

# Lowndes County

## Lowndes County Lunch PREK- 8

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		May - 1  BBQ Chicken Cornbread F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Seasoned Collard Green Black-eyed Peas-Dried Sweet Potato- 3 Patties White Milk Flavored Milk	May - 2  GrilledChicken Fajita Tortilla, Flour WW LETTUCE & TOMATO Shredded Cheese V. PINTO BEANS F. FRUIT JUICE,ASSOR F. Fruit, Assorted Canned Salsa SOUR CREAM,FAT FRE White Milk Flavored Milk	May - 3  Sand. Turkey & Cheese Tomatoe, Fresh B. Chips, Sun / Cheddar Baby Carrots F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR Mustard, Ind. Mayo, Light Ind. Ranch Dip, Lowfat White Milk Flavored Milk	Avg Nutrients    Target Cals...            898    138% Sodium.        1623 mg T.Fat    21.7g    21.7%Cal S.Fat    7.9*g    8.0%Cal
		Nutrients            Target Cals...        1060    163% Sodium.        2009 mg T.Fat    20.0g    17.0%Cal S.Fat    5.8*g    4.9%Cal	Nutrients            Target Cals...        800    123% Sodium.        1433 mg T.Fat    19.9g    22.4%Cal S.Fat    9.1*g    10.2%Cal	Nutrients            Target Cals...        833    128% Sodium.        1427 mg T.Fat    25.1g    27.2%Cal S.Fat    8.9*g    9.6%Cal	
May - 6  All Beef Hot Dog on Bun F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR French Fries SWEET PEAS & CARRO Mustard, Ind. Ketchup, Ind. Flavored Milk White Milk	May - 7  Chicken Nuggets Cornbread F. FRUIT, ASSORTED F. FRUIT JUICE,ASSOR Broccoli w/Cheese- slice Seasoned Pinto Beans Sweet Candied Carrots Ketchup, Ind. Honey Mustard Flavored Milk White Milk	May - 8  Baked Chicken Cornbread Seasoned Turnip Greens Sweet Potato- 3 Patties Black-eyed Peas-Dried F. FRUIT JUICE,ASSOR F. FRUIT, ASSORTED Flavored Milk White Milk Hot Sauce Brown Gravy	May - 9  Sand, Cheeseburger F. FRUIT, ASSORTED JUICE, VARIETY Tomatoe, Fresh French Fries Corn on Cob Ketchup, Ind. Cond. MUSTARD Mayo, Light Ind. cond. Pickle Slice-4 Flavored Milk White Milk	May - 10  Fish Square JUICE, VARIETY F. FRUIT, ASSORTED Sliced Cheese Hushpuppies Corn on COLE SLAW Baked Beans Ketchup, Ind. COND. Tarter Sauce Flavored Milk White Milk	Avg Nutrients    Target Cals...            808    124% Sodium.        1532 mg T.Fat    28.9g    32.2%Cal S.Fat    7.4*g    8.2%Cal
Nutrients            Target Cals...        697    107% Sodium.        1286 mg T.Fat    24.2g    31.3%Cal S.Fat    8.0*g    10.3%Cal	Nutrients            Target Cals...        896    138% Sodium.        1958 mg T.Fat    34.6g    34.8%Cal S.Fat    8.8*g    8.9%Cal	Nutrients            Target Cals...        840    129% Sodium.        1666 mg T.Fat    22.9g    24.5%Cal S.Fat    2.9*g    3.1%Cal	Nutrients            Target Cals...        779    120% Sodium.        1385 mg T.Fat    24.5g    28.3%Cal S.Fat    8.6*g    9.9%Cal	Nutrients            Target Cals...        826    127% Sodium.        1365 mg T.Fat    38.2g    41.6%Cal S.Fat    8.5*g    9.3%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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
