

Jones County Schools

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Lunch 9-12

Portion Values - Detailed

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Generated on: 9/5/2017 11:25:32 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)
Fri - 09/01/2017										
Lunch 9-12	Total	6100								
Chicken Tenders Salad MS614	1 salad	100	306	58	1216	25.06	22.08	13.67	5.75	0.00
Nachos Grande MS168	1 serving	3100	365	41	688	12.16	25.42	23.79	7.90	0.00
Beef Taco w/Soft Taco, M MS109	1 taco	3000	277	41	702	15.33	21.54	14.17	6.59	0.00
Whole Ker Corn Frz MS1031	1/2 cup	5500	89	0	20	2.5	17.22	2.42	0.91	0.00
Pinto Beans MS912	1/2 cup	2500	146	0	254	8.15	26.17	1.35	0.28	0.00
Fresh Bananas MS1220	1 each	5000	105	0	1	1.29	26.95	0.39	0.13	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	6000	80	0	0	1.0	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	1600	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			758	48	996	29.26	113.10	23.04	8.81	0.00
% of Calories						15.4%	59.7%	27.4%	10.5%	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 - 09/05/2017										
Lunch 9-12	Total	6000								
Shepherd's Pie, MC174	2/3 cup	3000	268	47	263	14.66	15.47	16.51	6.65	0.00
Hot Dog, Mini, WG, MS7??	2 each	3000	300	40	620	12.0	20.0	17.0	6.00	0.00
Chili Con Carne w/oBeans MS132	1/2 cup	3000	167	42	208	10.89	3.87	12.01	4.49	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
Chilled Blushing Pears, MS1276	1/2 cup	3500	71	0	8	0.27	18.91	0.04	0.00	0.00
Fresh Oranges MS1268	1 each	3500	61	0	0	1.22	15.22	0.16	0.03	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			737	69	957	28.74	92.26	30.78	9.60	0.00
% of Calories						15.6%	50.1%	37.6%	11.7%	0.0%
Nutrient Guideline			750-850		1420				<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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Jones County Schools

Sep 1, 2017 thru Sep 29, 2017

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 - 09/06/2017										
Lunch 9-12	Total	6200								
Pizza, Stuffed Crust MS304	1 slice	3100	330	20	870	17.0	35.0	14.0	4.50	0.00
Sloppy Joe on WW Bun,MS791	1 each	3100	315	41	501	15.53	33.6	13.76	4.41	0.00
Spicy Fries, Fried MS1102	1/2 cup	6200	176	0	391	2.44	20.76	10.34	1.53	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	3500	45	0	170	0.67	9.95	0.17	0.03	0.00
Chilled Peach Slices MS1274	1/2 cup	5500	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Apple MS1206	1 each	5500	72	0	1	0.36	19.06	0.23	0.04	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3400	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			783	38	1352	28.06	117.19	25.34	6.50	0.00
% of Calories						14.3%	59.9%	29.1%	7.5%	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 - 09/07/2017										
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
Sauce, Variety,DippingPCMS1562	1 packet	4500	45	3	127	0.0	7.0	2.0	0.33	0.00
Chef Salad, MS600	1 salad	200	244	147	1256	17.35	18.05	11.79	4.87	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	5500	160	0	125	4.0	29.0	3.0	0.50	0.00
Mashed Potatoes/w CheeseMS1080	1/2 cup	4500	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
Fresh Grapes MS1226	1/2 cup	5000	61	0	2	0.57	15.56	0.32	0.10	0.00
Strawberries, FRZ, PC, MS1295	1/2 cup	3500	90	0	0	1.0	22.0	0.0	0.00	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	1900	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			783	76	1297	39.33	114.27	20.04	5.35	0.00
% of Calories						20.1%	58.3%	23.0%	6.1%	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 - 09/08/2017										
Lunch 9-12	Total	6100								
Chicken Tenders Salad MS614	1 salad	100	306	58	1216	25.06	22.08	13.67	5.75	0.00
Flatbread, BBQ Chicken, MS	1 Flatbread	3000	320	35	590	18.0	38.0	10.0	5.00	0.00
Corn Dog Nuggets MS406	6 nuggets	3000	282	45	716	9.08	27.23	15.13	11.09	0.00
Spicy Fries, Baked MS1100	1/2 cup	4500	147	0	391	2.44	20.76	7.33	1.22	0.00
Whole Ker Corn Frz MS1031	1/2 cup	5500	89	0	20	2.5	17.22	2.42	0.91	0.00
Fresh Bananas MS1220	1 each	5000	105	0	1	1.29	26.95	0.39	0.13	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	6000	80	0	0	1.0	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	1600	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			781	47	1127	27.32	126.26	21.19	10.26	0.00
% of Calories						14.0%	64.7%	24.4%	11.8%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 09/11/2017										
Lunch 9-12	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	3100	45	3	127	0.0	7.0	2.0	0.33	0.00
Bacon Cheeseburger 2 oz MS706	1 each	3100	305	39	840	17.73	29.38	13.86	5.66	0.00
Fried Straight Cut Fry, MS1090	1/2 cup	4500	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.	3100	170	0	310	5.0	31.0	3.0	1.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	4500	80	0	0	1.0	19.0	0.0	0.00	0.00
Fresh Oranges MS1268	1 each	5500	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			766	55	1186	34.52	113.93	20.38	5.34	0.05
% of Calories						18.0%	59.5%	23.9%	6.3%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

