | 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 |
| BBQ Sauce | 1 each | 100 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Dressing, 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 | | | 677 | 99 | 1239 | 6.08 | *3.45 | *463.1 | 1177 | *34.23 | *18 | 37.22 | 88.89 | 21.33 | 6.61 | *0.00 |
| % of Calories | | | | | | | | | | | *10.4% | 22.0% | 52.5% | 28.3% | 8.8% | *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 5

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 07/08/2016 | | | | | | | | | | | | | | | | |
| Middle School - CHOICE LU | Total | 1000 | | | | | | | | | | | | | | |
| Pizza, RancheroNardone96WW MEX2 | 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 |
| 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 |
| Sack Lunch PB&J MS Friday | 1 each | 25 | 520 | 15 | 690 | 6.00 | 1.80 | 280.0 | 260 | 0.0 | *12 | 18.0 | 54.0 | 27.0 | 6.50 | 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* |
| 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 |
| 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 | 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 |
| BBQ Sauce | 1 each | 50 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Dressing, 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 | | | 639 | 47 | 968 | 8.07 | 4.84 | 427.0 | 1560 | 17.78 | *9 | 29.89 | 87.61 | 20.49 | 7.24 | *0.00 |
| % of Calories | | | | | | | | | | | *5.4% | 18.7% | 54.8% | 28.9% | 10.2% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | <10.00 | | |

