

# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:55 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 <sup>1</sup> (g)
Mon - 07/03/2017																
Horizon/Alternative ES & MS	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 1oz	1 each	575	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	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	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	150	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
Rice Krispie Treat Mini-Square	1 each	500	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	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			485	43	1178	5.11	2.88	342.7	1338	32.91	*19	24.06	74.18	11.29	2.80	*0.00
% of Calories											*16.0%	19.8%	61.1%	20.9%	5.2%	*0.0%
Nutrient Guideline			600-650		1230										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

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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 <sup>1</sup> (g)
Tue - 07/04/2017																
Horizon/Alternative ES & MS	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	250	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	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	100	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	550	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	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
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
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	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
Weighted Daily Average			619	33	805	6.91	3.67	455.6	1218	32.41	*13	27.52	93.60	15.37	4.11	*0.00
% of Calories											*8.1%	17.8%	60.5%	22.3%	6.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

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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 <sup>1</sup> (g)
Wed - 07/05/2017																
Horizon/Alternative ES & MS	Total	600														
Chicken Breast Tenders	2 each	575	144	44	233	0.79	1.24	14.8	55	0.02	0	14.64	8.21	5.57	1.04	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
Rice Yellow	1/2 CUP	400	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	100	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	100	111	0	262	3.43	2.66	35.6	17	0.55	*2	7.77	19.8	0.41	0.11	*0.00
PEACH,Frozen,4.4 oz Cup	1 Each	150	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
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	100	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			573	86	1077	4.63	4.32	437.3	3111	50.78	*11	28.71	83.49	13.52	2.49	*0.00
% of Calories											*7.7%	20.0%	58.2%	21.2%	3.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Horizon/Alternative ES & MS

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Thu - 07/06/2017																
Horizon/Alternative ES & MS	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	550	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	250	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	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	150	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			727	87	1497	6.34	*4.24	*656.4	1906	*20.43	*15	44.57	92.79	20.29	6.03	*0.00
% of Calories											*8.2%	24.5%	51.0%	25.1%	7.5%	*0.0%
Nutrient Guideline			600-650		1230										<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 <sup>1</sup> (g)
Fri - 07/07/2017																
Horizon/Alternative ES & MS	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	1 each	350	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	150	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			589	38	860	7.48	4.53	501.5	1706	30.99	*16	30.47	80.58	17.48	7.18	*0.00
% of Calories											*10.5%	20.7%	54.7%	26.7%	11.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Mon - 07/10/2017																
Horizon/Alternative ES & MS	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	529	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	100	136	0	245	4.80	1.96	62.1	49	0.32	*2	5.73	26.56	0.0	0.00	*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
TOMATO Fresh Chopped/Sliced	1/4 CUP	65	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
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			652	35	867	8.36	4.84	374.5	1388	15.26	*12	27.96	88.14	21.99	4.10	*0.00
% of Calories											*7.6%	17.2%	54.1%	30.4%	5.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:55 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 <sup>1</sup> (g)
Tue - 07/11/2017																
Horizon/Alternative ES & MS	Total	600														
Chicken Alfredo	2/3 cup	575	272	73	641	1.35	1.28	264.9	317	0.54	*5	26.58	20.92	9.16	4.51	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	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
Cookie, WG, Double Choc Chip	1 each	520	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	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			688	84	1037	6.59	3.23	575.0	4151	39.91	*22	40.42	98.32	17.11	5.84	*0.00
% of Calories											*13.1%	23.5%	57.2%	22.4%	7.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:55 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 <sup>1</sup> (g)
Wed - 07/12/2017																
Horizon/Alternative ES & MS	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	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	3 each	426	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	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			594	54	924	5.17	*2.85	*346.8	982	*73.28	*11	17.86	90.46	17.18	3.77	*0.00
% of Calories											*7.6%	12.0%	60.9%	26.0%	5.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:55 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 <sup>1</sup> (g)
Thu - 07/13/2017																
Horizon/Alternative ES & MS	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 1oz	1 each	575	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	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	475	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
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			585	120	929	3.41	1.99	300.4	1233	24.49	*10	38.72	51.61	26.80	7.67	*0.00
% of Calories											*7.0%	26.5%	35.3%	41.2%	11.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:55 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 <sup>1</sup> (g)
Fri - 07/14/2017																
Horizon/Alternative ES & MS	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	1 each	400	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	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
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	85	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			581	34	765	8.55	3.58	558.5	1520	24.26	*8	35.30	82.70	13.26	5.15	*0.00
% of Calories											*5.7%	24.3%	57.0%	20.6%	8.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:55 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 <sup>1</sup> (g)
Mon - 07/17/2017																
Horizon/Alternative ES & MS	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 1oz	1 each	575	94	10	167	2.00	0.36	0.0	36	0.0	3	3.0	15.0	3.46	0.58	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	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	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	500	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			625	70	1292	9.83	4.05	629.3	1499	38.86	*17	25.48	88.04	19.60	7.47	*0.00
% of Calories											*11.2%	16.3%	56.3%	28.2%	10.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:56 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 <sup>1</sup> (g)
Tue - 07/18/2017																
Horizon/Alternative ES & MS	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
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	200	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	60	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	150	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	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	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	150	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	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
Weighted Daily Average			647	34	842	6.76	*3.76	*491.1	1585	*41.91	*18	27.89	95.41	17.40	4.56	*0.00
% of Calories											*10.9%	17.2%	58.9%	24.2%	6.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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**Lowndes County**