Lunch 9-12

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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 - 09/12/2017										
Lunch 9-12	Total	6200								
Hamburger Steak 3 w/GravyMS146	1 steak	3100	252	67	753	15.0	3.19	19.82	8.52	0.00
Corn Dog MS744	1 each	3100	271	40	647	8.79	29.18	12.9	3.47	0.02
Baked Crinkle Fries MS1088	1/2 cup	6200	101	0	20	2.72	17.69	2.64	*N/A*	0.08
Cheesy Broccoli/CaulifWMS1056	1/2 cup	3500	32	0	200	2.16	5.15	0.71	0.28	0.00
Fresh Apple MS1206	1 each	3500	72	0	1	0.36	19.06	0.23	0.04	0.00
Fresh Oranges MS1268	1 each	5500	61	0	0	1.22	15.22	0.16	0.03	0.00
Cereal Rice Treat Bar MS1610	1 bar	5500	160	0	120	2.0	30.0	4.0	1.00	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			750	61	1107	26.81	110.81	24.01	7.56	0.09
% of Calories						14.3%	59.1%	28.8%	9.1%	0.1%
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)
Wed - 09/13/2017										
Lunch 9-12	Total	6200								
Turkey & Cheese Wrap Mer MS798	1 wrap	1100	329	55	1381	21.21	29.98	14.34	7.34	0.00
Chicken Pat & Biscuit, MS1685	1 serving	5000	244	0	533	11.11	34.33	11.11	2.31	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	5000	33	0	0	0.0	8.67	0.0	0.00	0.00
Grits, ENR, Quick Cook, MS1629	1/2 cup	5000	63	0	287	1.31	13.57	0.3	0.06	0.00
Potato Rounds, Baked, MS1095	1/2 cup	6000	160	0	297	1.14	18.29	9.14	1.14	0.00
Vegetable Juice, Assort,MS1156	1/2 cup	6000	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
Chilled Blushing Pears, MS1276	1/2 cup	4500	71	0	8	0.27	18.91	0.04	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			771	19	1398	24.12	128.30	22.01	4.89	0.00
% of Calories						12.5%	66.6%	25.7%	5.7%	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)
Thu - 09/14/2017										
Lunch 9-12	Total	6400								
Chicken Tenders Baked MS546	3 tenders	6200	250	60	690	22.0	17.0	11.0	2.00	0.00
Sauce, Variety,DippingPCMS1562	1 packet	5000	45	3	127	0.0	7.0	2.0	0.33	0.00
Chef Salad, MS600	1 salad	200	244	147	1256	17.35	18.05	11.79	4.87	0.00
Turnip Greens, Southern MS1046	1/2 cup	2800	57	0	88	2.48	3.43	3.33	0.24	0.00
Macaroni and Cheese MS1338	1/2 cup	5500	121	2	109	3.88	18.91	3.01	0.98	0.00
Yam Patties MS1135	1/2 Cup	3000	120	0	160	1.8	28.0	0.0	0.00	0.00
Hushpuppies-Purchase MS1332	2 each	5500	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Pineapple, Fresh Cubes MS1293	1/2 cup	3000	73	0	1	0.78	19.04	0.17	0.01	0.00
Fresh Cantaloupe Cubes, MS1232	1/2 cup	4500	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			750	78	1367	37.47	102.83	21.88	4.43	0.00
% of Calories						20.0%	54.9%	26.3%	5.3%	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)
Fri - 09/15/2017										
