

# Lowndes County Lowndes County Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		May - 1  Pork Chops Cornbread F. FRUIT, ASSORTED JUICE, VARIETY Collard/Turnip Greens Sweet Potato- 3 Patties Hot Sauce White Milk Flavored Milk	May - 2  E. Pizza, assorted F. FRUIT, ASSORTED JUICE, VARIETY Rom, Spring, SpinBlndSal Tomatoe, Fresh Buttery Corn Cond. SALAD DRESSIN White Milk Flavored Milk	May - 3	Avg Nutrients    Target Cals...            639            85% Sodium.          1419 mg T.Fat 13.2g      18.6%Cal S.Fat 3.9*g      5.5%Cal
		Nutrients            Target Cals...            533            71% Sodium.          1440 mg T.Fat 7.4g        12.5%Cal S.Fat 2.0*g      3.4%Cal	Nutrients            Target Cals...            745            99% Sodium.          1398 mg T.Fat 18.9g      22.9%Cal S.Fat 5.8*g      7.0%Cal		
May - 6  E. Chicken Patty Grilled Hamburger Bun, WW Shredded Romaine Tomatoe Slice V. POTATOES, WEDGE Corn on Cob F. Fruit, Assorted Canned F. FRUIT JUICE, ASSOR Mayo, Light Ind. Cond. MUSTARD Ketchup, Ind. SOUR CREAM, FAT FRE Flavored Milk White Milk	May - 7  Salisbury Steak B. WHOLE-WHEAT BRE V. GREEN BEANS Creamy Diced Potatoes Brown Gravy F. FRUIT, FRESH ASSO F. FRUIT JUICE, ASSOR Flavored Milk White Milk	May - 8  BBQ Chicken Cornbread F. Fruit, Assorted Canned F. FRUIT JUICE, ASSOR Seasoned Turnip Greens Sweet Potato- 3 Patties White Milk Flavored Milk	May - 9  E. SPAGHETTI AND ME Shredded Cheese Cornbread LETTUCE & TOMATO BABY BUTTER BEANS F. FRUIT JUICE, ASSOR F. Fruit, Assorted Canned White Milk Flavored Milk	May - 10	Avg Nutrients    Target Cals...            772            100% Sodium.          1266 mg T.Fat 18.3g      21.4%Cal S.Fat 6.7*g      7.8%Cal
Nutrients            Target Cals...            782            100% Sodium.          1237 mg T.Fat 12.0g      13.8%Cal S.Fat 2.4*g      2.7%Cal	Nutrients            Target Cals...            625            83% Sodium.          1104 mg T.Fat 16.7g      24.1%Cal S.Fat 6.9*g      9.9%Cal	Nutrients            Target Cals...            845            100% Sodium.          1526 mg T.Fat 19.0g      20.3%Cal S.Fat 5.6*g      5.9%Cal	Nutrients            Target Cals...            833            100% Sodium.          1196 mg T.Fat 25.7g      27.7%Cal S.Fat 12.0*g     12.9%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 Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 13  E. Chicken Patty Grilled Hamburger Bun, WW Shredded Romaine Tomatoe Slice V. POTATOES,WEDGE Corn on Cob F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Mayo, Light Ind. Cond. MUSTARD Ketchup, Ind. SOUR CREAM,FAT FRE Flavored Milk White Milk	May - 14  Salisbury Steak B. WHOLE-WHEAT BRE V. GREEN BEANS Creamy Diced Potatoes Brown Gravy F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR Flavored Milk White Milk	May - 15  BBQ Chicken Cornbread F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Seasoned Turnip Greens Sweet Potato- 3 Patties White Milk Flavored Milk	May - 16  BEEFSteakHOAGIEonW LETTUCE & TOMATO Baked Beans COLE SLAW F. FRUIT JUICE,ASSOR F. Fruit, Assorted Canned White Milk Flavored Milk	May - 17	Avg Nutrients    Target Cals...            770        100% Sodium.          1330 mg T.Fat 18.3g      21.4%Cal S.Fat 5.8*g      6.8%Cal
Nutrients            Target Cals...            782        100% Sodium.          1237 mg T.Fat 12.0g      13.8%Cal S.Fat 2.4*g      2.7%Cal	Nutrients            Target Cals...            664        89% Sodium.          1402 mg T.Fat 18.7g      25.4%Cal S.Fat 7.4*g      10.1%Cal	Nutrients            Target Cals...            845        100% Sodium.          1526 mg T.Fat 19.0g      20.3%Cal S.Fat 5.6*g      5.9%Cal	Nutrients            Target Cals...            787        100% Sodium.          1155 mg T.Fat 23.6g      26.9%Cal S.Fat 7.7*g      8.8%Cal		
May - 20  Taco Salad 2010 F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Tortilla Chips Shredded Romaine Tomatoe, Fresh Salsa Whole Kernel Corn Shredded Cheese Ranch DressingLowfat Flavored Milk White Milk	May - 21  Chicken Tenders Dinner Rolls WW-1.25 oz F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Creamy Diced Potatoes Brown Gravy Broccoli w/Cheese- slice Ketchup, Ind. Flavored Milk White Milk	May - 22			Avg Nutrients    Target Cals...            813        100% Sodium.          1462 mg T.Fat 28.1g      31.1%Cal S.Fat 9.9*g      10.9%Cal
Nutrients            Target Cals...            835        100% Sodium.          1114 mg T.Fat 28.5g      30.7%Cal S.Fat 12.0*g     13.0%Cal	Nutrients            Target Cals...            790        100% Sodium.          1810 mg T.Fat 27.7g      31.5%Cal S.Fat 7.7*g      8.8%Cal				

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

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