

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:26 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																
Horizon/Alternative High 9-1	Total	600														
Salisbury Steak w/Gravy	1 each	550	107	30	399	1.03	1.45	21.0	5	1.22	*1	11.13	4.34	5.06	2.00	*0.00
Roll, Marzetti 2oz	1 each	550	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	0.00
Sack Lunch H&C MS Monday	1 each	25	325	35	878	5.00	4.14	180.0	128	1.2	6	18.0	46.0	11.0	3.25	0.00
Potatoes Idahoan	1/2 cup	550	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	400	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Applesauce Flavored	1/2 CUP	250	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	0.00
Juice, Fruit Punch	1/2 cup	450	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 Krispie Treat Mini-Square	1 each	525	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	200	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	250	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	25	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	100	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	1 each	2	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			578	33	1246	6.29	2.62	347.0	1374	34.99	*25	25.87	94.78	10.60	2.37	*0.00
% of Calories											*17.1%	17.9%	65.6%	16.5%	3.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

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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 - 07/04/2017																
Horizon/Alternative High 9-1	Total	600														
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
Cheese Sliced	1 EACH	200	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Sack Lunch PB&J MS Tuesday	1 each	25	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Beans Baked	1/2 cup	350	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	585	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	100	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
Lettuce, Romaine	1/4 CUP	50	2	0	1	0.25	0.11	3.9	1023	0.47	0	0.14	0.39	0.04	0.00	0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Orange	1/2 cup	450	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	200	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	250	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	50	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	100	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	500	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	1 each	50	5	0	55	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
Weighted Daily Average			697	32	928	9.09	4.44	473.6	1261	40.12	*14	29.57	108.90	16.11	4.02	*0.00
% of Calories											*7.8%	17.0%	62.5%	20.8%	5.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

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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																
Horizon/Alternative High 9-1	Total	600														
Chicken Breast Tenders	3 each	575	216	66	350	1.19	1.86	22.2	83	0.03	0	21.96	12.31	8.35	1.56	0.00
Cornbread	1 each	575	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Sack Lunch H&C MS Wednesday	1 each	15	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Collard Greens Frozen	1/2 cup	120	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	120	111	0	262	3.43	2.66	35.6	17	0.55	*2	7.77	19.8	0.41	0.11	*0.00
Rice Yellow	1 CUP	400	239	2	698	2.04	1.92	19.7	104	0.37	*0	5.59	46.55	3.92	0.48	*0.00
PEACH,Frozen,4.4 oz Cup	1 Each	50	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, Apple	1/2 cup	450	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	200	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	225	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	25	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	70	90	0	135	0.00	0.00	300.0	500	2.4	*N/A*	9.0	13.0	0.0	0.00	0.00
Vinegar	1 each	20	2	0	0	0.00	0.00	0.5	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Catsup Packet	3 each	350	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	1 each	100	5	0	55	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
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
Weighted Daily Average			772	112	1557	5.83	5.64	462.2	3509	25.59	*12	37.94	109.63	19.60	3.36	*0.00
% of Calories											*6.5%	19.7%	56.8%	22.9%	3.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

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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																
Horizon/Alternative High 9-1	Total	600														
Sandwich Chicken Breaded	1 each	575	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 PB&J MS Thursday	1 each	15	490	19	680	5.00	1.80	280.0	260	0.0	*12	19.0	48.0	25.5	7.00	0.00
