

# Lowndes County BOE

## Lowndes County Breakfast PrK-8 HHFKA - K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Aug - 8  Biscuit WG F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Cereal Flavored Milk White Milk	Aug - 9  B. TOAST,WHOLE-WHE Shredded 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...            471    100% Sodium.            502 mg Carb    77.2g    65.6%Cal T.Fat    11.1g    21.2%Cal S.Fat    6.6g    12.7%Cal
		Nutrients            Target Cals...            392    100% Sodium.            536 mg Carb    63.1g    64.4%Cal T.Fat    10.8g    24.8%Cal S.Fat    8.6g    19.7%Cal	Nutrients            Target Cals...            579    116% Sodium.            490 mg Carb    98.1g    67.8%Cal T.Fat    10.3g    16.0%Cal S.Fat    5.2g    8.0%Cal	Nutrients            Target Cals...            443    100% Sodium.            479 mg Carb    70.6g    63.7%Cal T.Fat    12.3g    24.9%Cal S.Fat    6.2g    12.5%Cal	
Aug - 13  Muffin, Blueberry Mini M F. FRUIT JUICE,ASSOR F. Fruit, Assorted Canned Cereal White Milk Flavored Milk	Aug - 14  Pancakes F. FRUIT, FRESH ASSO JUICE, VARIETY Ind. Syrup 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 Shredded Cheese Eggs 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 WG Cereal Flavored Milk White Milk	Avg Nutrients    Target Cals...            477    100% Sodium.            544 mg Carb    81.1*g    68.0%Cal T.Fat    10.2g    19.3%Cal S.Fat    4.3g    8.1%Cal
Nutrients            Target Cals...            397    100% Sodium.            251 mg Carb    74.0g    74.6%Cal T.Fat    6.7g    15.2%Cal S.Fat    1.5g    3.3%Cal	Nutrients            Target Cals...            530    106% Sodium.            443 mg Carb    109.7g    82.9%Cal T.Fat    5.8g    9.9%Cal S.Fat    1.7g    2.8%Cal	Nutrients            Target Cals...            484    100% Sodium.            732 mg Carb    69.2*g    57.1%Cal T.Fat    14.1g    26.1%Cal S.Fat    6.3g    11.7%Cal	Nutrients            Target Cals...            486    100% Sodium.            728 mg Carb    71.7*g    59.0%Cal T.Fat    12.1g    22.5%Cal S.Fat    5.9g    11.0%Cal	Nutrients            Target Cals...            488    100% Sodium.            564 mg Carb    80.8*g    66.3%Cal T.Fat    12.5g    23.1%Cal S.Fat    6.2g    11.4%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
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 Cereal Flavored Milk White Milk	Aug - 22 Biscuit WG F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Cereal Flavored Milk White Milk	Aug - 23 Cinnamon Roll F. FRUIT JUICE,ASSOR F. Fruit, Assorted Canned Cereal Flavored Milk White Milk	Aug - 24 WG Breakfast Pizza F. FRUIT, FRESH ASSO F. FRUIT JUICE,ASSOR WG Cereal Flavored Milk White Milk	Avg Nutrients Target Cals... 460 100% Sodium. 447 mg Carb 80.1*g 69.6%Cal T.Fat 10.1g 19.7%Cal S.Fat 4.5g 8.8%Cal
Nutrients Target Cals... 376 100% Sodium. 287 mg Carb 69.7*g 74.2%Cal T.Fat 6.5g 15.5%Cal S.Fat 2.2g 5.2%Cal	Nutrients Target Cals... 651 130% Sodium. 515 mg Carb 116.2*g 71.4%Cal T.Fat 14.8g 20.4%Cal S.Fat 4.7g 6.4%Cal	Nutrients Target Cals... 392 100% Sodium. 536 mg Carb 63.1*g 64.4%Cal T.Fat 10.8g 24.8%Cal S.Fat 8.6g 19.7%Cal	Nutrients Target Cals... 440 100% Sodium. 377 mg Carb 75.7*g 68.9%Cal T.Fat 9.8g 20.0%Cal S.Fat 4.1g 8.4%Cal	Nutrients Target Cals... 443 100% Sodium. 520 mg Carb 75.9*g 68.6%Cal T.Fat 8.6g 17.5%Cal S.Fat 3.1g 6.2%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 Biscuit WG F. Fruit, Assorted Canned F. FRUIT JUICE,ASSOR Cereal Flavored Milk White Milk	Aug - 30 B. TOAST,WHOLE-WHE Shredded 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... 496 100% Sodium. 494 mg Carb 82.9*g 66.9%Cal T.Fat 12.7g 23.0%Cal S.Fat 6.2g 11.2%Cal
Nutrients Target Cals... 486 100% Sodium. 503 mg Carb 71.9*g 59.2%Cal T.Fat 20.3g 37.6%Cal S.Fat 8.3g 15.3%Cal	Nutrients Target Cals... 580 116% 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... 392 100% Sodium. 536 mg Carb 63.1*g 64.4%Cal T.Fat 10.8g 24.8%Cal S.Fat 8.6g 19.7%Cal	Nutrients Target Cals... 579 116% Sodium. 490 mg Carb 98.1*g 67.8%Cal T.Fat 10.3g 16.0%Cal S.Fat 5.2g 8.0%Cal	Nutrients Target Cals... 443 100% Sodium. 479 mg Carb 70.6*g 63.7%Cal T.Fat 12.3g 24.9%Cal S.Fat 6.2g 12.5%Cal	

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	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
Calories	477	350-500	100%	Carbohyd 80.69* g	67.71%	
Sodium	496 mg	540		Tot. Fat 11.02 g	20.82%	
				Sat. Fat 5.27 g	9.95%	<10.00%

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