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/11/2016 | | | | | | | | | | | | | | | | |
| 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 |
| Sack Lunch PB&J MS Monday | 1 each | 30 | 500 | 15 | 670 | 6.00 | 4.14 | 280.0 | 270 | 0.0 | 14 | 19.0 | 51.0 | 25.5 | 6.00 | 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 |
| 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 |
| 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* |
| 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 |
| Applesauce Strawberry Cup | 1 EACH | 250 | 50 | 0 | 15 | 1.00 | 0.00 | 0.0 | 60 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 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 | | | 773 | 51 | 1093 | 10.47 | 5.61 | 314.6 | 4494 | 36.59 | *21 | 29.39 | 113.99 | 23.78 | 4.53 | *0.00 |
| % of Calories | | | | | | | | | | | *11.1% | 15.2% | 59.0% | 27.7% | 5.3% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 07/12/2016 | | | | | | | | | | | | | | | | |
| 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 H&C MS Tuesday | 1 each | 20 | 345 | 35 | 918 | 5.00 | 1.80 | 160.0 | 218 | 1.2 | *4 | 17.0 | 49.0 | 12.5 | 3.75 | 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 |
| 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* |
| 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 |
| 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 |
| 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 | | | 608 | 30 | 1025 | 9.60 | 4.82 | 298.5 | 2733 | 41.93 | *11 | 25.48 | 93.94 | 15.48 | 4.12 | *0.00 |
| % of Calories | | | | | | | | | | | *6.9% | 16.8% | 61.8% | 22.9% | 6.1% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 07/13/2016 | | | | | | | | | | | | | | | | |
| Middle School - CHOICE LU | Total | 1000 | | | | | | | | | | | | | | |
| Chicken and Rice Diced Chicken | 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 |
| 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 | 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 |
| Sack Lunch PB&J MS Wednesday | 1 each | 30 | 520 | 15 | 670 | 6.00 | 1.80 | 300.0 | 260 | 0.0 | *12 | 18.0 | 53.0 | 27.0 | 7.00 | 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 |
| 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* |
| 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 |
| Strawberry Cup | 1/2 each | 320 | 45 | 0 | 0 | 1.00 | 0.18 | 10.0 | 0 | 33.0 | *N/A* | 0.5 | 11.0 | 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 |
| 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 | | | 672 | 66 | 1184 | 7.62 | 3.58 | 301.4 | 878 | 22.12 | *10 | 26.98 | 103.50 | 17.39 | 3.81 | *0.00 |
| % of Calories | | | | | | | | | | | *6.0% | 16.0% | 61.6% | 23.3% | 5.1% | *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 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 07/14/2016 | | | | | | | | | | | | | | | | |
| 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 H&C MS Thursday | 1 each | 20 | 315 | 39 | 908 | 4.00 | 2.16 | 180.0 | 118 | 1.2 | *4 | 17.0 | 43.0 | 11.0 | 3.75 | 0.00 |
| Sack Lunch PB&J MS Thursday | 1 each | 30 | 490 | 19 | 700 | 5.00 | 2.16 | 280.0 | 260 | 0.0 | *12 | 18.0 | 48.0 | 25.5 | 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 |
| 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* |
| 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 |
| Applesauce Birthday Cake Cup | 1 EACH | 200 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 95 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Juice, Fruit Punch | 1/2 cup | 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 |
| BBQ Sauce | 1 each | 250 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Dressing, 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 | | | 621 | 96 | 954 | 5.16 | 2.43 | 282.4 | 978 | 43.96 | *13 | 35.27 | 66.44 | 25.88 | 6.99 | *0.00 |
| % of Calories | | | | | | | | | | | *8.7% | 22.7% | 42.8% | 37.5% | 10.1% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 07/15/2016 | | | | | | | | | | | | | | | | |
| 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 |
| Sack Lunch PB&J MS Friday | 1 each | 25 | 520 | 15 | 690 | 6.00 | 1.80 | 280.0 | 260 | 0.0 | *12 | 18.0 | 54.0 | 27.0 | 6.50 | 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* |
| 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 |
| 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 | 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 |
| BBQ Sauce | 1 each | 100 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| 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 | | | 686 | 44 | 924 | 10.42 | 4.64 | 466.2 | 1738 | 18.64 | *8 | 35.16 | 99.26 | 18.34 | 5.86 | *0.00 |
| % of Calories | | | | | | | | | | | *4.5% | 20.5% | 57.9% | 24.1% | 7.7% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/18/2016 | | | | | | | | | | | | | | | | |
| Middle School - CHOICE LU | Total | 1000 | | | | | | | | | | | | | | |
| Corn Dog, State Fair WG | 1 each | 450 | 240 | 15 | 670 | 4.00 | 1.80 | 60.0 | 0 | 15.0 | *N/A* | 11.0 | 33.0 | 7.0 | 1.50 | 0.00 |
| OR 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 | 500 | 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 | 20 | 325 | 35 | 878 | 5.00 | 4.14 | 180.0 | 128 | 1.2 | 6 | 18.0 | 46.0 | 11.0 | 3.25 | 0.00 |
| Sack Lunch PB&J MS Monday | 1 each | 30 | 500 | 15 | 670 | 6.00 | 4.14 | 280.0 | 270 | 0.0 | 14 | 19.0 | 51.0 | 25.5 | 6.00 | 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 |
| 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* |
| 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 |
| Applesauce Watermelon Cup | 1 EACH | 320 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 95 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Juice, Fruit Punch | 1/2 cup | 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 | | | 608 | 51 | 1301 | 12.49 | 4.41 | 523.8 | 775 | 55.98 | *16 | 23.33 | 98.95 | 13.93 | 3.46 | *0.00 |
| % of Calories | | | | | | | | | | | *10.6% | 15.4% | 65.1% | 20.6% | 5.1% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 07/19/2016 | | | | | | | | | | | | | | | | |
| 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 H&C MS Tuesday | 1 each | 20 | 345 | 35 | 918 | 5.00 | 1.80 | 160.0 | 218 | 1.2 | *4 | 17.0 | 49.0 | 12.5 | 3.75 | 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 |
| 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* |
| 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 |
| 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 | 350 | 50 | 0 | 15 | 0.00 | 0.00 | 0.0 | 0 | 42.0 | *N/A* | 1.0 | 13.0 | 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 | | | 584 | 48 | 1144 | 6.58 | *3.15 | *362.9 | 1231 | *33.76 | *16 | 29.36 | 86.85 | 15.23 | 4.04 | *0.00 |
| % of Calories | | | | | | | | | | | *11.1% | 20.1% | 59.5% | 23.5% | 6.2% | *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

