

Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

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 - 10/01/2018										
Lunch 9-12	Total	6200								
Chicken Tender Sand.w/Pickles	1 each	1200	392	60	1199	27.0	44.56	13.0	2.00	0.00
Pizza, Stuffed Crust MS304	1 slice	5000	330	20	870	17.0	35.0	14.0	4.50	0.00
Spicy Fries, Baked MS1100	1/2 cup	2500	147	0	391	2.44	20.76	7.33	1.22	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	2800	101	0	133	2.76	19.66	2.75	0.99	0.00
Chilled Pears Diced MS1283	1/2 cup	5500	78	0	7	0.26	20.69	0.04	0.00	0.00
Fresh Oranges MS1268	1 each	4300	61	0	0	1.22	15.22	0.16	0.03	0.00
Cookie, Carnival	1 cookie	3100	120	5	95	1.0	16.0	6.0	3.00	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	1800	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			751	37	1371	30.66	114.17	21.93	6.94	0.00
% of Calories						16.3%	60.8%	26.3%	8.3%	0.0%
Nutrient Guideline			750-850		1420				<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 - 10/02/2018										
Lunch 9-12	Total	6200								
Cheesy Turkey Over/Rice MS516	1 serving	4000	345	62	861	24.41	30.92	14.6	8.66	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	4000	170	0	310	5.0	31.0	3.0	1.00	0.00
Meatballs, Mar/Hoagie, MS740	5 meatballs	2200	354	35	631	19.68	37.76	15.51	6.00	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	2500	45	0	170	0.67	9.95	0.17	0.03	0.00
Baked Crinkle Fries MS1088	1/2 cup	3500	101	0	20	2.72	17.69	2.64	*N/A*	0.08
Green Beans w /Potatoes MS1040	1/2 cup	3500	53	0	151	1.48	7.59	1.94	0.86	0.00
Fresh Bananas MS1220	1 each	3500	105	0	1	1.29	26.95	0.39	0.13	0.00
Fresh Apple MS1206	1 each	3500	72	0	1	0.36	19.06	0.23	0.04	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			789	59	1303	37.05	119.64	20.60	9.40	0.05
% of Calories						18.8%	60.6%	23.5%	10.7%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

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)
Wed - 10/03/2018										
Lunch 9-12	Total	6200								
Cheeseburger 2 oz., US MS728.1	1 each	5000	316	53	692	19.28	32.23	12.56	4.51	0.00
Chicken & Sausage Gumbo MS800	2/3 cup w/rice	1200	332	58	843	23.57	33.38	11.09	2.72	0.00
Bread/Mozz. Cheese Stic 1MS924	1 breadstick	1200	150	5	370	7.0	17.0	6.0	2.00	0.00
Spicy Fries, Baked MS1100	1/2 cup	4000	147	0	391	2.44	20.76	7.33	1.22	0.00
Broccoli Salad (Ranch)MS1106	1/2 cup	2000	134	22	490	5.11	6.54	10.28	2.46	0.00
Pineapple, Fresh Cubes MS1293	1/2 cup	5000	73	0	1	0.78	19.04	0.17	0.01	0.00
Chilled Pears MS1282	1/2 cup	2500	69	0	6	0.23	18.23	0.04	0.00	0.00
Assorted Pudding CupsMS1462	1 pudding cup	3300	85	0	140	1.5	19.0	0.0	0.00	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	2000	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			749	69	1444	34.15	106.67	22.50	6.66	0.00
% of Calories						18.2%	57.0%	27.0%	8.0%	0.0%
Nutrient Guideline			750-850		1420				<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 - 10/04/2018										
Lunch 9-12	Total	6200								
Chicken Tenders Baked MS546	3 tenders	5000	250	60	690	22.0	17.0	11.0	2.00	0.00
Sauce, Variety,DippingPCMS1562	1 packet	2500	45	3	127	0.0	7.0	2.0	0.33	0.00
Chicken Fajita Salad Pur MS604	SERVING	1200	400	48	1033	25.15	29.7	19.57	8.74	0.00
Saltine Crackers, ENR,M MS1369	2 4-count pack	25	100	0	320	2.0	18.0	2.0	0.00	0.00
Turnip Greens, Southern MS1046	1/2 cup	3000	57	0	88	2.48	3.43	3.33	0.24	0.00
Macaroni and Cheese MS1338	1/2 cup	5000	121	2	109	3.88	18.91	3.01	0.98	0.00
Yam Patties MS1135	1/2 Cup	2500	120	0	160	1.8	28.0	0.0	0.00	0.00
Hushpuppies-Purchase MS1332	2 each	4500	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Fresh Grapes MS1226	1/2 cup	5500	61	0	2	0.57	15.56	0.32	0.10	0.00
Fresh Cantaloupe Cubes, MS1232	1/2 cup	2000	27	0	13	0.66	6.4	0.15	0.04	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3500	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	1900	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			751	71	1332	37.97	101.35	22.27	5.47	0.00
% of Calories						20.2%	54.0%	26.7%	6.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Base Menu Spreadsheet

