

Jones County Schools

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/09/2018										
Lunch K-8	Total	6000								
Pizza, Stuffed Crust MS304	1 slice	3000	330	20	870	17.0	35.0	14.0	4.50	0.00
Mexican Pizza MS302	1 slice	3000	320	35	540	20.0	30.0	14.0	7.00	0.00
Green Beans w/Ham MS1038	1/2 cup	2500	31	2	118	2.17	4.76	0.39	0.10	0.00
Season Potato Wedge FryMS1098	1/2 cup	2500	156	0	464	2.22	18.89	7.78	2.22	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	2000	80	0	0	1.0	19.0	0.0	0.00	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	3500	120	5	100	1.0	17.0	5.0	2.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	2000	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			640	39	1182	29.72	82.93	21.22	8.42	0.00
% of Calories						18.6%	51.8%	29.8%	11.8%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/10/2018										
Lunch K-8	Total	6000								
Veggie Be Soup Sand ComboMS822	1 serving	3000	431	35	956	17.89	46.22	20.94	6.72	0.00
Shepherd's Pie, MC174	2/3 cup	3000	268	47	263	14.66	15.47	16.51	6.65	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	2800	170	0	310	5.0	31.0	3.0	1.00	0.00
Yam Patties MS1135	1/2 Cup	2500	120	0	160	1.8	28.0	0.0	0.00	0.00
Whole Ker Corn Frz MS1031	1/2 cup	2500	89	0	20	2.5	17.22	2.42	0.91	0.00
Applesauce, USDA Food MS1204.1	1/2 cup	2500	51	0	2	0.0	14.0	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	2500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	1000	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Weighted Daily Average			638	44	958	26.40	88.82	21.13	7.53	0.00
% of Calories						16.6%	55.7%	29.8%	10.6%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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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Jones County Schools

