

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:30 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 - 07/04/2016																
Horizon/Alternative High 9-1	Total	600														
Salisbury Steak w/Gravy	1 each	575	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	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
Sack Lunch PB&J MS Monday	1 each	15	500	15	670	6.00	4.14	280.0	270	0.0	14	19.0	51.0	25.5	6.00	0.00
Potatoes Idahoan	1 cup	550	156	0	563	1.69	0.63	38.3	105	50.6	*0	3.37	28.67	4.0	0.42	*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 Watermelon Cup	1 EACH	250	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	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	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			669	34	1514	7.60	2.97	366.2	1435	79.65	*25	27.81	109.79	13.09	2.71	*0.00
% of Calories											*14.8%	16.6%	65.7%	17.6%	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

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

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

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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																
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	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 H&C MS Tuesday	1 each	10	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	15	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
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
Fruit Mix w/Jello	1/2 CUP	250	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	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			744	34	970	9.11	4.60	475.6	1282	44.26	*17	30.37	120.52	16.15	4.06	*0.00
% of Calories											*9.3%	16.3%	64.8%	19.5%	4.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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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 - 07/06/2016																
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	10	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	15	520	15	670	6.00	1.80	300.0	260	0.0	*12	18.0	53.0	27.0	7.00	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
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
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	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
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
Weighted Daily Average			829	112	1581	7.02	5.88	478.0	3510	45.68	*10	38.66	122.97	20.18	3.50	*0.00
% of Calories											*4.9%	18.6%	59.3%	21.9%	3.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/07/2016																
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 Thursday	1 each	10	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	15	490	19	700	5.00	2.16	280.0	260	0.0	*12	18.0	48.0	25.5	6.50	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
Applesauce Raspberry Cup	1 EACH	250	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	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			794	89	1593	7.47	*4.35	*672.3	2041	*48.25	*23	45.44	105.26	21.53	6.27	*0.00
% of Calories											*11.6%	22.9%	53.0%	24.4%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Fri - 07/08/2016																
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
Sack Lunch PB&J MS Friday	1 each	15	520	15	690	6.00	1.80	280.0	260	0.0	*12	18.0	54.0	27.0	6.50	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
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
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
Orange	1 each	250	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	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			754	39	1122	11.99	6.01	552.9	2166	41.78	*22	36.51	109.70	20.99	7.42	*0.00
% of Calories											*11.7%	19.4%	58.2%	25.1%	8.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Mon - 07/11/2016																
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
Sack Lunch PB&J MS Monday	1 each	15	500	15	670	6.00	4.14	280.0	270	0.0	14	19.0	51.0	25.5	6.00	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 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
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	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			766	35	1058	11.95	6.03	421.4	1784	51.34	*17	31.76	108.32	24.15	4.44	*0.00
% of Calories											*8.8%	16.6%	56.6%	28.4%	5.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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																
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 H&C MS Tuesday	1 each	10	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	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
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
Fruit Mix w/Jello	1/2 CUP	250	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	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			815	120	1365	6.27	3.84	647.1	4161	40.45	*23	51.71	108.65	21.71	8.06	*0.00
% of Calories											*11.4%	25.4%	53.3%	24.0%	8.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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 - 07/13/2016																
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
Sack Lunch PB&J MS Wednesday	1 each	15	520	15	670	6.00	1.80	300.0	260	0.0	*12	18.0	53.0	27.0	7.00	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
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
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
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, 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			615	55	909	6.05	*2.98	*421.3	1067	*36.07	*13	19.99	93.36	18.13	3.99	*0.00
% of Calories											*8.4%	13.0%	60.7%	26.5%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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																
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 H&C MS Thursday	1 each	10	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	15	490	19	700	5.00	2.16	280.0	260	0.0	*12	18.0	48.0	25.5	6.50	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
Applesauce Birthday Cake Cup	1 EACH	250	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	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			870	111	1311	8.49	1.84	309.1	1412	53.27	*25	46.06	107.00	29.19	7.45	*0.00
% of Calories											*11.5%	21.2%	49.2%	30.2%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

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Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

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Fri - 07/15/2016																
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
Sack Lunch PB&J MS Friday	1 each	15	520	15	690	6.00	1.80	280.0	260	0.0	*12	18.0	54.0	27.0	6.50	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
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
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
Orange	1 each	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	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			726	34	957	11.16	4.82	573.1	1670	23.95	*10	40.39	106.12	18.22	5.49	*0.00
% of Calories											*5.7%	22.3%	58.5%	22.6%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

