

# Lowndes County

## Lowndes County Breakfast K-12

Apr 22, 2019

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		May - 1  Muffin(s) BRK. Sausage Assorted F. FRUIT JUICE,ASSOR F. FRUIT, ASSORTED WG Cereal Flavored Milk White Milk Ind. Syrup	May - 2  WG French Toast Sticks F. FRUIT, ASSORTED JUICE, VARIETY Ind. Syrup WG Cereal Flavored Milk White Milk	May - 3  Biscuit WG F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk Jelly	Avg Nutrients    Target Cals...            498    100% Sodium.           422 mg T.Fat    9.9g    17.9%Cal S.Fat    4.7g    8.5%Cal
		Nutrients            Target Cals...            430    95% Sodium.           315 mg T.Fat    8.6g    18.1%Cal S.Fat    3.0g    6.2%Cal	Nutrients            Target Cals...            520    104% Sodium.           410 mg T.Fat    10.7g    18.5%Cal S.Fat    3.6g    6.3%Cal	Nutrients            Target Cals...            545    109% Sodium.           540 mg T.Fat    10.4g    17.2%Cal S.Fat    7.5g    12.4%Cal	
May - 6  B. TOAST,WHOLE-WHE Shredded Cheese B. GRITS, PLAIN- not an F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	May - 7  Breakfast Wrap F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	May - 8  Muffin(s) F. FRUIT JUICE,ASSOR F. FRUIT, ASSORTED WG Cereal White Milk Flavored Milk	May - 9  Pancakes F. FRUIT, ASSORTED JUICE, VARIETY Ind. Syrup WG Cereal White Milk Flavored Milk	May - 10  Southern Style Biscuit Chicken for Biscuit F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR WG Cereal White Milk Flavored Milk	Avg Nutrients    Target Cals...            437    97% Sodium.           422 mg T.Fat    7.9g    16.2%Cal S.Fat    3.4g    7.0%Cal
Nutrients            Target Cals...            437    97% Sodium.           482 mg T.Fat    9.3g    19.1%Cal S.Fat    5.1g    10.5%Cal	Nutrients            Target Cals...            391    87% Sodium.           387 mg T.Fat    8.2g    18.8%Cal S.Fat    4.1g    9.3%Cal	Nutrients            Target Cals...            471    100% Sodium.           347 mg T.Fat    7.3g    13.9%Cal S.Fat    1.6g    3.1%Cal	Nutrients            Target Cals...            451    100% Sodium.           317 mg T.Fat    3.8g    7.6%Cal S.Fat    1.3g    2.7%Cal	Nutrients            Target Cals...            434    97% Sodium.           578 mg T.Fat    10.9g    22.5%Cal S.Fat    4.9g    10.2%Cal	
May - 13  B. TOAST,WHOLE-WHE Shredded Cheese Eggs F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR WG Cereal White Milk Flavored Milk	May - 14  WG Breakfast Pizza F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	May - 15  Cereal Bar Strawberry Yogurt Granola F. FRUIT JUICE,ASSOR F. FRUIT, ASSORTED WG Cereal White Milk Flavored Milk	May - 16  WG French Toast Sticks F. FRUIT, ASSORTED JUICE, VARIETY Ind. Syrup WG Cereal Flavored Milk White Milk	May - 17  Biscuit WG F. FRUIT JUICE,ASSOR F. FRUIT, FRESH ASSO WG Cereal Flavored Milk White Milk Jelly	Avg Nutrients    Target Cals...            478    100% Sodium.           471 mg T.Fat    8.6g    16.2%Cal S.Fat    3.9g    7.3%Cal

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lowndes County

## Lowndes County Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nutrients            Target Cals...            424            94% Sodium.            537 mg T.Fat    7.3g    15.5%Cal S.Fat    3.0g    6.5%Cal	Nutrients            Target Cals...            414            92% Sodium.            515 mg T.Fat    7.8g    16.9%Cal S.Fat    2.9g    6.3%Cal	Nutrients            Target Cals...            456            100% Sodium.            353 mg T.Fat    6.8g    13.4%Cal S.Fat    2.3g    4.5%Cal	Nutrients            Target Cals...            520            104% Sodium.            410 mg T.Fat    10.7g    18.5%Cal S.Fat    3.6g    6.3%Cal	Nutrients            Target Cals...            577            115% Sodium.            542 mg T.Fat    10.5g    16.4%Cal S.Fat    7.5g    11.7%Cal	
May - 20  Cinnamon Roll F. FRUIT JUICE,ASSOR F. FRUIT, ASSORTED WG Cereal Flavored Milk White Milk	May - 21  Breakfast Wrap F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	May - 22  B. TOAST,WHOLE-WHE Shredded Cheese B. GRITS, PLAIN- not an F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	May - 23  Pancakes F. FRUIT JUICE,ASSOR F. FRUIT, ASSORTED WG Cereal Flavored Milk White Milk Ind. Syrup	May - 24	Avg Nutrients    Target Cals...            428            95% Sodium.            399 mg T.Fat    8.1g    17.1%Cal S.Fat    3.8g    8.0%Cal
Nutrients            Target Cals...            460            100% Sodium.            375 mg T.Fat    9.9g    19.4%Cal S.Fat    4.2g    8.1%Cal	Nutrients            Target Cals...            391            87% Sodium.            387 mg T.Fat    8.2g    18.8%Cal S.Fat    4.1g    9.3%Cal	Nutrients            Target Cals...            453            100% Sodium.            508 mg T.Fat    9.3g    18.4%Cal S.Fat    5.1g    10.1%Cal	Nutrients            Target Cals...            407            90% Sodium.            327 mg T.Fat    5.3g    11.6%Cal S.Fat    2.0g    4.4%Cal		

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.