

Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative ES & MS

Generated on: 8/10/2016 11:53:05 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 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
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	1/2 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 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
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			501	44	1188	5.54	3.01	348.6	1349	45.85	*20	24.35	75.91	11.91	2.95	*0.00
% of Calories											*15.6%	19.5%	60.6%	21.4%	5.3%	*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

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 ES & MS

Generated on: 8/10/2016 11:53:05 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 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 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	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
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	150	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
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			646	33	837	6.90	3.74	457.8	1234	34.61	*14	27.87	100.14	15.54	4.16	*0.00
% of Calories											*8.9%	17.3%	62.0%	21.7%	5.8%	*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

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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 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
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
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
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	150	90	0	0	2.00	0.36	20.0	0	66.0	*N/A*	1.0	22.0	0.0	0.00	0.00
Juice, Apple	1/2 cup	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
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			595	87	1101	5.20	4.43	449.8	3053	27.18	*10	29.16	87.40	14.19	2.67	*0.00
% of Calories											*6.7%	19.6%	58.8%	21.5%	4.0%	*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 ¹ (g)
Thu - 07/07/2016																
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 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	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
Applesauce Raspberry 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
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			755	87	1516	6.90	*4.28	*659.4	1931	*35.45	*20	44.83	99.01	20.48	6.08	*0.00
% of Calories											*10.5%	23.7%	52.5%	24.4%	7.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Fri - 07/08/2016																
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
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	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
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			593	39	876	7.87	4.57	513.0	1759	27.45	*18	30.89	79.89	18.18	7.34	*0.00
% of Calories											*12.2%	20.8%	53.9%	27.6%	11.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Mon - 07/11/2016																
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
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	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 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			680	35	887	8.96	4.99	381.1	1413	39.71	*16	28.37	94.01	22.62	4.25	*0.00
% of Calories											*9.4%	16.7%	55.3%	29.9%	5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative ES & MS

Generated on: 8/10/2016 11:53:06 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 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 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	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			698	85	1079	5.56	3.19	575.2	4153	40.58	*22	40.46	100.73	17.15	5.85	*0.00
% of Calories											*12.3%	23.2%	57.7%	22.1%	7.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative ES & MS

Generated on: 8/10/2016 11:53:06 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 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
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	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			620	55	953	6.05	*2.98	*366.3	923	*35.68	*12	18.42	94.59	18.13	3.99	*0.00
% of Calories											*7.9%	11.9%	61.1%	26.3%	5.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative ES & MS

Generated on: 8/10/2016 11:53:06 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 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 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	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
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			628	120	951	4.31	2.03	303.4	1274	49.51	*18	38.98	61.50	26.99	7.72	*0.00
% of Calories											*11.6%	24.8%	39.2%	38.7%	11.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

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Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative ES & MS

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Fri - 07/15/2016																
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
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	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
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
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			588	34	782	8.91	3.64	568.4	1555	21.96	*10	35.72	82.90	13.95	5.31	*0.00
% of Calories											*6.9%	24.3%	56.3%	21.3%	8.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

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Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

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 ¹ (g)
Mon - 07/18/2016																
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
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	1/2 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 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	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			576	60	1317	10.54	4.21	598.6	1337	45.85	*17	26.02	90.07	13.58	3.78	*0.00
% of Calories											*11.8%	18.1%	62.6%	21.2%	5.9%	*0.0%
Nutrient Guideline			600-650		1230										<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 ES & MS

Generated on: 8/10/2016 11:53:06 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 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 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	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*
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	150	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	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			657	35	874	6.24	*3.78	*492.3	1588	*42.40	*17	28.03	97.45	17.51	4.59	*0.00
% of Calories											*10.4%	17.1%	59.3%	24.0%	6.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative ES & MS

