

Lowndes County BOE

Lowndes County PREK- Grade 8

HHFKA - K-8

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Aug - 8 Baked Chicken Cornbread F. FRUIT, FRESH ASSO Seasoned Collard Green Sweet Potato Pattie Hot Sauce Flavored Milk White Milk	Aug - 9 Sand, Cheeseburger F. Fruit, Assorted Canned cond. Pickle Slice-4 Shredded Romaine Tomatoe, Fresh French Fries Ketchup, Ind. Mayo, Light Ind. Cond. MUSTARD White Milk Flavored Milk	Aug - 10 Fish Square F. Fruit, Assorted Canned Sliced Cheese Hushpuppies COLE SLAW Baked Beans Ketchup, Ind. COND. Tarter Sauce Flavored Milk White Milk	Avg Nutrients Target Cals... 636 100% Sodium. 1285 mg Carb 83.1*g 52.3%Cal T.Fat 24.3g 34.4%Cal S.Fat 5.2*g 7.3%Cal
		Nutrients Target Cals... 637 100% Sodium. 1293 mg Carb 78.9*g 49.5%Cal T.Fat 21.9g 31.0%Cal S.Fat 2.1*g 3.0%Cal	Nutrients Target Cals... 628 100% Sodium. 1266 mg Carb 77.8*g 49.6%Cal T.Fat 22.7g 32.6%Cal S.Fat 7.6*g 10.9%Cal	Nutrients Target Cals... 644 100% Sodium. 1295 mg Carb 92.6*g 57.6%Cal T.Fat 28.2g 39.4%Cal S.Fat 5.8*g 8.1%Cal	
Aug - 13 BBQ Pork Sandwich F. Fruit, Assorted Canned Baked Beans COLE SLAW Ketchup, Ind. Cond. MUSTARD White Milk Flavored Milk	Aug - 14 SPAGHETTI AND MEAT Cornbread F. FRUIT, FRESH ASSO Lima Beans Buttery Corn White Milk Flavored 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 Cond. SALAD DRESSIN F. Fruit, Assorted Canned White Milk Flavored Milk	Aug - 17 Cheezy Pepperoni Pizza F. FRUIT, FRESH ASSO Rom, Spring, SpinBlndSal Tomatoe, Fresh Buttery Corn Cond. SALAD DRESSIN Flavored Milk White Milk	Avg Nutrients Target Cals... 619 100% Sodium. 1220 mg Carb 93.5*g 60.4%Cal T.Fat 14.5g 21.2%Cal S.Fat 4.5*g 6.6%Cal
Nutrients Target Cals... 528 88% Sodium. 1203 mg Carb 84.5*g 64.0%Cal T.Fat 10.0g 17.1%Cal S.Fat 2.6*g 4.4%Cal	Nutrients Target Cals... 688 106% Sodium. 1303 mg Carb 104.9*g 61.0%Cal T.Fat 15.6g 20.4%Cal S.Fat 5.6*g 7.4%Cal	Nutrients Target Cals... 605 100% Sodium. 1525 mg Carb 96.2*g 63.6%Cal T.Fat 9.3g 13.8%Cal S.Fat 2.6*g 3.8%Cal	Nutrients Target Cals... 610 100% Sodium. 894 mg Carb 85.1*g 55.8%Cal T.Fat 18.4g 27.1%Cal S.Fat 6.0*g 8.8%Cal	Nutrients Target Cals... 662 102% Sodium. 1175 mg Carb 96.7*g 58.4%Cal T.Fat 19.4g 26.4%Cal S.Fat 5.9*g 8.1%Cal	