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/11/2018										
Lunch K-8	Total	6200								
Chicken Tenders Baked MS546	3 tenders	6000	250	60	690	22.0	17.0	11.0	2.00	0.00
Chef Salad,Elementary,UMS601.1	1 salad	200	261	162	1213	22.6	17.37	11.48	4.65	0.00
Sauce, Variety,DippingPCMS1562	1 packet	4500	45	3	127	0.0	7.0	2.0	0.33	0.00
Mashed Potatoes MS1078	1/2 cup	3400	91	0	83	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	2500	57	0	88	2.48	3.43	3.33	0.24	0.00
Hushpuppies-Purchase MS1332	2 each	2500	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Fresh Oranges MS1268	1 each	2500	61	0	0	1.22	15.22	0.16	0.03	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	4500	120	5	100	1.0	17.0	5.0	2.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	4500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Weighted Daily Average			649	74	1215	33.90	82.89	20.76	4.75	0.00
% of Calories						20.9%	51.1%	28.8%	6.6%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/12/2018										
Lunch K-8	Total	5900								
John Wayne Cass w/Chips NoSalt	1 serving	1500	476	67	732	16.12	23.3	34.93	14.71	0.00
Turkey &Cheese HoagieUSMS793.1	Sandwiches	4400	297	46	984	21.18	33.28	9.26	4.11	0.00
Baked Potato Wedges MS1094	1/2 cup	3500	156	0	322	2.22	18.89	7.78	2.22	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	2500	132	0	194	6.3	29.99	0.55	0.10	0.00
Fresh Bananas MS1220	1 each	2500	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	2000	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	1000	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	400	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			619	55	1305	29.76	80.86	20.98	8.33	0.00
% of Calories						19.2%	52.2%	30.5%	12.1%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/16/2018										
Lunch K-8	Total	6000								
BBQ Pork Sandwich MS716	1 each	3000	284	53	671	18.07	31.31	10.42	3.27	0.00
Chicken Mandarin MS570	1 Serving	2500	232	55	464	17.11	30.56	4.89	1.22	0.00
Egg Roll, 1, Chicken, MS563	1 each	2500	150	15	370	12.0	21.0	3.0	0.00	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	2500	119	0	324	3.32	25.28	0.58	0.11	0.00
Sauce, Sweet & Sour PC MS1556	1 packet	500	50	0	75	0.0	12.0	0.0	0.00	0.00
Steamed Carrots MS1022	1/2 Cup	2500	47	0	139	1.03	7.11	1.88	0.83	0.00
Season Potato Wedge FryMS1098	1/2 cup	2500	156	0	464	2.22	18.89	7.78	2.22	0.00
Fresh Apple MS1206	1 each	2500	72	0	1	0.36	19.06	0.23	0.04	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	4000	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White 1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Weighted Daily Average			601	59	1247	31.39	92.61	12.86	3.48	0.00
% of Calories						20.9%	61.6%	19.3%	5.2%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/17/2018										
Lunch K-8	Total	6200								
Grill Cheese Sand 2 oz. MS760	1 each	1200	357	55	1163	16.84	28.92	20.12	11.41	0.00
Sausage & Biscuit 2WGR, MS1687	1 Each	4900	299	35	716	13.89	27.0	14.91	4.97	0.00
Chicken Salad w/Crackers MS610	1 salad	100	277	123	544	22.64	21.29	11.98	1.81	0.00
Jelly, Assorted, PC MS1526	1 packet	2500	33	0	0	0.0	8.67	0.0	0.00	0.00
Grits, ENR, Quick Cook, MS1629	1/2 cup	2500	63	0	287	1.31	13.57	0.3	0.06	0.00
Potato Rounds, Baked, MS1095	1/2 cup	4000	160	0	297	1.14	18.29	9.14	1.14	0.00
Vegetable Juice, Assort,MS1156	1/2 cup	3000	57	0	25	0.0	14.0	0.0	0.00	0.00
Kiwi Wedges MS1228	3 halves	3500	70	0	3	1.3	16.71	0.59	0.03	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3000	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	2000	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			650	47	1284	24.54	86.86	23.09	7.46	0.00
% of Calories						15.1%	53.4%	32.0%	10.3%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/18/2018										
Lunch K-8	Total	6200								
Chicken Tenders Baked MS546	3 tenders	5900	250	60	690	22.0	17.0	11.0	2.00	0.00
Hamburger Steak W/GravyMS144	1 steak	200	93	20	335	8.0	3.59	5.32	2.32	0.00
Sauce, Variety,DippingPCMS1562	1 packet	4500	45	3	127	0.0	7.0	2.0	0.33	0.00
Chef Salad,Elementary,UMS601.1	1 salad	100	261	162	1213	22.6	17.37	11.48	4.65	0.00
Mashed Potatoes MS1078	1/2 cup	3500	91	0	83	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	2500	57	0	88	2.48	3.43	3.33	0.24	0.00
Hushpuppies-Purchase MS1332	2 each	2500	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Chilled Pears MS1282	1/2 cup	1500	69	0	6	0.23	18.23	0.04	0.00	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	4500	120	5	100	1.0	17.0	5.0	2.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	4500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Weighted Daily Average			638	71	1198	33.04	80.98	20.55	4.72	0.00
% of Calories						20.7%	50.8%	29.0%	6.7%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/19/2018										
Lunch K-8	Total	6100								
Steak Fingers, Baked MS180	4 each	5100	290	35	480	15.0	15.0	19.0	5.00	0.00
Macaroni&Cheese,Ham SliceMS412	1 serving	1000	418	55	972	25.36	34.16	19.94	11.12	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	3000	170	0	310	5.0	31.0	3.0	1.00	0.00
Whole Ker Corn Frz MS1031	1/2 cup	2500	89	0	20	2.5	17.22	2.42	0.91	0.00
Mashed Potatoes/w CheeseMS1080	1/2 cup	2500	114	5	157	3.58	15.88	4.13	2.27	0.00
Fresh Bananas MS1220	1 each	2500	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	2800	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	1600	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			642	47	937	29.42	79.25	24.18	8.27	0.00
% of Calories						18.3%	49.3%	33.9%	11.6%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/22/2018										
Lunch K-8	Total	6000								
Nachos Grande MS168	1 serving	3000	365	41	688	12.16	25.42	23.79	7.90	0.00
BBQ Pork Sandwich MS716	1 each	3000	284	53	671	18.07	31.31	10.42	3.27	0.00
Green Beans w/Ham MS1038	1/2 cup	3500	31	2	118	2.17	4.76	0.39	0.10	0.00
Yam Patties MS1135	1/2 Cup	2500	120	0	160	1.8	28.0	0.0	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	3000	80	0	0	1.0	19.0	0.0	0.00	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	3000	95	0	9	0.25	23.44	0.08	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	5000	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White 1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	400	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.LuMS1702	1/2 pint	100	140	5	125	8.0	27.0	0.0	0.00	0.00
Weighted Daily Average			625	51	1015	25.76	91.69	17.38	5.64	0.00
% of Calories						16.5%	58.7%	25.0%	8.1%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/23/2018										
Lunch K-8	Total	6200								
Spaghetti & MeatSace ERMS178.2	1 serving	2000	450	42	586	21.32	60.62	13.55	4.79	0.00
Bread, 1 ENR, Toast, MS1604	1slice	2000	70	0	150	2.0	14.0	1.0	0.00	0.00
Spicy Chicken Sand MS736	1 each	4200	330	30	778	20.27	40.17	11.29	2.24	0.02
Corn on Cob, 5 inch, MC1025	1 cob	2500	92	0	29	2.71	18.41	2.59	0.81	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	3000	45	0	170	0.67	9.95	0.17	0.03	0.00
Fresh Oranges MS1268	1 each	1500	61	0	0	1.22	15.22	0.16	0.03	0.00
Brownies, Mix, Enriched MS1400	1 piece	2500	140	4	130	1.0	26.01	4.0	1.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3000	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	1700	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			648	42	1068	30.89	99.73	15.86	4.26	0.01
% of Calories						19.1%	61.6%	22.0%	5.9%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/24/2018										
Lunch K-8	Total	6000								
Chili Cheese Corn Chips MS128	Serving	3000	408	62	600	20.73	20.02	28.11	12.03	0.00
Shepherd's Pie, MC174	2/3 cup	3000	268	47	263	14.66	15.47	16.51	6.65	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	3500	170	0	310	5.0	31.0	3.0	1.00	0.00
Cheesy Broccoli/CaulifWMS1056	1/2 cup	2500	32	0	200	2.16	5.15	0.71	0.28	0.00
Whole Ker Corn Frz MS1031	1/2 cup	2500	89	0	20	2.5	17.22	2.42	0.91	0.00
Strawberries, FRZ, PC, MS1295	1/2 cup	1500	90	0	0	1.0	22.0	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	2500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White 1/2 pt.Lu MS1706	1/2 pint	1000	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Weighted Daily Average			611	57	832	28.80	69.48	25.36	10.42	0.00
% of Calories						18.9%	45.5%	37.4%	15.3%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/25/2018										
Lunch K-8	Total	6200								
Chicken Tenders Baked MS546	3 tenders	5900	250	60	690	22.0	17.0	11.0	2.00	0.00
Hamburger Steak W/GravyMS144	1 steak	200	93	20	335	8.0	3.59	5.32	2.32	0.00
Chef Salad w/ Chicken Tenders	1 salad	100	309	58	1217	25.3	23.12	13.71	5.76	0.00
Sauce, Variety, DippingPCMS1562	1 packet	4500	45	3	127	0.0	7.0	2.0	0.33	0.00
Mashed Potatoes MS1078	1/2 cup	3500	91	0	83	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	2500	57	0	88	2.48	3.43	3.33	0.24	0.00
Hushpuppies-Purchase MS1332	2 each	2500	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Fresh Grapes MS1226	1/2 cup	1500	61	0	2	0.57	15.56	0.32	0.10	0.00
Pineapple, Fresh Cubes MS1293	1/2 cup	300	73	0	1	0.78	19.04	0.17	0.01	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	4500	120	5	100	1.0	17.0	5.0	2.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	4500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White 1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Weighted Daily Average			640	70	1197	33.21	81.35	20.66	4.77	0.00
% of Calories						20.8%	50.8%	29.1%	6.7%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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Jones County Schools