**Jul 3, 2017 thru Jul 28, 2017**

Base Menu Spreadsheet

Horizon/Alternative ES & MS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 07/19/2017																
Horizon/Alternative ES & MS	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	60	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	500	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	150	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	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	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	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			680	67	1155	7.29	3.87	356.2	1418	51.46	*11	33.33	100.64	15.42	2.22	*0.00
% of Calories											*6.4%	19.6%	59.2%	20.4%	2.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:56 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 <sup>1</sup> (g)
Thu - 07/20/2017																
Horizon/Alternative ES & MS	Total	600														
Chicken Breast Chunks	5 EACH	575	180	75	400	1.00	2.00	27.0	29	0.0	*N/A*	23.0	12.0	4.5	1.00	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	1/2 CUP	400	120	1	349	1.02	0.96	9.9	52	0.19	*0	2.8	23.28	1.96	0.24	*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			619	116	1280	4.56	5.13	463.0	2443	10.04	*11	37.40	87.43	12.91	2.56	*0.00
% of Calories											*7.3%	24.2%	56.5%	18.8%	3.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:56 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 <sup>1</sup> (g)
Fri - 07/21/2017																
Horizon/Alternative ES & MS	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	1 each	350	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Sauce,Pizza,Dip Heated	3/8 cup	150	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			589	38	860	7.48	4.53	501.5	1706	30.99	*16	30.47	80.58	17.48	7.18	*0.00
% of Calories											*10.5%	20.7%	54.7%	26.7%	11.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:56 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 <sup>1</sup> (g)
<b>Mon - 07/24/2017</b>																
Horizon/Alternative ES & MS	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
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
Broccoli Florets Steamed	1/2 cup	185	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	60	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	500	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	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			622	34	734	7.73	*4.73	*367.8	1594	*18.32	*15	27.14	84.54	21.00	4.47	*0.00
% of Calories											*9.6%	17.4%	54.3%	30.4%	6.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:56 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 <sup>1</sup> (g)
Tue - 07/25/2017																
Horizon/Alternative ES & MS	Total	600														
Chicken Fajita w/ch/wrap ES&MS	Serving	575	381	85	870	4.01	*1.62	*352.5	271	*0.0	3	25.38	31.49	16.57	9.05	0.00
Sack Lunch PB&J MS Tuesday	1 each	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	1/2 CUP	150	128	0	209	4.37	1.63	38.7	69	1.02	*0	5.52	24.87	0.9	0.15	*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	150	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	200	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	300	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			592	89	1234	7.47	*2.62	*617.1	1983	*27.34	*17	34.78	73.37	18.05	9.68	*0.00
% of Calories											*11.2%	23.5%	49.6%	27.5%	14.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:56 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 <sup>1</sup> (g)
<b>Wed - 07/26/2017</b>																
Horizon/Alternative ES & MS	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	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	175	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	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	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			623	53	997	6.69	3.15	419.9	1099	74.06	*10	21.22	96.42	16.38	3.73	*0.00
% of Calories											*6.3%	13.6%	61.9%	23.7%	5.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:56 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 <sup>1</sup> (g)
Thu - 07/27/2017																
Horizon/Alternative ES & MS	Total	600														
Nachos Meat Only	1/4 CUP	575	64	15	61	1.17	1.16	13.8	368	3.99	*0	5.62	4.71	2.46	0.95	*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	1/4 cup	400	126	32	443	0.00	0.00	216.5	427	0.0	*N/A*	7.47	2.13	9.6	5.65	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			595	49	923	7.07	2.69	455.1	1808	11.00	*7	23.15	78.86	19.85	7.15	*0.00
% of Calories											*5.0%	15.6%	53.0%	30.0%	10.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

Generated on: 08/08/2017 2:26:56 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 <sup>1</sup> (g)
Fri - 07/28/2017																
Horizon/Alternative ES & MS	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	1 each	420	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	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	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
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			594	34	786	8.86	3.69	559.4	1552	24.71	*8	35.72	85.02	13.69	5.21	*0.00
% of Calories											*5.6%	24.0%	57.2%	20.7%	7.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Weighted Average			614	60	1002	6.81	*3.72	*470.5	1762	*33.67	*13	30.61	85.31	17.30	5.17	*0.00
											*19.6%	19.9%	55.6%	25.4%	7.6%	*0.0%

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# Lowndes County

## Base Menu Spreadsheet

### Portion Values - Detailed

Jul 3, 2017 thru Jul 28, 2017

Horizon/Alternative ES & MS

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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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	614		600 - 650	100%													
Cholesterol (mg)	60																
Sodium (mg)	1002		1230														
Fiber (g)	6.81																
Iron (mg)	3.72				Missing												
Calcium (mg)	470.5				Missing												
Vitamin A (IU)	1762																
Sugars (g)	13	8.72%															
Vitamin C (mg)	33.67																
Protein (g)	30.61	19.94%															
Carbohydrate (g)	85.31	55.58%															
Total Fat (g)	17.30	25.36%															
Saturated Fat (g)	5.17	7.58%															
Saturated Fat (g)	5.17	7.58%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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