Lunch 9-12	Total	6100								
Chicken Tenders Salad MS614	1 salad	100	306	58	1216	25.06	22.08	13.67	5.75	0.00
Chicken Wings,Bless,Merc MS540	5 Chunks	4500	237	50	488	21.25	15.0	10.0	1.88	0.00
John Wayne Cass w/Chips NoSalt	1 serving	1500	476	67	732	16.12	23.3	34.93	14.71	0.00
Baked Beans MS1000	1/2 cup	3000	163	1	186	7.13	36.85	0.7	0.13	0.00
Baked Potato Wedges MS1094	1/2 cup	6100	156	0	322	2.22	18.89	7.78	2.22	0.00
Fresh Strawberries MS1292	1/2 cup	3500	29	0	1	0.61	6.97	0.27	0.01	0.00
Chilled Peach Slices MS1274	1/2 cup	5500	65	0	6	0.54	17.49	0.04	0.00	0.00
Cookie,Chocolate ChipPurMS1428	1 cookie	3500	120	5	95	1.0	16.0	6.0	3.00	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			792	69	1169	35.19	99.58	29.71	10.17	0.00
% of Calories						17.8%	50.3%	33.8%	11.6%	0.0%
Nutrient Guideline			750-850		1420				<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)
Mon - 09/18/2017										
Lunch 9-12	Total	6000								
Cheesy Chicken Over/Rice MS516	1 serving	4000	366	77	485	31.33	29.28	13.92	7.89	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	4000	170	0	310	5.0	31.0	3.0	1.00	0.00
Turkey & Cheese Hoagie MS793	Sandwiches	2000	288	37	1083	15.58	32.13	11.52	5.66	0.00
Spicy Fries, Fried MS1102	1/2 cup	5900	176	0	391	2.44	20.76	10.34	1.53	0.00
Green Beans w/Ham MS1038	1/2 cup	2500	31	2	118	2.17	4.76	0.39	0.10	0.00
Applesauce, MS1204	1/2 cup	4500	59	0	2	0.24	15.62	0.07	0.01	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	5500	80	0	0	1.0	19.0	0.0	0.00	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			829	69	1415	38.20	114.49	26.04	9.69	0.00
% of Calories						18.4%	55.3%	28.3%	10.5%	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 - 09/19/2017										
Lunch 9-12	Total	6200								
Spaghetti & MeatSace ERMS178.2	1 serving	3100	450	42	586	21.32	60.62	13.55	4.79	0.00
Bread, 1 ENR, Toast, MS1604	1slice	3100	70	0	150	2.0	14.0	1.0	0.00	0.00
Spicy Chicken Sand MS736	1 each	3200	330	30	778	20.27	40.17	11.29	2.24	0.02
Corn on Cob, 5 inch, MC1025	1 cob	5500	92	0	29	2.71	18.41	2.59	0.81	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	3500	45	0	170	0.67	9.95	0.17	0.03	0.00
Chilled Peach Slices MS1274	1/2 cup	4500	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Melon Cubes MS1234	1/2 CUP	3500	57	0	28	1.07	14.0	0.26	0.07	0.00
Cereal Rice Treat Bar MS1610	1 bar	4500	160	0	120	2.0	30.0	4.0	1.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	3300	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			866	43	1165	35.26	145.80	19.31	5.50	0.01
% of Calories						16.3%	67.4%	20.1%	5.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Sep 1, 2017 thru Sep 29, 2017