Lunch 9-12

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 - 10/05/2018										
Lunch 9-12	Total	6100								
Grilled Turkey Cheese Sand	1 each	1000	318	63	1069	21.79	29.73	13.51	6.92	0.00
Chicken Baked BBQ MS 512	1 serving	5100	262	65	195	19.0	3.07	19.0	6.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	2600	160	0	125	4.0	29.0	3.0	0.50	0.00
Baked Sweet Potato/Marg.MS1076	1 each	3000	132	0	102	2.04	26.16	2.07	0.02	*0.00
Green Peas, Canned MS1071	1/2 cup	3000	97	0	140	4.66	14.26	2.29	0.94	0.00
Apple and Orange Wedges MS1240	1/2 cup	4500	53	0	0	0.81	13.45	0.15	0.02	0.00
Fruit Crisp MS1412	1 serving	3500	273	0	157	2.47	45.51	9.5	4.15	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1000	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	300	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	4000	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			763	76	736	34.47	92.18	28.84	10.30	*0.00
% of Calories						18.1%	48.3%	34.0%	12.2%	*0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 10/09/2018										
Lunch 9-12	Total	6000								
Pizza, Stuffed Crust MS304	1 slice	5500	330	20	870	17.0	35.0	14.0	4.50	0.00
Lada Burrito w/Beans,Brg MS910	1 burrito	500	357	18	1081	18.28	52.02	9.7	5.34	0.00
Green Beans w/Ham MS1038	1/2 cup	4500	31	2	118	2.17	4.76	0.39	0.10	0.00
Season Potato Wedge FryMS1098	1/2 cup	3500	156	0	464	2.22	18.89	7.78	2.22	0.00
Fresh Plums MS1288	2 plums	5500	46	0	0	0.7	11.4	0.28	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	5000	62	0	6	0.53	16.28	0.1	0.01	0.00
Cookie, Carnival	1 cookie	5000	120	5	95	1.0	16.0	6.0	3.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	800	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	4000	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			757	37	1466	30.08	105.02	25.60	9.54	0.00
% of Calories						15.9%	55.5%	30.4%	11.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Base Menu Spreadsheet