Macaroni and Cheese Shells	1/2 CUP	570	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	300	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	100	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	60	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
Lettuce, Romaine	1/4 CUP	50	2	0	1	0.25	0.11	3.9	1023	0.47	0	0.14	0.39	0.04	0.00	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	50	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	350	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	225	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	225	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	25	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	100	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	550	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	1 each	300	5	0	55	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
Weighted Daily Average			751	88	1571	6.57	*4.30	*669.3	1999	*23.23	*15	45.18	95.38	21.35	6.22	*0.00
% of Calories											*8.0%	24.1%	50.8%	25.6%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Horizon/Alternative High 9-12

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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 - 07/07/2017																
Horizon/Alternative High 9-1	Total	600														
Pizza, RancheroNardone96WW MEX2	1 Each	575	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	7.00	0.00
Sack Lunch H&C MS Friday	1 each	10	345	35	898	5.00	1.80	180.0	118	1.2	*4	17.0	49.0	12.5	3.75	0.00
Bread Stick	2 each	400	180	0	190	2.00	1.44	0.0	0	0.0	0	6.0	30.0	6.0	0.00	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
Beans Lima Frozen	1/2 cup	350	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*0.00
Salad Side ES&MS	1 each	1	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	350	95	0	132	2.01	0.40	2.1	309	2.92	*0	2.1	15.92	3.75	0.66	*0.00
Strawberry Cup	1 each	250	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, Grape	1/2 cup	350	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	230	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	218	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	25	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	43	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			757	39	1106	11.55	6.01	538.4	2077	47.81	*18	36.12	112.18	20.28	7.26	*0.00
% of Calories											*9.5%	19.1%	59.3%	24.1%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Mon - 07/10/2017																
Horizon/Alternative High 9-1	Total	600														
Sandwich Steak	1 each	575	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	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
Potato Tater Tots	1/2 CUP	600	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	350	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	100	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
Lettuce, Romaine	1/4 CUP	50	2	0	1	0.25	0.11	3.9	1023	0.47	0	0.14	0.39	0.04	0.00	0.00
Broccoli Florets Steamed	1/2 cup	350	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Applesauce Flavored	1/2 CUP	50	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	0.00
Juice, Fruit Punch	1/2 cup	250	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	200	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	226	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	25	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	56	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	500	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	1 each	100	5	0	55	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
Weighted Daily Average			737	35	1039	11.35	5.88	414.8	1759	26.89	*13	31.34	102.45	23.52	4.30	*0.00
% of Calories											*7.2%	17.0%	55.6%	28.7%	5.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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 - 07/11/2017																
Horizon/Alternative High 9-1	Total	600														
Chicken Alfredo	1 CUP	575	408	110	962	2.03	1.93	397.3	476	0.82	*8	39.87	31.39	13.74	6.76	0.00
Bread Stick	1 each	575	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Sack Lunch PB&J MS Tuesday	1 each	15	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Broccoli Florets Steamed	1/2 cup	225	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Sweet Potato Souffle	1/2 cup	150	190	11	68	3.46	1.28	35.0	9954	12.92	*16	1.8	42.17	1.63	0.34	*0.00
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Juice, Orange	1/2 cup	250	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Cookie, WG, Double Choc Chip	1 each	550	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	200	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	25	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	40	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			770	120	1323	6.27	3.78	644.9	4134	36.36	*19	51.24	97.25	21.53	8.01	*0.00
