

Lowndes County BOE
 Lowndes Breakfast 9-12
 HHFKA - 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Aug - 8 Southern Style Biscuit Chicken for Biscuit F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	Aug - 9 B. TOAST,WHOLE-WHE Sliced Cheese B. GRITS, PLAIN F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	Aug - 10 Breakfast Wrap F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	Avg Nutrients Target Cals... 530 100% Sodium. 634 mg Carb 84.3*g 63.7%Cal T.Fat 12.7g 21.6%Cal S.Fat 6.0g 10.2%Cal
		Nutrients Target Cals... 516 100% Sodium. 778 mg Carb 71.4*g 55.3%Cal T.Fat 15.5g 27.1%Cal S.Fat 7.0g 12.2%Cal	Nutrients Target Cals... 629 105% Sodium. 646 mg Carb 111.0*g 70.6%Cal T.Fat 10.3g 14.8%Cal S.Fat 4.9g 7.0%Cal	Nutrients Target Cals... 443 98% Sodium. 479 mg Carb 70.6*g 63.7%Cal T.Fat 12.3g 24.9%Cal S.Fat 6.2g 12.5%Cal	
Aug - 13 Whole Grain Muffin Sausage Links F. FRUIT JUICE,ASSOR F. Fruit, Assorted Canned WG Cereal White Milk Flavored Milk	Aug - 14 Pancakes F. FRUIT, FRESH ASSO JUICE, VARIETY Ind. Syrup WG Cereal White Milk Flavored Milk	Aug - 15 Southern Style Biscuit Chicken for Biscuit F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR WG Cereal White Milk Flavored Milk	Aug - 16 B. TOAST,WHOLE-WHE Eggs Shredded Cheese F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR WG Cereal White Milk Flavored Milk	Aug - 17 Breakfast Wrap F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR Jelly WG Cereal White Milk Flavored Milk	Avg Nutrients Target Cals... 515 100% Sodium. 644 mg Carb 81.0*g 62.9%Cal T.Fat 13.0g 22.8%Cal S.Fat 5.5g 9.6%Cal
Nutrients Target Cals... 529 100% Sodium. 631 mg Carb 62.7*g 47.4%Cal T.Fat 20.5g 34.9%Cal S.Fat 7.3g 12.5%Cal	Nutrients Target Cals... 524 100% Sodium. 458 mg Carb 111.9*g 85.5%Cal T.Fat 4.7g 8.2%Cal S.Fat 1.0g 1.8%Cal	Nutrients Target Cals... 508 100% Sodium. 785 mg Carb 71.5*g 56.3%Cal T.Fat 14.8g 26.1%Cal S.Fat 6.7g 11.8%Cal	Nutrients Target Cals... 531 100% Sodium. 833 mg Carb 78.1*g 58.8%Cal T.Fat 12.8g 21.6%Cal S.Fat 6.1g 10.4%Cal	Nutrients Target Cals... 484 100% Sodium. 513 mg Carb 80.7*g 66.8%Cal T.Fat 12.3g 23.0%Cal S.Fat 6.3g 11.7%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.

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Aug - 20 Cereal Bar Strawberry Yogurt Granola F. FRUIT JUICE,ASSOR F. Fruit, Assorted Canned WG Cereal White Milk Flavored Milk	Aug - 21 WG French Toast Sticks F. FRUIT, FRESH ASSO JUICE, VARIETY Ind. Syrup WG Cereal White Milk Flavored Milk	Aug - 22 Southern Style Biscuit Sausage Pattie F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	Aug - 23 Cinnamon Roll F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR B. TOAST,WHOLE-WHE WG Cereal Flavored Milk White Milk	Aug - 24 WG Breakfast Pizza F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR Jelly WG Cereal Flavored Milk White Milk	Avg Nutrients Target Cals... 531 100% Sodium. 558 mg Carb 92.8*g 69.8%Cal T.Fat 12.4g 21.1%Cal S.Fat 4.6g 7.7%Cal
Nutrients Target Cals... 385 85% Sodium. 310 mg Carb 73.3*g 76.2%Cal T.Fat 6.0g 13.9%Cal S.Fat 1.8g 4.3%Cal	Nutrients Target Cals... 649 108% Sodium. 513 mg Carb 115.9*g 71.5%Cal T.Fat 14.7g 20.4%Cal S.Fat 4.6g 6.4%Cal	Nutrients Target Cals... 596 100% Sodium. 839 mg Carb 98.6*g 66.2%Cal T.Fat 20.6g 31.1%Cal S.Fat 8.3g 12.5%Cal	Nutrients Target Cals... 541 100% Sodium. 516 mg Carb 94.6*g 70.0%Cal T.Fat 11.0g 18.4%Cal S.Fat 4.4g 7.3%Cal	Nutrients Target Cals... 487 100% Sodium. 610 mg Carb 81.6*g 67.0%Cal T.Fat 10.0g 18.4%Cal S.Fat 3.7g 6.8%Cal	
Aug - 27 Croissant Sausage Pattie F. FRUIT JUICE,ASSOR F. Fruit, Assorted Canned WG Cereal Flavored Milk White Milk	Aug - 28 Waffle Sticks F. FRUIT, FRESH ASSO JUICE, VARIETY Ind. Syrup WG Cereal Flavored Milk White Milk	Aug - 29 Southern Style Biscuit Chicken for Biscuit F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	Aug - 30 B. TOAST,WHOLE-WHE Sliced Cheese B. GRITS, PLAIN F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	Aug - 31 Breakfast Wrap F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	Avg Nutrients Target Cals... 527 100% Sodium. 571 mg Carb 86.5*g 65.6%Cal T.Fat 13.6g 23.2%Cal S.Fat 5.8g 9.9%Cal
Nutrients Target Cals... 468 100% Sodium. 487 mg Carb 68.3*g 58.3%Cal T.Fat 20.2g 38.7%Cal S.Fat 8.3g 15.9%Cal	Nutrients Target Cals... 580 100% Sodium. 464 mg Carb 111.0*g 76.5%Cal T.Fat 9.8g 15.2%Cal S.Fat 2.7g 4.1%Cal	Nutrients Target Cals... 516 100% Sodium. 778 mg Carb 71.4*g 55.3%Cal T.Fat 15.5g 27.1%Cal S.Fat 7.0g 12.2%Cal	Nutrients Target Cals... 629 105% Sodium. 646 mg Carb 111.0*g 70.6%Cal T.Fat 10.3g 14.8%Cal S.Fat 4.9g 7.0%Cal	Nutrients Target Cals... 443 98% Sodium. 479 mg Carb 70.6*g 63.7%Cal T.Fat 12.3g 24.9%Cal S.Fat 6.2g 12.5%Cal	

This is an equal opportunity provider and employer.

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	525	450-600	100%	Carbohyd	86.35* g	65.73%	
Sodium	598 mg	640		Tot. Fat	12.97 g	22.22%	
				Sat. Fat	5.40 g	9.25%	<10.00%

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