Lunch 9-12

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)
Wed - 10/10/2018										
Lunch 9-12	Total	6000								
Nacho Bites w/ Nacho Cheese MS	Servings of 8	4000	318	15	1079	11.95	39.63	11.43	4.00	0.00
Pulled Pork Nachos	1 serving	2000	507	94	1132	31.39	33.18	29.14	14.27	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	2200	101	0	133	2.76	19.66	2.75	0.99	0.00
Spicy Fries, Baked MS1100	1/2 cup	2500	147	0	391	2.44	20.76	7.33	1.22	0.00
Chilled Pears Diced MS1283	1/2 cup	5000	78	0	7	0.26	20.69	0.04	0.00	0.00
Fresh Peaches MS1272	1 each	5000	34	0	0	0.79	8.3	0.22	0.02	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	3000	160	5	125	8.0	32.0	0.0	0.00	0.00
Weighted Daily Average			739	46	1494	30.67	109.66	21.61	8.31	0.00
% of Calories						16.6%	59.3%	26.3%	10.1%	0.0%
Nutrient Guideline			750-850		1420				<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 - 10/11/2018										
Lunch 9-12	Total	6200								
Chicken Tenders Baked MS546	3 tenders	6000	250	60	690	22.0	17.0	11.0	2.00	0.00
Chicken Tenders Salad MS614	1 salad	200	306	58	1216	25.06	22.08	13.67	5.75	0.00
Saltine Crackers, ENR,M MS1369	2 4-count pack	25	100	0	320	2.0	18.0	2.0	0.00	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	6000	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Fresh Oranges MS1268	1 each	4500	61	0	0	1.22	15.22	0.16	0.03	0.00
Mandarin Fruit Cup MS1254	1/2 cup	4800	62	0	6	0.53	16.28	0.1	0.01	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	3000	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			751	72	1310	35.47	104.69	22.59	4.74	0.00
% of Calories						18.9%	55.8%	27.1%	5.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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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 - 10/12/2018										
Lunch 9-12	Total	5900								
Turkey & Cheese HoagieUSMS793.1	Sandwiches	4400	287	46	924	21.18	33.28	8.26	4.11	0.00
Creamy Coleslaw, MS 1116	1/2 cup	2500	72	6	76	0.74	11.19	3.14	0.32	0.00
Fresh Oranges MS1268	1 each	2500	61	0	0	1.22	15.22	0.16	0.03	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			399	40	832	22.50	62.22	7.90	3.38	0.00
% of Calories						22.6%	62.4%	17.8%	7.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 10/15/2018										
Lunch 9-12	Total	6000								
Cheesy Turkey Over/Rice MS516	1 serving	3000	345	62	861	24.41	30.92	14.6	8.66	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	3000	170	0	310	5.0	31.0	3.0	1.00	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	4500	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
Fresh Bananas MS1220	1 each	5000	105	0	1	1.29	26.95	0.39	0.13	0.00
Chilled Peach Slices MS1274	1/2 cup	4500	65	0	6	0.54	17.49	0.04	0.00	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 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	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			754	62	1277	35.60	125.09	14.66	6.64	0.00
% of Calories						18.9%	66.4%	17.5%	7.9%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Tue - 10/16/2018										
Lunch 9-12	Total	6000								
Chicken Nuggets Bkd MS532	5 nuggets	4000	211	40	470	16.0	12.0	11.03	2.86	0.01
Spaghetti & MeatSace ERMS179.1	1 serving	2000	450	42	586	21.32	60.62	13.55	4.79	0.00
Bread/Mozz. Cheese Stic 1MS924	1 breadstick	6000	150	5	370	7.0	17.0	6.0	2.00	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	2000	165	0	196	12.4	28.9	0.71	0.01	0.00
Steamed Carrots MS1022	1/2 Cup	2500	47	0	139	1.03	7.11	1.88	0.83	0.00
Fruit Cocktail MS1248	1/2 cup	2500	58	0	5	0.51	14.91	0.09	0.01	0.00
Orange Smiles MS1270	1/2 cup	2400	77	0	0	1.53	19.19	0.2	0.03	0.00
Brownies, Mix, Enriched MS1400	1 piece	3200	140	4	130	1.0	26.01	4.0	1.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3700	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, 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			770	51	1234	37.63	109.28	21.14	6.40	0.01
% of Calories						19.6%	56.8%	24.7%	7.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	
Wed - 10/17/2018										
Lunch 9-12	Total	6000								
Corn Dog Nuggets MS406	6 nuggets	4000	282	45	716	9.08	27.23	15.13	11.09	0.00
Turkey Sliced,Brown GravyMS564	1 serving	2000	152	55	967	17.37	5.18	6.18	2.23	0.00
Rice, Brown MS1341	1/2 cup	2000	99	0	98	2.2	21.31	0.55	0.11	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	2000	170	0	310	5.0	31.0	3.0	1.00	0.00
Cheesy Broccoli/CauliflWMS1056	1/2 cup	4500	32	0	200	2.16	5.15	0.71	0.28	0.00
Whole Ker Corn Frz MS1031	1/2 cup	4500	89	0	20	2.5	17.22	2.42	0.91	0.00
Strawberries, FRZ, PC, MS1295	1/2 cup	4500	90	0	0	1.0	22.0	0.0	0.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	3000	64	0	3	0.58	16.48	0.17	0.04	0.00
Cookie, Carnival	1 cookie	5000	120	5	95	1.0	16.0	6.0	3.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3800	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			752	56	1356	27.35	117.28	20.76	11.92	0.00
% of Calories						14.5%	62.4%	24.8%	14.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