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/26/2018										
Lunch K-8	Total	6000								
Macaroni&Cheese,Ham SliceMS412	1 serving	1000	418	55	972	25.36	34.16	19.94	11.12	0.00
Grill Cheese Sand2 oz.UMS760.1	1 each	5000	302	30	906	16.12	32.04	12.1	6.06	0.00
Green Beans w/Ham MS1038	1/2 cup	2500	31	2	118	2.17	4.76	0.39	0.10	0.00
Spicy Fries, Baked MS1100	1/2 cup	3000	147	0	391	2.44	20.76	7.33	1.22	0.00
Mandarin Fruit Cup MS1254	1/2 cup	3000	62	0	6	0.53	16.28	0.1	0.01	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	3500	120	5	100	1.0	17.0	5.0	2.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	2000	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			649	46	1399	29.10	87.14	21.09	9.26	0.00
% of Calories						17.9%	53.7%	29.2%	12.8%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/29/2018										
Lunch K-8	Total	6200								
Chicken Nuggets Bkd MS532	5 nuggets	3100	231	55	429	15.97	15.97	11.0	2.35	0.01
Sauce, Variety,DippingPCMS1562	1 packet	2500	45	3	127	0.0	7.0	2.0	0.33	0.00
Cheeseburger 2 oz., US MS728.1	1 each	3100	316	53	692	19.28	32.23	12.56	4.51	0.00
Fried Straight Cut Fry, MS1090	1/2 cup	2500	119	0	126	2.12	15.93	5.58	0.24	0.06
Field Peas, Frozen MS1068	1/2 cup	3000	121	0	157	8.06	21.17	1.01	0.00	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	3000	170	0	310	5.0	31.0	3.0	1.00	0.00
Fresh Oranges MS1268	1 each	3000	61	0	0	1.22	15.22	0.16	0.03	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	1800	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			643	62	1054	33.31	89.12	17.63	4.63	0.03
% of Calories						20.7%	55.5%	24.7%	6.5%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

