

Lowndes County

Lowndes County Breakfast K-12

HHFKA - K-12

Monday	Tuesday	Wednesday	Thursday	Friday
			Jun - 1	Jun - 2
Jun - 5	Jun - 6	Jun - 7	Jun - 8	Jun - 9
Biscuit WG F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Cereal Flavored Milk White Milk	B. TOAST, WHOLE-WHEAT B Shredded Cheese B. GRITS, PLAIN- not an item F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED WG Cereal Flavored Milk White Milk	WG Breakfast Pizza F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED WG Cereal Flavored Milk White Milk	Pancakes F. FRUIT, FRESH ASSORTED JUICE, VARIETY Ind. Syrup Cereal White Milk Flavored Milk	Southern Style Biscuit Chicken for Biscuit F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED WG Cereal White Milk Flavored Milk
Nutrients Target Cals... 402 89% Sodium. 536 mg T.Fat 10.8g 24.2%Cal S.Fat 8.6g 19.2%Cal	Nutrients Target Cals... 450 100% Sodium. 488 mg T.Fat 9.5g 18.9%Cal S.Fat 5.1g 10.1%Cal	Nutrients Target Cals... 452 100% Sodium. 586 mg T.Fat 9.6g 19.1%Cal S.Fat 3.5g 6.9%Cal	Nutrients Target Cals... 530 106% Sodium. 443 mg T.Fat 5.8g 9.9%Cal S.Fat 1.7g 2.8%Cal	Nutrients Target Cals... 495 100% Sodium. 733 mg T.Fat 14.1g 25.6%Cal S.Fat 6.3g 11.4%Cal
Jun - 12	Jun - 13	Jun - 14	Jun - 15	Jun - 16
Waffle Sticks F. FRUIT, FRESH ASSORTED JUICE, VARIETY Ind. Syrup WG Cereal Flavored Milk White Milk	B. TOAST, WHOLE-WHEAT B Shredded Cheese Eggs F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED WG Cereal White Milk Flavored Milk	Breakfast Wrap F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED WG Cereal Flavored Milk White Milk	WG French Toast Sticks F. FRUIT, FRESH ASSORTED JUICE, VARIETY Ind. Syrup Cereal Flavored Milk White Milk	Biscuit WG F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Cereal Flavored Milk White Milk
Nutrients Target Cals... 580 116% Sodium. 464 mg T.Fat 9.8g 15.2%Cal S.Fat 2.7g 4.1%Cal	Nutrients Target Cals... 486 100% Sodium. 728 mg T.Fat 12.1g 22.5%Cal S.Fat 5.9g 11.0%Cal	Nutrients Target Cals... 488 100% Sodium. 564 mg T.Fat 12.5g 23.1%Cal S.Fat 6.2g 11.4%Cal	Nutrients Target Cals... 651 130% Sodium. 515 mg T.Fat 14.8g 20.4%Cal S.Fat 4.7g 6.4%Cal	Nutrients Target Cals... 402 89% Sodium. 536 mg T.Fat 10.8g 24.2%Cal S.Fat 8.6g 19.2%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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Jun - 19 Cinnamon Roll F. FRUIT JUICE,ASSORTED F. Fruit, Assorted Canned Cereal Flavored Milk White Milk Cheese Toast	Jun - 20 WG Breakfast Pizza F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal Flavored Milk White Milk	Jun - 21 Croissant Sausage Pattie F. FRUIT JUICE,ASSORTED F. Fruit, Assorted Canned WG Cereal Flavored Milk White Milk	Jun - 22 Waffle Sticks F. FRUIT, FRESH ASSORTED JUICE, VARIETY Ind. Syrup WG Cereal Flavored Milk White Milk	Jun - 23 B. TOAST,WHOLE-WHEAT B Shredded Cheese Eggs F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal White Milk Flavored Milk																																																																																																				
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Jun - 26 Strawberry Yogurt Muffin(s) Granola F. FRUIT JUICE,ASSORTED F. Fruit, Assorted Canned WG Cereal White Milk Flavored Milk	Jun - 27 Breakfast Wrap F. FRUIT, FRESH ASSORTED F. FRUIT JUICE,ASSORTED WG Cereal Flavored Milk White Milk	Jun - 28 Pancakes F. FRUIT, FRESH ASSORTED JUICE, VARIETY Ind. Syrup Cereal White Milk Flavored Milk	Jun - 29 WG French Toast Sticks F. FRUIT, FRESH ASSORTED JUICE, VARIETY Ind. Syrup Cereal Flavored Milk White Milk	Jun - 30 Biscuit WG F. Fruit, Assorted Canned F. FRUIT JUICE,ASSORTED Cereal Flavored Milk White Milk																																																																																																				
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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	490	450-500	100%	Tot. Fat	11.08 g	20.33%	
Sodium	519 mg	540		Sat. Fat	5.01 g	9.20%	<10.00%

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