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 - 10/18/2018										
Lunch 9-12	Total	6200								
Chicken Tenders Baked MS546	3 tenders	6000	250	60	690	22.0	17.0	11.0	2.00	0.00
Chef Salad, USDA Foods MS600.1	1 salad	200	211	53	1122	18.68	18.02	7.64	3.43	0.00
Saltine Crackers, ENR,M MS1369	2 4-count pack	200	100	0	320	2.0	18.0	2.0	0.00	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
Brown Gravy, Package MS1506	2 ounces	1500	26	0	430	0.0	5.18	0.65	0.65	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	4500	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Chilled Pears Diced MS1283	1/2 cup	1500	78	0	7	0.26	20.69	0.04	0.00	0.00
Fresh Bananas MS1220	1 each	5000	105	0	1	1.29	26.95	0.39	0.13	0.00
Cookie, Carnival	1 cookie	5000	120	5	95	1.0	16.0	6.0	3.00	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			781	72	1398	35.07	110.69	23.96	6.18	0.00
% of Calories						18.0%	56.7%	27.6%	7.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 10/19/2018										
Lunch 9-12	Total	5900								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	4000	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	2500	33	0	0	0.0	8.67	0.0	0.00	0.00
Grilled Turkey Cheese Sand	1 each	1900	318	63	1069	21.79	29.73	13.51	6.92	0.00
Potato Rounds, Baked, MS1095	1/2 cup	5500	160	0	297	1.14	18.29	9.14	1.14	0.00
Cheesy Grits	1/2 cup	1000	143	20	487	9.13	14.57	6.3	4.06	0.00
Vegetable Juice, Assort,MS1156	1/2 cup	5000	57	0	25	0.0	14.0	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	5000	105	0	1	1.29	26.95	0.39	0.13	0.00
Fresh Fruit Cup MS1250	1/2 cup	4500	64	0	3	0.58	16.48	0.17	0.04	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 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, 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			769	50	1392	25.91	111.10	25.37	8.96	0.00
% of Calories						13.5%	57.8%	29.7%	10.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

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 - 10/22/2018										
Lunch 9-12	Total	6200								
Cheeseburger 2 oz., US MS728.1	1 each	3100	316	53	692	19.28	32.23	12.56	4.51	0.00
Corn Dog Nuggets MS406	6 nuggets	3100	282	45	716	9.08	27.23	15.13	11.09	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	3500	165	0	196	12.4	28.9	0.71	0.01	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	4500	101	0	133	2.76	19.66	2.75	0.99	0.00
Fresh Oranges MS1268	1 each	4500	61	0	0	1.22	15.22	0.16	0.03	0.00
Chilled Pears Diced MS1283	1/2 cup	2500	78	0	7	0.26	20.69	0.04	0.00	0.00
Cookie, Carnival	1 cookie	5000	120	5	95	1.0	16.0	6.0	3.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White 1/2 pt.Br MS1706	1/2 pint	2000	90	5	125	8.0	12.0	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
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	100	160	5	125	8.0	32.0	0.0	0.00	0.00
Weighted Daily Average			757	56	1153	32.33	113.80	21.21	10.96	0.00
% of Calories						17.1%	60.1%	25.2%	13.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 10/23/2018										
Lunch 9-12	Total	6000								
Turkey&Cheese WrapHS Brg MS798	2 wrap	100	586	104	2307	38.32	49.29	28.5	15.73	0.00
Nachos Grande MS168	1 serving	5900	339	41	842	13.12	26.73	19.93	6.84	0.00
Sour Cream PC MS1564	1 each	200	55	15	23	0.59	0.82	5.59	3.26	0.00
Spicy Fries, Fried MS1102	1/2 cup	4500	176	0	391	2.44	20.76	10.34	1.53	0.00
Green Beans w/Ham MS1038	1/2 cup	3500	31	2	118	2.17	4.76	0.39	0.10	0.00
Tropical Fruit MS1249	1/2 cup	4500	126	0	3	0.6	32.73	0.15	0.03	0.00
Fresh Grapes MS1226	1/2 cup	4500	61	0	2	0.57	15.56	0.32	0.10	0.00
Assorted Gelatin w/ Top MS1450	1/2 cup	5000	89	0	63	1.07	19.38	1.12	1.12	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.LuMS1702	1/2 pint	250	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.Bo MS1704	1/2 pint	250	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	1200	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			781	48	1374	22.82	109.92	30.07	9.65	0.00
% of Calories						11.7%	56.3%	34.7%	11.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