Page 13

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 07/20/2016 | | | | | | | | | | | | | | | | |
| 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 |
| Sack Lunch PB&J MS Wednesday | 1 each | 30 | 520 | 15 | 670 | 6.00 | 1.80 | 300.0 | 260 | 0.0 | *12 | 18.0 | 53.0 | 27.0 | 7.00 | 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 |
| 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* |
| 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 |
| 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, 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 | | | 631 | 66 | 1047 | 8.57 | 4.32 | 388.9 | 1154 | 34.81 | *11 | 33.41 | 90.47 | 16.09 | 3.93 | *0.00 |
| % of Calories | | | | | | | | | | | *6.9% | 21.2% | 57.4% | 22.9% | 5.6% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 07/21/2016 | | | | | | | | | | | | | | | | |
| 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 H&C MS Thursday | 1 each | 20 | 315 | 39 | 908 | 4.00 | 2.16 | 180.0 | 118 | 1.2 | *4 | 17.0 | 43.0 | 11.0 | 3.75 | 0.00 |
| Sack Lunch PB&J MS Thursday | 1 each | 30 | 490 | 19 | 700 | 5.00 | 2.16 | 280.0 | 260 | 0.0 | *12 | 18.0 | 48.0 | 25.5 | 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 |
| 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* |
| 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 |
| Applesauce Raspberry Cup | 1 EACH | 320 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 95 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Juice, Fruit Punch | 1/2 cup | 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 |
| BBQ Sauce | 1 each | 200 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Dressing, 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 | | | 695 | 80 | 1139 | 7.35 | 5.01 | 356.2 | 2358 | 35.53 | *15 | 31.90 | 99.26 | 19.64 | 4.07 | *0.00 |
| % of Calories | | | | | | | | | | | *8.4% | 18.4% | 57.1% | 25.4% | 5.3% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Lowndes County

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Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:09 AM

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|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 07/22/2016 | | | | | | | | | | | | | | | | |
| 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 |
| Sack Lunch PB&J MS Friday | 1 each | 25 | 520 | 15 | 690 | 6.00 | 1.80 | 280.0 | 260 | 0.0 | *12 | 18.0 | 54.0 | 27.0 | 6.50 | 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* |
| 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 |
| 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 | 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 | | | 621 | 38 | 826 | 9.52 | 4.35 | 500.0 | 1691 | 18.01 | *7 | 33.83 | 88.05 | 16.88 | 6.28 | *0.00 |
| % of Calories | | | | | | | | | | | *4.4% | 21.8% | 56.8% | 24.5% | 9.1% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:10 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/25/2016 | | | | | | | | | | | | | | | | |
| 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 |
| OR 3 | 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 |
| 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 |
| 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* |
| 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 |
| Applesauce Strawberry Cup | 1 EACH | 320 | 50 | 0 | 15 | 1.00 | 0.00 | 0.0 | 60 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Fruit Punch | 1/2 cup | 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 | | | 718 | 79 | 1059 | 9.47 | *4.46 | *535.5 | 1290 | *34.35 | *13 | 36.64 | 93.30 | 23.28 | 9.36 | *0.00 |
| % of Calories | | | | | | | | | | | *7.4% | 20.4% | 52.0% | 29.2% | 11.7% | *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 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:10 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 07/26/2016 | | | | | | | | | | | | | | | | |
| 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 H&C MS Tuesday | 1 each | 20 | 345 | 35 | 918 | 5.00 | 1.80 | 160.0 | 218 | 1.2 | *4 | 17.0 | 49.0 | 12.5 | 3.75 | 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 |
| 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* |
| 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 |
| 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 |
| 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 | | | 698 | 83 | 1122 | 6.54 | *3.72 | *486.0 | 1134 | *27.98 | *16 | 39.36 | 94.94 | 19.70 | 6.41 | *0.00 |
| % of Calories | | | | | | | | | | | *9.0% | 22.6% | 54.4% | 25.4% | 8.3% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Portion Values - Detailed

