

Lowndes County
Lowndes County Lunch 9-12
HHFKA - 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
			Jun - 1	Jun - 2
Jun - 5	Jun - 6	Jun - 7	Jun - 8	Jun - 9
Fish Square JUICE, VARIETY F. FRUIT, ASSORTED Hushpuppies COLE SLAW Baked Beans Ketchup, Ind. COND. Tarter Sauce Flavored Milk White Milk Oatmeal Cookies	Sand, Cheeseburger F. Fruit, Assorted Canned JUICE, VARIETY cond. Pickle Slice-4 Shredded Romaine Tomatoe, Fresh French Fries Ketchup, Ind. Mayo, Light Ind. Flavored Milk White Milk Brownie, WG	E. SPAGHETTI AND MEAT S Whole Wheat Toast F. FRUIT, FRESH ASSORTED JUICE, VARIETY Flavored Milk White Milk E. Cheese Slice Buttered Broccoli floret LIME SHERBET TREAT	Sloppy Joe,onWhl.Wht.Bun Buttery Corn Rom, Spring, SpinBlndSalad Cond. SALAD DRESSING, Ass JUICE, VARIETY F. Fruit, Assorted Canned Flavored Milk White Milk Oatmeal Cookies	Sand. Turkey & Cheese Shredded Romaine B. Chips, Sun / Cheddar Baby Carrots F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED Mustard, Ind. Mayo, Light Ind. Ranch Dip, Lowfat White Milk Flavored Milk Chocolate Chip cookies
Nutrients Target Cals... 678 90% Sodium. 1058 mg T.Fat 24.1g 31.9%Cal S.Fat 5.2g 6.8%Cal	Nutrients Target Cals... 783 100% Sodium. 1435 mg T.Fat 26.8g 30.8%Cal S.Fat 8.5g 9.7%Cal	Nutrients Target Cals... 714 95% Sodium. 925 mg T.Fat 14.9g 18.8%Cal S.Fat 5.3g 6.6%Cal	Nutrients Target Cals... 739 99% Sodium. 1084 mg T.Fat 19.5g 23.8%Cal S.Fat 6.2*g 7.5%Cal	Nutrients Target Cals... 746 99% Sodium. 1207 mg T.Fat 26.0g 31.4%Cal S.Fat 9.2*g 11.1%Cal
Jun - 12	Jun - 13	Jun - 14	Jun - 15	Jun - 16
Corn Dog, LF, WG Whole Kernel Corn Broccoli w/Cheese- slice F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED Flavored Milk White Milk Brownie, WG Ketchup, Ind. Mustard, Ind. Orange Sherbet Treat	Taco Salad 2010 F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Tortilla Chips Shredded Romaine Tomatoe, Fresh Salsa Whole Kernel Corn Shredded Cheese Ranch DressingLowfat Flavored Milk White Milk	Hot Wings Chicken F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED B. WHOLE-WHEAT BREAD V. POTATOES, WEDGES, OVE Ranch DressingLowfat V. GREEN BEANS Flavored Milk White Milk Orange Sherbet Treat	Chicken Nuggets Dinner Rolls WW F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED Seasoned Pinto Beans Sweet Candied Carrots Ketchup, Ind. Honey Mustart Flavored Milk White Milk Raspberry Sherbet	BBQ Turkey Sandwich Shredded Romaine B. Chips, Sun / Cheddar Baby Carrots F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED Mustard, Ind. Mayo, Light Ind. Ranch Dip, Lowfat White Milk Flavored Milk Chocolate Chip cookies
Nutrients Target Cals... 804 100% Sodium. 1386 mg T.Fat 19.6g 21.9%Cal S.Fat 4.4*g 4.9%Cal	Nutrients Target Cals... 977 115% Sodium. 1231 mg T.Fat 35.6g 32.8%Cal S.Fat 13.6*g 12.5%Cal	Nutrients Target Cals... 695 93% Sodium. 1203 mg T.Fat 27.9g 36.1%Cal S.Fat 7.2*g 9.3%Cal	Nutrients Target Cals... 892 105% Sodium. 1353 mg T.Fat 30.5g 30.7%Cal S.Fat 7.5*g 7.5%Cal	Nutrients Target Cals... 667 89% Sodium. 959 mg T.Fat 18.8g 25.3%Cal S.Fat 4.2*g 5.7%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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<p>Jun - 19</p> <p>Cheezy Pepperoni Pizza F. FRUIT, FRESH ASSORTED Rom, Spring, SpinBlndSalad Tomatoe, Fresh Buttery Corn Cond. SALAD DRESSING, Ass Flavored Milk White Milk F. FRUIT, ASSORTED</p>	<p>Jun - 20</p> <p>All Beef Hot Dog on Bun F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED French Fries Buttered Broccoli floret Mustard, Ind. Ketchup, Ind. Flavored Milk White Milk Brownie, WG</p>	<p>Jun - 21</p> <p>Chicken Tenders Dinner Rolls WW-1.25 oz F. Fruit, Assorted Canned F. FRUIT JUICE, ASSORTED Creamy Diced Potatoes Broccoli w/Cheese- slice Ketchup, Ind. Flavored Milk White Milk Oatmeal Cookies</p>	<p>Jun - 22</p> <p>E. SPAGHETTI AND MEAT S Dinner Rolls WW F. FRUIT, FRESH ASSORTED JUICE, VARIETY Lima Beans Buttery Corn Flavored Milk White Milk E. Cheese Slice</p>	<p>Jun - 23</p> <p>Sand. Turkey Hoggie Shredded Romaine B. Chips, Sun / Cheddar Baby Carrots F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED Mustard, Ind. Mayo, Light Ind. Ranch Dip, Lowfat White Milk Flavored Milk</p>																																																																																																				
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<p>Jun - 26</p> <p>E. NACHOS W/GROUND BEE F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED Tortilla Chips V. POTATOES, WEDGES, OVE Ranch Dressing Lowfat Seasoned Pinto Beans Celery Sticks Flavored Milk White Milk Brownie, WG</p>	<p>Jun - 27</p> <p>BBQ Turkey Sandwich F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED French Fries SWEET PEAS & CARROTS Mustard, Ind. Ketchup, Ind. Flavored Milk White Milk Oatmeal Cookies</p>	<p>Jun - 28</p> <p>Mexican Burrito F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED Seasoned Pinto Beans Sweet Candied Carrots Ketchup, Ind. Honey Mustart Flavored Milk White Milk Raspberry Sherbet</p>	<p>Jun - 29</p> <p>E. Chicken Patty Grilled Hamburger Bun, WW Rom, Spring, SpinBlndSalad Buttery Corn F. FRUIT, ASSORTED F. FRUIT JUICE, ASSORTED Hot Sauce Flavored Milk White Milk Orange Sherbet Treat</p>	<p>Jun - 30</p> <p>Tstd Ham Cheese Sandwich Shredded Romaine B. Chips, Sun / Cheddar Baby Carrots F. FRUIT, FRESH ASSORTED F. FRUIT JUICE, ASSORTED Mustard, Ind. Mayo, Light Ind. White Milk Flavored Milk Chocolate Chip cookies</p>																																																																																																				
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	Average	Weekly Target	% of Target	
	753	750-850	100%	
Calories				Average
Sodium	1223 mg	1420		% of Calories
			Tot. Fat	Weekly Target
			Sat. Fat	
			22.75 g	27.19%
			6.82* g	8.15%
				<10.00%

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