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)
Wed - 10/24/2018										
Lunch 9-12	Total	6200								
Beef Ravioli MS102	1 cup	200	280	29	663	17.07	30.3	9.54	4.52	0.00
Grilled Turkey Cheese Sand	1 each	200	318	63	1069	21.79	29.73	13.51	6.92	0.00
Veggie Be Soup Sand ComboMS822	1 serving	6000	431	35	956	17.89	46.22	20.94	6.72	0.00
Peas and Carrots MS1062	1/2 cup	2500	69	0	85	2.9	10.4	1.96	0.84	0.00
Broccoli Salad (Ranch)MS1106	1/2 cup	2500	134	22	490	5.11	6.54	10.28	2.46	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	1500	95	0	9	0.25	23.44	0.08	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	5000	71	0	8	0.27	18.91	0.04	0.00	0.00
Cookie, Carnival	1 cookie	2500	120	5	95	1.0	16.0	6.0	3.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Br MS1706	1/2 pint	2000	90	5	125	8.0	12.0	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
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	100	160	5	125	8.0	32.0	0.0	0.00	0.00
Weighted Daily Average			766	51	1423	29.83	102.07	28.41	9.41	0.00
% of Calories						15.6%	53.3%	33.4%	11.1%	0.0%
Nutrient Guideline			750-850		1420				<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 - 10/25/2018										
Lunch 9-12	Total	6200								
Chicken Tenders Baked MS546	3 tenders	5000	250	60	690	22.0	17.0	11.0	2.00	0.00
Sauce, Variety,DippingPCMS1562	1 packet	3000	45	3	127	0.0	7.0	2.0	0.33	0.00
Chef Salad, MS600	1 salad	1200	199	42	1221	13.71	17.77	8.71	3.89	0.00
Saltine Crackers, ENR,M MS1369	2 4-count pack	25	100	0	320	2.0	18.0	2.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	5000	160	0	125	4.0	29.0	3.0	0.50	0.00
Mashed Potatoes/w CheeseMS1080	1/2 cup	2500	114	5	157	3.58	15.88	4.13	2.27	0.00
Lima Beans, Frozen MS1004	1/2 cup	2500	104	0	254	5.58	16.32	2.03	0.87	0.00
Pineapple Tidbits MS1286	1/2 cup	3000	72	0	1	0.5	18.87	0.1	0.01	0.00
Fresh Strawberries MS1292	1/2 cup	2500	29	0	1	0.61	6.97	0.27	0.01	0.00
Cookie,Chocolate ChipPurMS1428	1 cookie	6000	120	5	95	1.0	16.0	6.0	3.00	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, 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	1900	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			760	72	1359	35.93	104.48	23.23	7.60	0.00
% of Calories						18.9%	55.0%	27.5%	9.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