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

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Aug - 20 E. Chicken Patty Grilled Hamburger Bun, WW Shredded Romaine Tomatoe Slice Seasoned & Baked Potat F. Fruit, Assorted Canned Mayo, Light Ind. Cond. MUSTARD Ketchup, Ind. SOUR CREAM,FAT FRE White Milk Flavored Milk	Aug - 21 Salisbury Steak B. WHOLE-WHEAT BRE V. GREEN BEANS Creamy Diced Potatoes Brown Gravy F. Fruit, Assorted Canned JUICE, VARIETY White Milk Flavored Milk	Aug - 22 BBQ Chicken Cornbread F. Fruit, Assorted Canned Seasoned Turnip Greens Sweet Potato Pattie White Milk Flavored Milk	Aug - 23 GrilledChicken Fajita Tortilla, Flour WW LETTUCE & TOMATO Shredded Cheese V. PINTO BEANS F. Fruit, Assorted Canned White Milk Flavored Milk SALSA SOUR CREAM,FAT FRE	Aug - 24 Sand. Turkey & Cheese Shredded Romaine Tomatoe, Fresh B. Chips, Sun / Cheddar Baby Carrots F. FRUIT, FRESH ASSO Mustard, Ind. Mayo, Light Ind. Ranch Dip, Lowfat White Milk Flavored Milk	Avg Nutrients Target Cals... 635 100% Sodium. 1212 mg Carb 88.4*g 55.7%Cal T.Fat 16.7g 23.7%Cal S.Fat 6.2*g 8.9%Cal
Nutrients Target Cals... 503 84% Sodium. 1044 mg Carb 73.8*g 58.6%Cal T.Fat 10.7g 19.2%Cal S.Fat 2.2*g 4.0%Cal	Nutrients Target Cals... 624 100% Sodium. 1156 mg Carb 86.8*g 55.6%Cal T.Fat 17.0g 24.5%Cal S.Fat 7.3*g 10.6%Cal	Nutrients Target Cals... 641 100% Sodium. 1322 mg Carb 84.6*g 52.8%Cal T.Fat 16.8g 23.7%Cal S.Fat 4.8*g 6.8%Cal	Nutrients Target Cals... 652 100% Sodium. 1212 mg Carb 86.3*g 53.0%Cal T.Fat 17.1g 23.6%Cal S.Fat 8.3*g 11.5%Cal	Nutrients Target Cals... 754 116% Sodium. 1328 mg Carb 110.3*g 58.5%Cal T.Fat 22.0g 26.3%Cal S.Fat 8.5*g 10.1%Cal	
Aug - 27 Taco Salad 2010 F. Fruit, Assorted Canned Tortilla Chips Shredded Romaine Tomatoe, Fresh Salsa Whole Kernel Corn Shredded Cheese SOUR CREAM,FAT FRE Flavored Milk White Milk	Aug - 28 Chicken Tenders Dinner Rolls WW-1.25 oz F. Fruit, Assorted Canned Creamy Diced Potatoes Brown Gravy Broccoli w/Cheese- slice Ketchup, Ind. White Milk Flavored Milk	Aug - 29 Pork Chops F. Fruit, Assorted Canned 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 White Milk Flavored Milk	Avg Nutrients Target Cals... 665 102% Sodium. 1263 mg Carb 86.7*g 52.2%Cal T.Fat 20.2g 27.3%Cal S.Fat 6.3*g 8.5%Cal
Nutrients Target Cals... 718 110% Sodium. 977 mg Carb 80.7*g 44.9%Cal T.Fat 27.1g 34.0%Cal S.Fat 12.0*g 15.0%Cal	Nutrients Target Cals... 643 100% Sodium. 1514 mg Carb 76.1*g 47.4%Cal T.Fat 24.4g 34.2%Cal S.Fat 5.8*g 8.2%Cal	Nutrients Target Cals... 623 100% Sodium. 1479 mg Carb 98.0*g 62.9%Cal T.Fat 8.7g 12.5%Cal S.Fat 2.3*g 3.3%Cal		Nutrients Target Cals... 674 104% Sodium. 1083 mg Carb 91.9*g 54.5%Cal T.Fat 20.6g 27.5%Cal S.Fat 5.0*g 6.6%Cal	

This is an equal opportunity provider and employer.

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	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
Calories	637	600-650	100%	Carbohyd 88.54* g	55.57%	
Sodium	1239 mg	1230		Tot. Fat 18.24 g	25.76%	
				Sat. Fat 5.55* g	7.84%	<10.00%

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