Page 18

Jul 4, 2016 thru Jul 29, 2016

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 - 07/27/2016 | | | | | | | | | | | | | | | | |
| 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 |
| Sack Lunch PB&J MS Wednesday | 1 each | 30 | 520 | 15 | 670 | 6.00 | 1.80 | 300.0 | 260 | 0.0 | *12 | 18.0 | 53.0 | 27.0 | 7.00 | 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 |
| 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* |
| 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 |
| Strawberry Cup | 1 each | 300 | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 0 | 66.0 | *N/A* | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple | 1/2 cup | 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 |
| BBQ Sauce | 1 each | 200 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Dressing, 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 | | | 621 | 73 | 999 | 7.46 | 3.29 | 295.2 | 715 | 32.63 | *9 | 27.78 | 92.43 | 15.82 | 3.11 | *0.00 |
| % of Calories | | | | | | | | | | | *6.0% | 17.9% | 59.5% | 22.9% | 4.5% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Lowndes County

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Jul 4, 2016 thru Jul 29, 2016

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 - 07/28/2016 | | | | | | | | | | | | | | | | |
| 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 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 |
| OR 3 | 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 |
| 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 |
| 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* |
| 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 |
| Applesauce Birthday Cake Cup | 1 EACH | 320 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 95 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Juice, Fruit Punch | 1/2 cup | 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 |
| BBQ Sauce | 1 each | 50 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Dressing Ranch 1 oz | Pack | 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 | | | 556 | 43 | 1069 | 5.87 | 2.97 | 319.9 | 1334 | 35.63 | *15 | 23.89 | 74.80 | 17.38 | 4.54 | *0.00 |
| % of Calories | | | | | | | | | | | *11.1% | 17.2% | 53.8% | 28.1% | 7.3% | *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

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Jul 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:10 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 07/29/2016 | | | | | | | | | | | | | | | | |
| 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 |
| Sack Lunch PB&J MS Friday | 1 each | 30 | 520 | 15 | 690 | 6.00 | 1.80 | 280.0 | 260 | 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 |
| 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* |
| 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 |
| 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 |
| BBQ Sauce | 1 each | 50 | 60 | 0 | 120 | 0.00 | 0.00 | 0.0 | 100 | 1.2 | *N/A* | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| 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 | | | 630 | 45 | 829 | 8.10 | 4.62 | 383.2 | 1268 | 14.83 | *8 | 32.69 | 89.21 | 17.78 | 4.96 | *0.00 |
| % of Calories | | | | | | | | | | | *5.0% | 20.8% | 56.6% | 25.4% | 7.1% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |
| | | | | | | | | | | | | | | | | |
| Weighted Average | | | 650 | 61 | 1077 | 8.20 | *4.10 | *389.3 | 1618 | *33.03 | *13 | 31.08 | 92.46 | 18.49 | 5.11 | *0.00 |
| | | | | | | | | | | | *17.7% | 19.1% | 56.9% | 25.6% | 7.1% | *0.0% |

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 4, 2016 thru Jul 29, 2016

Middle School - CHOICE LUNCH

Generated on: 8/10/2016 11:49:10 AM

| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|-------------------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | | % of Target | Miss Data | Shortfall | | Overage | Error Messages (if any) | | | | | | | |
| Calories | 650 | | 600 - 700 | | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 61 | | | | | | | | | | | | | | | | |
| Sodium (mg) | 1077 | | 1360 | | | | | | | | | | | | | | |
| Fiber (g) | 8.20 | | | | | | | | | | | | | | | | |
| Iron (mg) | 4.10 | | | | | Missing | | | | | | | | | | | |
| Calcium (mg) | 389.3 | | | | | Missing | | | | | | | | | | | |
| Vitamin A (IU) | 1618 | | | | | | | | | | | | | | | | |
| Sugars (g) | 13 | 7.86% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 33.03 | | | | | Missing | | | | | | | | | | | |
| Protein (g) | 31.08 | 19.14% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 92.46 | 56.93% | | | | | | | | | | | | | | | |
| Total Fat (g) | 18.49 | 25.62% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.11 | 7.08% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.11 | 7.08% | | | <10.00% | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | Missing | | | | | | | | | | | |

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