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Mon - 07/18/2016																
Horizon/Alternative High 9-1	Total	600														
Salisbury Steak w/Gravy	1 each	575	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	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
Sack Lunch PB&J MS Monday	1 each	15	500	15	670	6.00	4.14	280.0	270	0.0	14	19.0	51.0	25.5	6.00	0.00
Potatoes Idahoan	1 cup	570	156	0	563	1.69	0.63	38.3	105	50.6	*0	3.37	28.67	4.0	0.42	*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 Watermelon Cup	1 EACH	150	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	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
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			738	53	1679	13.02	4.38	652.5	1410	70.73	*19	29.83	121.58	15.20	3.68	*0.00
% of Calories											*10.3%	16.2%	65.9%	18.5%	4.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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																
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 H&C MS Tuesday	1 each	10	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	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*
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
Fruit Mix w/Jello	1/2 CUP	300	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
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			722	38	1008	6.79	*3.90	*517.1	1875	*52.24	*20	29.31	107.62	19.87	4.98	*0.00
% of Calories											*11.3%	16.2%	59.6%	24.8%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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																
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
Sack Lunch PB&J MS Wednesday	1 each	15	520	15	670	6.00	1.80	300.0	260	0.0	*12	18.0	53.0	27.0	7.00	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
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
Strawberry Cup	1 each	350	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	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			759	68	1217	8.93	4.17	375.6	1375	50.53	*11	34.32	114.83	17.61	2.49	*0.00
% of Calories											*5.9%	18.1%	60.5%	20.9%	2.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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																
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 H&C MS Thursday	1 each	10	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	15	490	19	700	5.00	2.16	280.0	260	0.0	*12	18.0	48.0	25.5	6.50	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
Applesauce Raspberry Cup	1 EACH	300	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	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
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	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			861	147	1813	7.03	6.90	486.2	2566	40.44	*19	49.27	128.19	16.78	3.24	*0.00
% of Calories											*9.1%	22.9%	59.5%	17.5%	3.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

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Fri - 07/22/2016																
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
Sack Lunch PB&J MS Friday	1 each	15	520	15	690	6.00	1.80	280.0	260	0.0	*12	18.0	54.0	27.0	6.50	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
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
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
Orange	1 each	150	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	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			729	39	1068	10.71	5.47	524.1	2109	30.63	*21	34.64	103.41	21.93	7.34	*0.00
% of Calories											*11.6%	19.0%	56.7%	27.1%	9.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jul 4, 2016 thru Jul 29, 2016

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)
Mon - 07/25/2016																
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
Sack Lunch PB&J MS Monday	1 each	15	500	15	670	6.00	4.14	280.0	270	0.0	14	19.0	51.0	25.5	6.00	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
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 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
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
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			796	42	1045	10.27	*5.41	*406.1	1941	*52.20	*19	31.32	108.21	28.28	5.90	*0.00
% of Calories											*9.4%	15.7%	54.3%	32.0%	6.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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																
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 H&C MS Tuesday	1 each	10	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	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
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
Fruit Mix w/Jello	1/2 CUP	250	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	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			746	124	1690	9.51	*3.71	*656.0	3290	*32.16	*17	46.52	93.15	21.03	11.13	*0.00
% of Calories											*9.2%	25.0%	50.0%	25.4%	13.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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 - 07/27/2016																
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 Chilli 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
Sack Lunch PB&J MS Wednesday	1 each	15	520	15	670	6.00	1.80	300.0	260	0.0	*12	18.0	53.0	27.0	7.00	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
Cole Slaw	1/2 cup	250	74	4	147	1.80	0.35	43.3	718	26.42	*7	1.3	10.65	3.23	0.49	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
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, 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			840	55	1326	11.49	4.32	491.1	1293	45.36	*14	25.80	131.51	23.19	4.59	*0.00
% of Calories											*6.5%	12.3%	62.6%	24.8%	4.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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 - 07/28/2016																
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 Ham&Cheese	1 EACH	10	215	35	718	3.00	1.44	160.0	118	1.2	4	15.0	29.0	7.5	3.25	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 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
Applesauce Birthday Cake Cup	1 EACH	250	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	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			776	84	1275	9.07	3.83	605.7	2467	39.84	*15	33.43	94.35	28.31	11.63	*0.00
% of Calories											*8.0%	17.2%	48.6%	32.8%	13.5%	*0.0%
Nutrient Guideline			750-850		1420									<10.00		

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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																
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
Sack Lunch PB&J MS Friday	1 each	15	520	15	690	6.00	1.80	280.0	260	0.0	*12	18.0	54.0	27.0	6.50	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
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
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
Orange	1 each	100	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	*N/A*
Juice, Grape	1/2 cup	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			751	34	1052	13.16	5.14	587.8	1995	28.17	*13	41.15	111.51	17.78	5.47	*0.00
% of Calories											*7.0%	21.9%	59.4%	21.3%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			765	67	1278	9.35	*4.53	*511.0	2043	*45.35	*18	36.21	110.30	20.66	5.69	*0.00
											*20.9%	18.9%	57.7%	24.3%	6.7%	*0.0%

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative High 9-12

Generated on: 8/10/2016 11:52:31 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	765		750 - 850	100%													
Cholesterol (mg)	67																
Sodium (mg)	1278		1420														
Fiber (g)	9.35																
Iron (mg)	4.53				Missing												
Calcium (mg)	511.0				Missing												
Vitamin A (IU)	2043																
Sugars (g)	18	9.29%															
Vitamin C (mg)	45.35																
Protein (g)	36.21	18.94%															
Carbohydrate (g)	110.30	57.67%															
Total Fat (g)	20.66	24.31%															
Saturated Fat (g)	5.69	6.70%															
Trans Fat ¹ (g)	0.00	0.00%		<10.00%		Missing											

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