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Jones County Schools

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/30/2018										
Lunch K-8	Total	6200								
Pizza, Stuffed Crust MS304	1 slice	3000	330	20	870	17.0	35.0	14.0	4.50	0.00
Mexican Pizza MS302	1 slice	3200	320	35	540	20.0	30.0	14.0	7.00	0.00
Green Beans w/Ham MS1038	1/2 cup	2500	31	2	118	2.17	4.76	0.39	0.10	0.00
Spicy Fries, Baked MS1100	1/2 cup	3000	147	0	391	2.44	20.76	7.33	1.22	0.00
Mandarin Fruit Cup MS1254	1/2 cup	3000	62	0	6	0.53	16.28	0.1	0.01	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	3500	120	5	100	1.0	17.0	5.0	2.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	2000	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			642	39	1166	29.62	85.40	21.44	8.08	0.00
% of Calories						18.4%	53.2%	30.0%	11.3%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/31/2018										
Lunch K-8	Total	6200								
Turkey & Cheese HoagieUSMS793.1	Sandwiches	1200	297	46	984	21.18	33.28	9.26	4.11	0.00
Sausage & Biscuit 2WGR, MS1687	1 Each	4900	299	35	716	13.89	27.0	14.91	4.97	0.00
Chicken Salad w/Crackers MS610	1 salad	100	277	123	544	22.64	21.29	11.98	1.81	0.00
Jelly, Assorted, PC MS1526	1 packet	4000	33	0	0	0.0	8.67	0.0	0.00	0.00
Grits, ENR, Quick Cook, MS1629	1/2 cup	2500	63	0	287	1.31	13.57	0.3	0.06	0.00
Potato Rounds, Baked, MS1095	1/2 cup	4000	160	0	297	1.14	18.29	9.14	1.14	0.00
Vegetable Juice, Assort,MS1156	1/2 cup	3000	57	0	25	0.0	14.0	0.0	0.00	0.00
Kiwi Wedges MS1228	3 halves	3500	70	0	3	1.3	16.71	0.59	0.03	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3000	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	2000	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			647	46	1250	25.38	89.80	20.99	6.05	0.00
% of Calories						15.7%	55.5%	29.2%	8.4%	0.0%
Nutrient Guideline			600-650		1230				<10.00	

Weighted Average			636	53	1144	29.64	85.56	20.32	6.63	0.00
						18.6%	53.8%	28.7%	9.4%	0.0%

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Jones County Schools

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Lunch K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)		
Calories	636		600 - 650	100%						
Cholesterol (mg)	53									
Sodium (mg)	1144		1230							
Protein (g)	29.64	18.63%								
Carbohydrate (g)	85.56	53.78%								
Total Fat (g)	20.32	28.74%								
Saturated Fat (g)	6.63	9.38%	<10.00%							
Trans Fat ¹ (g)	0.00	0.00%								

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