

Lowndes County BOE

Lowndes 9-12
HHFKA - 9-12

Aug 14, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Aug - 8 Baked Chicken Cornbread F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR Seasoned Collard Green Sweet Potato- 3 Patties Hot Sauce Flavored Milk White Milk	Aug - 9 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	Aug - 10 Fish Square JUICE, VARIETY F. Fruit, Assorted Canned Sliced Cheese Hushpuppies COLE SLAW Baked Beans Ketchup, Ind. COND. Tarter Sauce Flavored Milk White Milk	Avg Nutrients Target Cals... 787 100% Sodium. 1472 mg Carb 107.6*g 54.7%Cal T.Fat 29.0g 33.2%Cal S.Fat 6.6*g 7.5%Cal
		Nutrients Target Cals... 795 100% Sodium. 1564 mg Carb 112.3*g 56.5%Cal T.Fat 23.1g 26.2%Cal S.Fat 2.8*g 3.1%Cal	Nutrients Target Cals... 770 100% Sodium. 1437 mg Carb 103.9*g 54.0%Cal T.Fat 25.8g 30.2%Cal S.Fat 8.5*g 9.9%Cal	Nutrients Target Cals... 796 100% Sodium. 1417 mg Carb 106.6*g 53.6%Cal T.Fat 38.0g 43.0%Cal S.Fat 8.5*g 9.6%Cal	
Aug - 13 BBQ Pork Sandwich F. Fruit, Assorted Canned Baked Beans JUICE, VARIETY COLE SLAW Ketchup, Ind. Cond. MUSTARD Flavored Milk White Milk	Aug - 14 SPAGHETTI AND MEAT Cornbread F. FRUIT, FRESH ASSO JUICE, VARIETY Lima Beans Buttery Corn Flavored Milk White Milk	Aug - 15 Pork Chops Cornbread F. FRUIT, FRESH ASSO JUICE, VARIETY Seasoned Collard Green Sweet Potato- 3 Patties Hot Sauce White Milk Flavored Milk	Aug - 16 Sloppy Joe,onWhl.Wht.B Corn on Cob Rom, Spring, SpinBlndSal Tomatoe, Fresh Cond. SALAD DRESSIN JUICE, VARIETY F. Fruit, Assorted Canned Flavored Milk White Milk	Aug - 17 Cheezy Pepperoni Pizza F. FRUIT, FRESH ASSO JUICE, VARIETY Rom, Spring, SpinBlndSal Tomatoe, Fresh Buttery Corn Cond. SALAD DRESSIN White Milk Flavored Milk	Avg Nutrients Target Cals... 745 99% Sodium. 1393 mg Carb 120.4*g 64.6%Cal T.Fat 15.5g 18.7%Cal S.Fat 4.7*g 5.6%Cal
Nutrients Target Cals... 687 92% Sodium. 1333 mg Carb 110.4*g 64.3%Cal T.Fat 14.1g 18.4%Cal S.Fat 3.3*g 4.3%Cal	Nutrients Target Cals... 839 100% Sodium. 1544 mg Carb 139.8*g 66.7%Cal T.Fat 15.8g 17.0%Cal S.Fat 5.6*g 6.0%Cal	Nutrients Target Cals... 756 100% Sodium. 1948 mg Carb 127.8*g 67.6%Cal T.Fat 10.0g 11.9%Cal S.Fat 2.9*g 3.5%Cal	Nutrients Target Cals... 717 96% Sodium. 957 mg Carb 110.9*g 61.9%Cal T.Fat 18.2g 22.8%Cal S.Fat 5.7*g 7.2%Cal	Nutrients Target Cals... 728 97% Sodium. 1182 mg Carb 113.3*g 62.2%Cal T.Fat 19.3g 23.8%Cal S.Fat 5.8*g 7.2%Cal	

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Aug - 20 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	Aug - 21 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	Aug - 22 BBQ Chicken Cornbread F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Seasoned Turnip Greens Sweet Potato- 3 Patties White Milk Flavored Milk	Aug - 23 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	Aug - 24 Sand. Turkey & Cheese Shredded Romaine 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... 780 100% Sodium. 1405 mg Carb 117.9*g 60.5%Cal T.Fat 19.0g 21.9%Cal S.Fat 6.7*g 7.7%Cal
Nutrients Target Cals... 772 100% Sodium. 1237 mg Carb 137.3*g 71.1%Cal T.Fat 12.0g 13.9%Cal S.Fat 2.3*g 2.7%Cal	Nutrients Target Cals... 664 89% Sodium. 1402 mg Carb 95.3*g 57.4%Cal T.Fat 18.7g 25.4%Cal S.Fat 7.4*g 10.1%Cal	Nutrients Target Cals... 835 100% Sodium. 1526 mg Carb 121.9*g 58.4%Cal T.Fat 19.0g 20.5%Cal S.Fat 5.6*g 6.0%Cal	Nutrients Target Cals... 789 100% Sodium. 1433 mg Carb 111.9*g 56.7%Cal T.Fat 19.9g 22.7%Cal S.Fat 9.1*g 10.4%Cal	Nutrients Target Cals... 839 100% Sodium. 1430 mg Carb 123.0*g 58.6%Cal T.Fat 25.3g 27.1%Cal S.Fat 8.9*g 9.6%Cal	
Aug - 27 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	Aug - 28 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	Aug - 29 Pork Chops F. Fruit, Assorted Canned JUICE, VARIETY SEASONED BLACK EYE Sweet Potato- 3 Patties Cornbread Flavored Milk White Milk	Aug - 30 	Aug - 31 Hot Wings Chicken F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR B. WHOLE-WHEAT BRE V. POTATOES,WEDGE Ranch DressingLowfat V. GREEN BEANS Flavored Milk White Milk	Avg Nutrients Target Cals... 783 100% Sodium. 1462 mg Carb 102.5*g 52.3%Cal T.Fat 23.8g 27.3%Cal S.Fat 7.6*g 8.7%Cal

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Nutrients	Target	Nutrients	Target	Nutrients	Target			Nutrients	Target		
Cals...	788 100%	Cals...	780 100%	Cals...	754 100%			Cals...	811 100%		
Sodium.	1041 mg	Sodium.	1810 mg	Sodium.	1550 mg			Sodium.	1446 mg		
Carb	96.0*g 48.8%Cal	Carb	97.2*g 49.8%Cal	Carb	123.1*g 65.2%Cal			Carb	93.7*g 46.2%Cal		
T.Fat	28.1g 32.1%Cal	T.Fat	27.7g 31.9%Cal	T.Fat	10.2g 12.1%Cal			T.Fat	29.1g 32.3%Cal		
S.Fat	12.0*g 13.7%Cal	S.Fat	7.7*g 8.9%Cal	S.Fat	3.2*g 3.8%Cal			S.Fat	7.5*g 8.4%Cal		

This is an equal opportunity provider and employer.

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	772	750-850	100%	Carbohyd	113.20* g	58.67%	
Sodium	1427 mg	1420		Tot. Fat	20.84 g	24.30%	
				Sat. Fat	6.29* g	7.33%	<10.00%

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