% of Calories											*10.1%	26.6%	50.5%	25.2%	9.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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)
Wed - 07/12/2017																
Horizon/Alternative High 9-1	Total	600														
Hot Dog on Bun	1 each	575	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	10	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Potatoes, FriesRaw	3.57 oz	525	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	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
PEACH,Frozen,4.4 oz Cup	1 Each	250	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, Apple	1/2 cup	250	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 Krispie Treat Mini-Square	1 each	525	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	225	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	225	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	25	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	100	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			590	54	880	5.17	*2.85	*401.8	1126	*73.67	*12	19.43	89.23	17.18	3.77	*0.00
% of Calories											*8.2%	13.2%	60.5%	26.2%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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																
Horizon/Alternative High 9-1	Total	600														
Chicken Baked Thigh	1 Each	285	290	115	338	0.05	1.11	20.3	171	0.0	*0	20.02	1.08	24.02	7.00	0.00
OR 1	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	1 Each	290	320	105	318	0.05	1.11	20.3	171	0.0	*0	36.02	0.08	20.02	7.00	0.00
Roll, Marzetti 2oz	2 each	575	333	0	461	6.00	0.00	0.0	117	0.0	10	10.0	60.0	5.47	0.27	0.00
Sack Lunch PB&J MS Thursday	1 each	15	490	19	680	5.00	1.80	280.0	260	0.0	*12	19.0	48.0	25.5	7.00	0.00
Potatoes Idahoan	1/2 cup	550	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	300	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	50	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	250	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	220	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	220	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	22	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	42	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			827	110	1289	7.59	1.80	306.1	1371	28.25	*17	45.81	97.12	29.01	7.40	*0.00
% of Calories											*8.2%	22.2%	47.0%	31.6%	8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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 - 07/14/2017																
Horizon/Alternative High 9-1	Total	600														
Pizza, Pepperoni Giorgio 8671	1 EACH	575	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
Sack Lunch H&C MS Friday	1 each	10	345	35	898	5.00	1.80	180.0	118	1.2	*4	17.0	49.0	12.5	3.75	0.00
Bread Stick	2 each	525	180	0	190	2.00	1.44	0.0	0	0.0	0	6.0	30.0	6.0	0.00	0.00
Corn: Frozen	1/2 cup	350	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	1	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Beans Lima Frozen	1/2 cup	175	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	85	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Strawberry Cup	1 each	100	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, Grape	1/2 cup	250	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	225	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	225	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	25	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	39	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			718	34	940	10.80	4.77	563.2	1635	26.25	*9	39.97	105.92	17.53	5.32	*0.00
% of Calories											*4.8%	22.3%	59.0%	22.0%	6.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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																
Horizon/Alternative High 9-1	Total	600														
Meatloaf w/Cheese & Ketchup	1 each	575	190	40	390	1.00	1.44	60.0	200	9.0	5	11.0	8.0	12.0	6.00	*N/A*
Roll, Marzetti 2oz	1 each	575	167	0	231	3.00	0.00	0.0	58	0.0	5	5.0	30.0	2.73	0.13	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
Potatoes Idahoan	1/2 cup	570	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	400	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Applesauce Flavored	1/2 CUP	50	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	0.00
Juice, Fruit Punch	1/2 cup	350	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Cupcake	1 each	570	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	200	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	250	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	25	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	100	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			714	62	1386	11.51	3.92	665.0	1523	39.70	*19	27.69	105.93	19.32	7.16	*0.00
% of Calories											*10.8%	15.5%	59.4%	24.4%	9.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