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 - 09/20/2017										
Lunch 9-12	Total	6000								
Shepherd's Pie, MC174	2/3 cup	1000	268	47	263	14.66	15.47	16.51	6.65	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	1000	170	0	310	5.0	31.0	3.0	1.00	0.00
Pizza, Stuffed Crust MS304	1 slice	5000	330	20	870	17.0	35.0	14.0	4.50	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	4000	136	0	147	1.05	21.98	8.37	1.05	0.00
Green Peas, Canned MS1071	1/2 cup	3000	97	0	140	4.66	14.26	2.29	0.94	0.00
Chilled Blushing Pears, MS1276	1/2 cup	3500	71	0	8	0.27	18.91	0.04	0.00	0.00
Tropical Fruit MS1249	1/2 cup	3500	126	0	3	0.6	32.73	0.15	0.03	0.00
Southern Mud MS1416	1 square	3500	238	1	173	2.07	44.47	6.17	3.58	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	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			841	28	1217	28.19	133.43	25.35	8.30	0.00
% of Calories						13.4%	63.5%	27.1%	8.9%	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 - 09/21/2017										
Lunch 9-12	Total	6400								
Chicken Tenders Baked MS546	3 tenders	6000	250	60	690	22.0	17.0	11.0	2.00	0.00
Sauce, Variety,DippingPCMS1562	1 packet	6000	45	3	127	0.0	7.0	2.0	0.33	0.00
Chef Salad, MS600	1 salad	400	244	147	1256	17.35	18.05	11.79	4.87	0.00
Brown Gravy, Package MS1506	2 ounces	3500	26	0	430	0.0	5.18	0.65	0.65	0.00
Mashed Potatoes MS1078	1/2 cup	4000	91	0	83	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	4500	57	0	88	2.48	3.43	3.33	0.24	0.00
Cornbread 2 WG MS1301	1 piece	4500	205	22	586	6.09	35.42	4.89	1.82	0.00
Pear and Kiwi Medley MS1256	1/2 cup	3500	86	0	7	0.64	22.27	0.23	0.01	0.00
Fresh Strawberries MS1292	1/2 cup	4000	29	0	1	0.61	6.97	0.27	0.01	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	1800	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			748	91	1780	37.99	103.90	21.54	5.42	0.00
% of Calories						20.3%	55.6%	25.9%	6.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Sep 1, 2017 thru Sep 29, 2017

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 - 09/22/2017										
Lunch 9-12	Total	6100								
Chicken Tenders Salad MS614	1 salad	100	306	58	1216	25.06	22.08	13.67	5.75	0.00
Sloppy Joe on WW Bun,MS791	1 each	3000	315	41	501	15.53	33.6	13.76	4.41	0.00
Corn Dog Nuggets MS406	6 nuggets	3000	282	45	716	9.08	27.23	15.13	11.09	0.00
Baked Beans MS1000	1/2 cup	5000	163	1	186	7.13	36.85	0.7	0.13	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	3500	136	0	147	1.05	21.98	8.37	1.05	0.00
Fresh Bananas MS1220	1 each	5000	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	4500	95	0	9	0.25	23.44	0.08	0.01	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			781	56	998	28.21	128.94	21.96	9.59	0.00
% of Calories						14.4%	66.0%	25.3%	11.0%	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)
Mon - 09/25/2017										
Lunch 9-12	Total	6200								
Egg Rolls, Chicken, MS565	2 each	3200	300	30	740	24.0	42.0	6.0	0.00	0.00
Sauce, Sweet & Sour PC MS1556	1 packet	2000	50	0	75	0.0	12.0	0.0	0.00	0.00
Chicken Mandarin MS570	1 Serving	3000	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	3200	119	0	324	3.32	25.28	0.58	0.11	0.00
Baked Potato Wedges MS1094	1/2 cup	6200	156	0	322	2.22	18.89	7.78	2.22	0.00
Steamed Carrots MS1022	1/2 Cup	3500	47	0	139	1.03	7.11	1.88	0.83	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	3000	95	0	9	0.25	23.44	0.08	0.01	0.00
Fresh Grapes MS1226	1/2 cup	3000	61	0	2	0.57	15.56	0.32	0.10	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	4000	120	5	100	1.0	17.0	5.0	2.00	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, 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			818	52	1443	34.39	130.50	18.75	5.12	0.00
% of Calories						16.8%	63.8%	20.6%	5.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Sep 1, 2017 thru Sep 29, 2017