Generated on: 8/10/2016 11:53:06 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 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
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	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
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	150	90	0	0	2.00	0.36	20.0	0	66.0	*N/A*	1.0	22.0	0.0	0.00	0.00
Juice, Apple	1/2 cup	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			698	67	1172	7.85	3.98	368.7	1350	27.66	*11	33.78	103.38	16.10	2.39	*0.00
% of Calories											*6.4%	19.3%	59.2%	20.7%	3.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative ES & MS

Generated on: 8/10/2016 11:53:06 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 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 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	1/2 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
Applesauce Raspberry 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
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			650	117	1307	5.12	5.17	466.0	2479	25.26	*15	37.66	94.81	13.09	2.61	*0.00
% of Calories											*9.1%	23.2%	58.3%	18.1%	3.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

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 ¹ (g)
Fri - 07/22/2016																
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
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	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
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			593	39	876	7.87	4.57	513.0	1759	27.45	*18	30.89	79.89	18.18	7.34	*0.00
% of Calories											*12.2%	20.8%	53.9%	27.6%	11.1%	*0.0%
Nutrient Guideline			600-650		1230										<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 ES & MS

Generated on: 8/10/2016 11:53:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/25/2016																
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
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	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 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	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			651	35	753	8.34	*4.88	*374.5	1619	*42.77	*19	27.56	90.41	21.63	4.62	*0.00
% of Calories											*11.4%	16.9%	55.6%	29.9%	6.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

Horizon/Alternative ES & MS

Generated on: 8/10/2016 11:53:06 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 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 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	1/2 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
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	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			602	90	1276	6.44	*2.58	*617.3	1985	*28.01	*16	34.82	75.78	18.10	9.68	*0.00
% of Calories											*10.3%	23.1%	50.4%	27.1%	14.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

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 ¹ (g)
Wed - 07/27/2016																
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	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	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	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	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	5.73	26.56	0.0	0.00	*0.00
	Cole Slaw	1/2 cup	100	74	4	147	1.80	0.35	43.3	718	26.42	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
	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
	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
	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
	Milk, Strawberry Skim	1 Cup	225	110	5	125	0.00	0.00	300.0	1750	1.2	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	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
	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
	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
	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
Weighted Daily Average				655	54	1039	7.73	3.31	443.0	1100	38.67	21.89	101.44	17.59	3.98	*0.00
% of Calories											*11	13.4%	61.9%	24.2%	5.5%	*0.0%
Nutrient Guideline				600-650		1230									<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 ES & MS

Generated on: 8/10/2016 11:53:06 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 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 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	400	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			664	57	1039	7.95	2.71	505.9	1944	36.02	*15	25.05	88.98	22.11	8.46	*0.00
% of Calories											*9.3%	15.1%	53.6%	30.0%	11.5%	*0.0%
Nutrient Guideline			600-650		1230									<10.00		

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Jul 4, 2016 thru Jul 29, 2016

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 ¹ (g)
Fri - 07/29/2016																
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
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	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
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
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			602	34	803	9.22	3.75	569.3	1587	22.41	*10	36.15	85.22	14.37	5.37	*0.00
% of Calories											*6.8%	24.0%	56.6%	21.5%	8.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Weighted Average			633	60	1031	7.17	*3.79	*478.6	1770	*34.72	*15	31.04	89.18	17.57	5.16	*0.00
											*22.0%	19.6%	56.4%	25.0%	7.3%	*0.0%

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Lowndes County

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Jul 4, 2016 thru Jul 29, 2016

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 ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	633		600 - 650		100%												
Cholesterol (mg)	60																
Sodium (mg)	1031		1230														
Fiber (g)	7.17																
Iron (mg)	3.79					Missing											
Calcium (mg)	478.6					Missing											
Vitamin A (IU)	1770																
Sugars (g)	15	9.77%				Missing											
Vitamin C (mg)	34.72					Missing											
Protein (g)	31.04	19.63%															
Carbohydrate (g)	89.18	56.39%															
Total Fat (g)	17.57	25.00%															
Saturated Fat (g)	5.16	7.34%															
Trans Fat ¹ (g)	0.00	0.00%															

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