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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 - 07/18/2017																
Horizon/Alternative High 9-1	Total	600														
Hamburger on Bun	1 each	575	230	25	275	3.00	2.88	100.0	10	1.2	2	15.0	27.0	7.5	2.50	0.00
Cheese Sliced	1 EACH	300	40	7	140	0.00	0.00	100.0	100	0.0	0	3.5	1.0	3.0	1.75	0.00
Doritos RF Cool Ranch	1 each	575	130	0	160	2.00	0.36	40.0	0	0.0	*N/A*	2.0	19.0	5.0	1.00	0.00
Sack Lunch PB&J MS Tuesday	1 each	15	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Carrots, glazed	1/2 cup	100	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	300	53	0	152	2.53	0.51	42.5	986	33.41	*0	2.57	4.45	3.31	0.59	0.00
Lettuce, Romaine	1/4 CUP	50	2	0	1	0.25	0.11	3.9	1023	0.47	0	0.14	0.39	0.04	0.00	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	200	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
Banana 7-7 7/8in=1/2cup	1 each	50	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
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
Rice Krispie Treat Mini-Square	1 each	570	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	200	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	250	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	50	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	100	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	500	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	1 each	400	5	0	55	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	400	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			668	38	959	6.79	*3.84	*514.9	1841	*47.20	*16	28.78	93.79	19.69	4.93	*0.00
% of Calories											*9.4%	17.2%	56.2%	26.5%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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)
Wed - 07/19/2017																
Horizon/Alternative High 9-1	Total	600														
Sandwich Chicken Breaded	1 each	575	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	10	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Lettuce, Romaine	1/4 CUP	50	2	0	1	0.25	0.11	3.9	1023	0.47	0	0.14	0.39	0.04	0.00	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	100	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
Potatoes, FriesRaw	3.57 oz	575	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	0.00
Vegetables mixed CA Cheese	1/2 cup	100	42	1	146	2.00	0.36	31.3	1503	27.06	*N/A*	1.28	6.42	1.13	0.28	0.00
PEACH,Frozen,4.4 oz Cup	1 Each	350	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, Apple	1/2 cup	350	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	200	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	225	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	25	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	70	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	450	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	1 each	250	5	0	55	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
Weighted Daily Average			738	68	1200	8.03	4.07	356.5	1543	106.33	*11	33.87	111.09	16.93	2.31	*0.00
% of Calories											*5.9%	18.4%	60.3%	20.7%	2.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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 - 07/20/2017																
Horizon/Alternative High 9-1	Total	600														
Chicken Breast Chunks	7 EACH	575	252	105	560	1.40	2.80	37.8	41	0.0	*N/A*	32.2	16.8	6.3	1.40	0.00
Cornbread	1 each	575	154	39	345	1.61	1.79	110.1	148	0.15	*2	3.48	22.18	5.63	1.05	*0.00
Sack Lunch PB&J MS Thursday	1 each	15	490	19	680	5.00	1.80	280.0	260	0.0	*12	19.0	48.0	25.5	7.00	0.00
Rice Yellow	1 CUP	500	239	2	698	2.04	1.92	19.7	104	0.37	*0	5.59	46.55	3.92	0.48	*0.00
Turnip Greens	1/2 cup	100	36	0	242	3.09	1.88	147.9	7650	33.15	*0	3.33	6.26	0.38	0.09	*0.00
Peas, Blackeye from DRY	1/2 cup	100	111	0	262	3.43	2.66	35.6	17	0.55	*2	7.77	19.8	0.41	0.11	*0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	50	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	350	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	225	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	225	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	25	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	100	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	1 each	5	5	0	55	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	5	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	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	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
Weighted Daily Average			808	146	1783	5.96	6.85	483.2	2507	10.22	*11	49.01	115.31	16.60	3.19	*0.00
% of Calories											*5.6%	24.3%	57.1%	18.5%	3.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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 - 07/21/2017																
Horizon/Alternative High 9-1	Total	600														