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 - 10/26/2018										
Lunch 9-12	Total	6000								
Chicken Wings,Bless,Buff,MS540	5 Chunks	3000	237	50	488	21.25	15.0	10.0	1.88	0.00
Bread/Mozz. Cheese Stic 1MS924	1 breadstick	3000	150	5	370	7.0	17.0	6.0	2.00	0.00
Hot Dog, Mini, WG, MS777	2 each	3000	300	40	620	12.0	20.0	17.0	6.00	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	5500	136	0	147	1.05	21.98	8.37	1.05	0.00
Green Beans w/Ham MS1038	1/2 cup	3500	31	2	118	2.17	4.76	0.39	0.10	0.00
Fresh Oranges MS1268	1 each	4500	61	0	0	1.22	15.22	0.16	0.03	0.00
Fresh Bananas MS1220	1 each	4500	105	0	1	1.29	26.95	0.39	0.13	0.00
Assorted Pudding CupsMS1462	1 pudding cup	3500	85	0	140	1.5	19.0	0.0	0.00	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	1000	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			761	52	1146	31.11	110.31	24.81	6.07	0.00
% of Calories						16.4%	58.0%	29.4%	7.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 10/29/2018										
Lunch 9-12	Total	6200								
Pizza, Stuffed Crust MS304	1 slice	5000	330	20	870	17.0	35.0	14.0	4.50	0.00
Chili Cheese Fries	1 cup	1200	375	64	458	19.53	24.48	22.28	9.69	0.08
Green Beans w/ US Ham MS1038.1	1/2 cup	5000	31	2	119	1.94	4.86	0.53	0.19	0.00
Garden Salad w/Dressing MS1118	1/2 cup	4000	25	0	131	0.68	4.94	0.12	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	4500	62	0	6	0.53	16.28	0.1	0.01	0.00
Fresh Grapes MS1226	1/2 cup	4500	61	0	2	0.57	15.56	0.32	0.10	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	6200	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			725	43	1246	29.48	103.72	22.28	8.27	0.02
% of Calories						16.3%	57.2%	27.7%	10.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

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 - 10/30/2018										
Lunch 9-12	Total	6000								
Chicken Tender Sand.w/Pickles	1 each	4000	392	60	1199	27.0	44.56	13.0	2.00	0.00
Mexican Pizza MS302	1 slice	2000	320	35	540	20.0	30.0	14.0	7.00	0.00
Baked Beans MS1000	1/2 cup	4500	163	1	186	7.13	36.85	0.7	0.13	0.00
Spicy Fries, Baked MS1100	1/2 cup	2500	147	0	391	2.44	20.76	7.33	1.22	0.00
Fresh Oranges MS1268	1 each	3000	61	0	0	1.22	15.22	0.16	0.03	0.00
Fruit Crisp MS1412	1 serving	3000	273	0	157	2.47	45.51	9.5	4.15	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1500	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	1200	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			802	57	1459	37.93	120.89	22.28	6.68	0.00
% of Calories						18.9%	60.3%	25.0%	7.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 10/31/2018										
Lunch 9-12	Total	6100								
Chicken & HamLoadedPotatoMS559	1 serving	2000	362	65	441	20.96	40.61	13.74	7.37	0.00
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	2000	300	10	740	14.0	34.0	12.0	4.00	0.00
Corn Dog Nuggets MS406	6 nuggets	4100	282	45	716	9.08	27.23	15.13	11.09	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	5500	43	0	231	3.27	7.67	0.58	0.02	0.00
Whole Ker Corn Frz MS1031	1/2 cup	3000	89	0	20	2.5	17.22	2.42	0.91	0.00
Fresh Grapes MS1226	1/2 cup	200	61	0	2	0.57	15.56	0.32	0.10	0.00
Fresh Bananas MS1220	1 each	2800	105	0	1	1.29	26.95	0.39	0.13	0.00
Cookie, Carnival	1 cookie	6000	120	5	95	1.0	16.0	6.0	3.00	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	1600	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			784	67	1338	30.84	108.97	27.12	15.09	0.00
% of Calories						15.7%	55.6%	31.1%	17.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Weighted Average			746	57	1293	32.04	107.42	22.69	8.12	*0.00
						17.2%	57.6%	27.4%	9.8%	*0.0%

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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Generated on: 9/26/2018 9:26:46 AM

	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	746		750 - 850	99%		4		Correction Required - Calories are Low		
Cholesterol (mg)	57									
Sodium 1 (mg)	1293		1420							
Sodium 2 (mg)	1293		1080				213	Correction Required - Sodium too High		
Protein (g)	32.04	17.18%								
Carbohydrate (g)	107.42	57.61%								
Total Fat (g)	22.69	27.38%								
Saturated Fat (g)	8.12	9.79%	<10.00%							
Trans Fat ¹ (g)	0.00	0.00%			Missing					

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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