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 - 09/26/2017										
Lunch 9-12	Total	6200								
Pizza, Stuffed Crust MS304	1 slice	3000	330	20	870	17.0	35.0	14.0	4.50	0.00
Flatbread, BBQ Chicken, MS	1 Flatbread	3200	320	35	590	18.0	38.0	10.0	5.00	0.00
Green Beans w/Ham MS1038	1/2 cup	5000	31	2	118	2.17	4.76	0.39	0.10	0.00
Spicy Fries, Baked MS1100	1/2 cup	6000	147	0	391	2.44	20.76	7.33	1.22	0.00
Mandarin Fruit Cup MS1254	1/2 cup	5000	62	0	6	0.53	16.28	0.1	0.01	0.00
Fresh Apple MS1206	1 each	4500	72	0	1	0.36	19.06	0.23	0.04	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	5500	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			837	41	1464	31.40	126.06	24.89	8.35	0.00
% of Calories						15.0%	60.3%	26.8%	9.0%	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)
Wed - 09/27/2017										
Lunch 9-12	Total	6200								
Bacon Cheeseburger 2 oz MS706	1 each	3100	305	39	840	17.73	29.38	13.86	5.66	0.00
Spicy Fries, Fried MS1102	1/2 cup	6200	176	0	391	2.44	20.76	10.34	1.53	0.00
Turkey & Cheese Wrap Mer MS798	1 wrap	3100	329	55	1381	21.21	29.98	14.34	7.34	0.00
Broccoli Salad (Ranch)MS1106	1/2 cup	2500	120	18	402	4.03	7.91	8.57	1.74	0.00
Strawberries, Frozen MS1294	1/2 cup	5000	51	0	0	0.64	12.12	0.0	0.00	0.00
Fresh Oranges MS1268	1 each	5000	61	0	0	1.22	15.22	0.16	0.03	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.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			763	57	1843	33.03	99.21	28.02	8.75	0.00
% of Calories						17.3%	52.0%	33.0%	10.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jones County Schools

Sep 1, 2017 thru Sep 29, 2017

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 - 09/28/2017										
Lunch 9-12	Total	6200								
Chef Salad, MS600	1 salad	100	244	147	1256	17.35	18.05	11.79	4.87	0.00
Chicken Tenders Baked MS546	3 tenders	6100	250	60	690	22.0	17.0	11.0	2.00	0.00
Sauce, Variety,DippingPCMS1562	1 packet	3200	45	3	127	0.0	7.0	2.0	0.33	0.00
Cornbread 2 WG MS1301	1 piece	4500	205	22	586	6.09	35.42	4.89	1.82	0.00
Mashed Potatoes/w CheeseMS1080	1/2 cup	5500	114	5	157	3.58	15.88	4.13	2.27	0.00
Turnip Greens, Southern MS1046	1/2 cup	2500	57	0	88	2.48	3.43	3.33	0.24	0.00
Pineapple, Fresh Cubes MS1293	1/2 cup	3000	73	0	1	0.78	19.04	0.17	0.01	0.00
Fresh Bananas MS1220	1 each	4500	105	0	1	1.29	26.95	0.39	0.13	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			799	91	1544	40.28	115.34	21.79	6.25	0.00
% of Calories						20.2%	57.8%	24.6%	7.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 09/29/2017										
Lunch 9-12	Total	6100								
Chicken Tenders Salad MS614	1 salad	100	306	58	1216	25.06	22.08	13.67	5.75	0.00
Nachos Grande MS168	1 serving	3100	365	41	688	12.16	25.42	23.79	7.90	0.00
Beef Taco w/Soft Taco, M MS109	1 taco	3000	277	41	702	15.33	21.54	14.17	6.59	0.00
Whole Ker Corn Frz MS1031	1/2 cup	5500	89	0	20	2.5	17.22	2.42	0.91	0.00
Pinto Beans MS912	1/2 cup	2500	146	0	254	8.15	26.17	1.35	0.28	0.00
Fresh Bananas MS1220	1 each	5000	105	0	1	1.29	26.95	0.39	0.13	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	6000	80	0	0	1.0	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	1600	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			758	48	996	29.26	113.10	23.04	8.81	0.00
% of Calories						15.4%	59.7%	27.4%	10.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Weighted Average			786	57	1291	32.35	116.47	23.45	7.43	0.01
						16.5%	59.3%	26.9%	8.5%	0.0%

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Jones County Schools

Sep 1, 2017 thru Sep 29, 2017

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-Fat¹ (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	786		750 - 850	100%				
Cholesterol (mg)	57							
Sodium (mg)	1291		1420					
Protein (g)	32.35	16.47%						
Carbohydrate (g)	116.47	59.31%						
Total Fat (g)	23.45	26.87%						
Saturated Fat (g)	7.43	8.52%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%						

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.