Pizza, Ranchero Taco	1 Each	575	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	7.00	0.00
Sack Lunch H&C MS Friday	1 each	10	345	35	898	5.00	1.80	180.0	118	1.2	*4	17.0	49.0	12.5	3.75	0.00
Bread Stick	2 each	550	180	0	190	2.00	1.44	0.0	0	0.0	0	6.0	30.0	6.0	0.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	475	44	0	135	2.93	0.00	20.5	645	5.87	6	0.0	8.8	0.0	0.00	0.00
Salad Side ES&MS	1 each	1	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Beans Lima Frozen	1/2 cup	100	105	1	257	4.41	2.04	27.7	252	8.41	*1	5.96	19.97	0.56	0.06	*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
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, Grape	1/2 cup	250	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	200	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	218	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	25	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	43	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			725	38	1051	10.32	5.43	512.7	2056	34.17	*19	34.22	104.10	21.23	7.18	*0.00
% of Calories											*10.3%	18.9%	57.4%	26.4%	8.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/24/2017																
Horizon/Alternative High 9-1	Total	600														
Sandwich Steak	1 each	575	380	30	410	6.00	4.14	100.0	110	2.4	3	19.0	41.0	17.5	4.00	0.00
Cracker, Goldfish Cheddar	1 Each	575	100	4	170	1.00	0.36	20.0	0	0.0	*N/A*	3.0	14.0	3.5	1.00	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
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
Broccoli Florets Steamed	1/2 cup	350	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	150	60	9	71	0.78	*0.09	*3.9	168	*0.0	*1	0.0	6.8	3.95	0.65	*0.00
Lettuce, Romaine	1/4 CUP	50	2	0	1	0.25	0.11	3.9	1023	0.47	0	0.14	0.39	0.04	0.00	0.00
TOMATO Fresh Chopped/Sliced	1/4 CUP	60	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	*N/A*
Applesauce Flavored	1/2 CUP	50	88	0	42	1.57	0.16	4.2	79	9.03	20	0.72	22.85	0.06	0.01	0.00
Juice, Fruit Punch	1/2 cup	250	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 Krispie Treat Mini-Square	1 each	550	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	200	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	226	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	25	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	56	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	1 each	250	5	0	55	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
Weighted Daily Average			768	42	1026	9.67	*5.26	*399.4	1916	*27.75	*15	30.90	102.34	27.64	5.75	*0.00
% of Calories											*7.9%	16.1%	53.3%	32.4%	6.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

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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																
Horizon/Alternative High 9-1	Total	600														
Chicken Fajita w/ch/wp HS PMLC	Serving	575	435	118	1138	4.01	*1.62	*352.5	275	*0.0	4	33.35	32.37	18.34	9.94	0.00
Sack Lunch PB&J MS Tuesday	1 each	15	520	15	710	6.00	1.80	260.0	360	0.0	*12	18.0	54.0	27.0	6.50	0.00
Rice and Beans	1 CUP	250	256	0	417	8.75	3.27	77.4	138	2.04	*0	11.04	49.75	1.8	0.30	*0.00
Beans,Green:Cut,Can seasoned	1/2 Cup	350	17	0	252	1.45	0.68	20.1	325	3.55	*0	0.99	3.53	0.19	0.02	0.00
Lettuce Romaine & Tomato Diced	SERVING	450	12	0	4	1.03	0.35	12.3	2422	7.11	1	0.69	2.52	0.16	0.02	*0.00
Banana 7-7 7/8in=1/2cup	1 each	250	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	250	50	0	15	0.00	0.00	0.0	0	42.0	*N/A*	1.0	13.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	200	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	25	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	40	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Sour Cream, Indiv	1 Each	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
Taco Sauce Packet	1 each	450	5	0	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			736	123	1647	10.54	*3.75	*655.8	3288	*31.49	*18	46.48	90.74	20.98	11.12	*0.00
% of Calories											*9.8%	25.3%	49.3%	25.7%	13.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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)
Wed - 07/26/2017																
Horizon/Alternative High 9-1	Total	600														
Hot Dog on Bun	1 each	575	220	50	500	2.00	1.96	115.8	10	1.2	*2	10.0	23.0	10.5	3.00	0.00
Doritos RF Spicy Chili Doritos	1 each	575	130	0	180	2.00	0.36	20.0	0	0.0	*N/A*	2.0	20.0	5.0	0.50	0.00
Sack Lunch H&C MS Wednesday	1 each	10	345	35	878	5.00	1.80	200.0	118	1.2	*4	17.0	48.0	12.5	4.25	0.00
Potatoes, FriesRaw	3.57 oz	575	180	0	203	3.00	0.54	0.0	0	3.6	*N/A*	1.5	30.0	6.0	0.75	0.00
Beans Baked	1/2 cup	350	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*0.00
