

Lowndes County

Lowndes County Lunch PREK- 8 HHFKA - K-8

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																				
Mar - 2 Chicken Nuggets Cornbread F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED Salad w/sp mix/Spinach Fries Flavored Milk White Milk Cond. SALAD DRESSING, Ass' Ketchup, Ind. Honey Mustard	Mar - 3 Taco Salad 2010 F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Tortilla Chips gar, Spring, SpinBlndSalad Tomatoe, Fresh Salsa Whole Kernel Corn Shredded Cheese Ranch DressingLowfat Flavored Milk White Milk	Mar - 4 BBQ Chicken Cornbread F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Seasoned Turnip Greens Sweet Potato- 3 Patties White Milk Flavored Milk	Mar - 5 Fish Square JUICE, VARIETY F. FRUIT, ASSORTED Sliced Cheese Hushpuppies COLE SLAW Baked Beans Ketchup, Ind. COND. Tarter Sauce Flavored Milk White Milk	Mar - 6 E. Pizza, assorted French Fries Sweet Peas F. FRUIT, ASSORTED JUICE, VARIETY Flavored Milk White Milk Ketchup, Ind.																																																																																																				
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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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<p>Mar - 23</p> <p>E. Pizza, assorted French Fries Sweet Peas F. FRUIT, ASSORTED JUICE, VARIETY Flavored Milk White Milk Ketchup, Ind.</p>	<p>Mar - 24</p> <p>All Beef Hot Dog on Bun F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED French Fries Baked Beans Mustard, Ind. Ketchup, Ind. Flavored Milk White Milk</p>	<p>Mar - 25</p> <p>Oven Roasted Chicken Cornbread F. FRUIT, FRESH ASSORTED JUICE, VARIETY Seasoned Collard Greens V. SWEET POTATO, BAKED V.Okra, Breaded, FZN 1/2 Hot Sauce White Milk Flavored Milk</p>	<p>Mar - 26</p> <p>Taco Soup Whole Wheat Toast Nacho Dorito Chips Fries F. FRUIT, ASSORTED F. FRUIT JUICE,ASSORTED White Milk Flavored Milk</p>	<p>Mar - 27</p> <p>Sand. Turkey & Cheese Shredded Romaine Tomatoe, Fresh B. Chips, Sun / Cheddar Baby Carrots F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED Mustard, Ind. Mayo, Light Ind. Ranch Dip, Lowfat White Milk Flavored Milk</p>																																																																																																																													
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<p>Mar - 30</p> <p>Sand, Cheeseburger F. Fruit, Assorted Canned JUICE, VARIETY cond. Pickle Slice-4 Shredded Romaine Tomatoe, Fresh French Fries Corn on Cob Ketchup, Ind. Mayo, Light Ind. Flavored Milk White Milk</p>	<p>Mar - 31</p> <p>Salisbury Steak B. WHOLE-WHEAT BREAD V. GREEN BEANS Creamy Diced Potatoes Brown Gravy F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED Flavored Milk White Milk</p>																																																																																																																																

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

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Lowndes County

Lowndes County Lunch PREK- 8 HHFKA - K-8

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients Target			Nutrients Target											
Cals...	643	100%	Cals...	571	95%									
Sodium.	1265 mg		Sodium.	1365 mg										
T.Fat	20.5g	28.6%Cal	T.Fat	17.3g	27.3%Cal									
S.Fat	7.9*g	11.1%Cal	S.Fat	6.9*g	10.9%Cal									

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	627	600-650	100%	Tot. Fat	19.76 g	28.36%	
Sodium	1151 mg	1230		Sat. Fat	5.93* g	8.51%	<10.00%

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