May - 13  BBQ Pork Sandwich Baked Beans COLE SLAW F. FRUIT, ASSORTED JUICE, VARIETY Ketchup, Ind. Cond. MUSTARD Flavored Milk White Milk	May - 14  E. SPAGHETTI AND ME Cornbread F. FRUIT, ASSORTED JUICE, VARIETY Broccoli w/Cheese- slice Buttery Corn Flavored Milk White Milk	May - 15  Pork Chops Cornbread F. FRUIT, ASSORTED JUICE, VARIETY Collard/Turnip Greens Black-eyed Peas-Dried Sweet Potato- 3 Patties Hot Sauce White Milk Flavored Milk	May - 16  E. Pizza, assorted F. FRUIT, ASSORTED JUICE, VARIETY Rom, Spring, SpinBlndSal Tomatoe, Fresh Buttery Corn Cond. SALAD DRESSIN White Milk Flavored Milk	May - 17  Taco Salad 2010 F. FRUIT, ASSORTED F. FRUIT JUICE, ASSOR Tortilla Chips Tomatoe, Fresh Salsa Whole Kernel Corn Shredded Cheese Ranch DressingLowfat Flavored Milk White Milk	Avg Nutrients Target Cals... 803 124% Sodium. 1496 mg T.Fat 19.5g 21.9%Cal S.Fat 6.5*g 7.3%Cal
Nutrients Target Cals... 718 110% Sodium. 1281 mg T.Fat 14.3g 17.9%Cal S.Fat 3.3*g 4.1%Cal	Nutrients Target Cals... 843 130% Sodium. 1725 mg T.Fat 20.6g 22.0%Cal S.Fat 7.7*g 8.2%Cal	Nutrients Target Cals... 731 113% Sodium. 1851 mg T.Fat 8.3g 10.2%Cal S.Fat 2.2*g 2.7%Cal	Nutrients Target Cals... 745 115% Sodium. 1398 mg T.Fat 18.9g 22.9%Cal S.Fat 5.8*g 7.0%Cal	Nutrients Target Cals... 980 151% Sodium. 1225 mg T.Fat 35.6g 32.7%Cal S.Fat 13.6*g 12.5%Cal	
May - 20  E. Chicken Patty Grilled Hamburger Bun, WW Tomatoe Slice French Fries Corn on Cob F. FRUIT, ASSORTED F. FRUIT JUICE, ASSOR Mayo, Light Ind. Cond. MUSTARD Ketchup, Ind. Flavored Milk White Milk	May - 21  Salisbury Steak Dinner Rolls WW-1.25 oz V. GREEN BEANS Creamy Diced Potatoes Brown Rice Pilaf2011 Brown Gravy F. FRUIT, ASSORTED F. FRUIT JUICE, ASSOR Flavored Milk White Milk	May - 22  F. FRUIT, FRESH ASSO F. FRUIT JUICE, ASSOR Seasoned Collard Green Sweet Potato- 3 Patties Black-eyed Peas-Dried Hot Sauce Flavored Milk White Milk Wh.Wht.CORNBREAD,U Baked Chicken	May - 23  E. Chicken Patty Grilled Hamburger Bun, WW Tomatoe Slice French Fries Corn on Cob F. FRUIT, ASSORTED F. FRUIT JUICE, ASSOR Mayo, Light Ind. Cond. MUSTARD Ketchup, Ind. Flavored Milk White Milk	May - 24  	Avg Nutrients Target Cals... 826 127% Sodium. 1459 mg T.Fat 17.7g 19.3%Cal S.Fat 3.7*g 4.0%Cal
Nutrients Target Cals... 760 117% Sodium. 1145 mg T.Fat 13.8g 16.3%Cal S.Fat 2.3*g 2.8%Cal	Nutrients Target Cals... 751 116% Sodium. 1552 mg T.Fat 21.9g 26.2%Cal S.Fat 8.2*g 9.9%Cal	Nutrients Target Cals... 1033 159% Sodium. 1994 mg T.Fat 21.5g 18.8%Cal S.Fat 1.9*g 1.6%Cal	Nutrients Target Cals... 760 117% Sodium. 1145 mg T.Fat 13.8g 16.3%Cal S.Fat 2.3*g 2.8%Cal		

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