PEACH,Frozen,4.4 oz Cup	1 Each	250	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, Apple	1/2 cup	250	60	0	15	0.00	0.00	0.0	0	0.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	225	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	225	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	25	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	100	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	550	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	1 each	200	5	0	55	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	50	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			790	53	1248	10.01	4.07	457.2	1113	74.15	*10	24.81	123.83	21.17	4.21	*0.00
% of Calories											*5.2%	12.6%	62.7%	24.1%	4.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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 - 07/27/2017																
Horizon/Alternative High 9-1	Total	600														
Nachos Meat Only	1/2 CUP	575	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	15	310	0	310	4.00	1.44	60.0	60	0.0	12	10.0	34.0	16.0	2.50	0.00
Tortilla Chips 2 Grain EQ	1 EACH	585	200	0	180	3.00	0.36	20.0	0	0.0	*N/A*	3.0	29.0	7.0	1.00	0.00
Queso LHS and PMLS ONLY	1/3 cup	580	168	43	590	0.00	0.00	288.7	569	0.0	*N/A*	9.95	2.84	12.8	7.54	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
Bean Dip Refried Beans	1/2 cup	100	109	8	199	3.72	1.73	86.7	773	12.71	*0	5.68	14.57	3.06	1.90	*0.00
Cookie, WG, Candy	1 each	550	106	8	87	1.54	0.54	0.0	0	0.0	*N/A*	1.5	17.97	3.43	1.14	0.00
Apples, Sliced 2 oz.=1/2 cup	1 each	50	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	250	60	0	10	0.00	0.00	0.0	0	3.6	*N/A*	0.0	14.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	220	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	220	110	5	125	0.00	0.00	300.0	1750	1.2	18	8.0	19.0	0.0	0.00	0.00
Milk, 1% Lowfat, Unflavored	1 CUP	22	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, Skim Unflavored	1 CUP	42	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	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	1 each	100	5	0	90	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			735	83	1256	8.19	3.80	603.0	2425	14.82	*7	33.18	84.70	28.19	11.58	*0.00
% of Calories											*4.1%	18.1%	46.1%	34.5%	14.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

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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 - 07/28/2017																
Horizon/Alternative High 9-1	Total	600														
Pizza, Pepperoni Giorgio 8671	1 EACH	575	330	30	470	6.00	2.70	300.0	400	9.0	*N/A*	25.0	36.0	10.0	5.00	0.00
Sack Lunch H&C MS Friday	1 each	10	345	35	898	5.00	1.80	180.0	118	1.2	*4	17.0	49.0	12.5	3.75	0.00
Bread Stick	2 each	485	180	0	190	2.00	1.44	0.0	0	0.0	0	6.0	30.0	6.0	0.00	0.00
Corn: Frozen	1/2 cup	325	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	1	150	12	317	5.23	1.88	101.7	4569	7.28	*2	6.69	17.76	6.06	1.88	*0.00
Beans Lima Frozen	1/2 cup	300	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
Strawberry Cup	1 each	100	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, Grape	1/2 cup	250	80	0	15	0.00	0.00	0.0	0	0.0	*N/A*	1.0	18.0	0.0	0.00	0.00
Milk, Chocolate Skim	1 CUP	225	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	225	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	25	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	39	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	1 each	5	10	0	25	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Mustard Packet	1 each	5	5	0	55	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	5	40	5	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	3.0	0.00	0.00
Weighted Daily Average			743	34	1035	12.80	5.08	577.9	1960	30.47	*11	40.72	111.31	17.09	5.31	*0.00
% of Calories											*6.1%	21.9%	59.9%	20.7%	6.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			731	67	1223	8.72	*4.41	*502.3	2021	*38.97	*15	35.61	102.80	20.28	5.74	*0.00
											*18.0%	19.5%	56.2%	25.0%	7.1%	*0.0%

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative High 9-12

Generated on: 08/08/2017 2:39:27 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)	Error Messages (if any)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage									
Calories	731		750 - 850		97%			19		Correction Required - Calories are Low								
Cholesterol (mg)	67																	
Sodium (mg)	1223		1420															
Fiber (g)	8.72																	
Iron (mg)	4.41					Missing												
Calcium (mg)	502.3					Missing												
Vitamin A (IU)	2021																	
Sugars (g)	15	8.00%				Missing												
Vitamin C (mg)	38.97					Missing												
Protein (g)	35.61	19.48%																
Carbohydrate (g)	102.80	56.25%																
Total Fat (g)	20.28	24.96%																
Saturated Fat (g)	5.74	7.06%																
Saturated Fat (g)	5.74	7.06%			<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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