

# Jones County Schools

Nov 1, 2021 thru Nov 30, 2021

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 <sup>1</sup> (g)
Mon - 11/01/2021										
Lunch 9-12	Total	2500								
Pizza, Stuffed Crust M2040	1 slice	2500	340	20	890	15.0	36.0	15.0	4.50	0.00
Broccoli w/ Cheese Sauce M5595	1/2 cup	2500	35	0	230	2.36	6.09	0.55	0.01	0.00
Glazed Carrots	1/2 cup	2500	129	0	148	1.04	15.76	7.19	2.92	0.00
Fresh Apple M6510	1 each	2500	95	0	2	0.47	25.13	0.31	0.05	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			760	32	1384	26.82	111.98	25.01	8.61	0.00
% of Calories						14.1%	58.9%	29.6%	10.2%	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 <sup>1</sup> (g)
Tue - 11/02/2021										
Lunch 9-12	Total	2500								
Turkey & Cheese on Bun M4220	1 each	2500	307	42	1158	16.08	31.61	13.51	6.41	0.00
Sweet Potato Fry USBkd M5925.1	1/2 cup	2500	179	0	149	1.19	22.64	9.53	2.38	0.00
Baked Beans w/ Bacon	1/2 cup	2500	209	3	289	9.51	43.78	1.82	0.50	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Ketchup PC M8000	1 packet	1	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	1	4	0	66	0.19	0.29	0.22	0.01	0.00
Mayonnaise PC Reduce Fat M8010	PC Packet	1	31	4	84	0.08	0.61	3.04	0.47	0.00
Weighted Daily Average			934	57	1710	36.25	146.21	27.02	10.44	0.00
% of Calories						15.5%	62.6%	26.0%	10.1%	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 <sup>1</sup> (g)
Wed - 11/03/2021										
Lunch 9-12	Total	2500								
Cheesy Chicken Over Rice M3120	1 serving	2500	348	66	474	27.77	31.15	13.16	7.75	0.00
Toast, Garlic WW M7115	1 slice	2500	90	0	110	3.0	15.0	2.5	0.00	0.00
Mixed Vegetables M5795	1/2 cup	2500	92	0	158	3.79	15.2	1.79	0.73	0.00
Yam Patties M5935	1/2 Cup	2500	120	0	160	1.8	28.0	0.0	0.00	0.00
Peaches, FRZ, PC US MS6825.1	1/2 cup	2500	80	0	0	1.0	19.0	0.0	0.00	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			900	79	1025	45.94	138.23	19.61	9.72	0.00
% of Calories						20.4%	61.4%	19.6%	9.7%	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 <sup>1</sup> (g)
Thu - 11/04/2021										
Lunch 9-12	Total	2500								
Chicken Tenders Breaded M3190	3 tenders	2500	250	60	360	19.0	15.0	12.0	2.50	0.00
Hushpuppies Baked M7065	2 each	2500	98	3	188	1.4	12.56	4.89	0.70	0.00
Green Beans, Canned, MS1036	1/2 cup	2500	41	0	91	1.3	4.45	1.79	0.21	0.00
Mashed Potatoes w/Cheese M6075	1/2 cup	2500	110	5	134	3.15	15.31	3.79	1.99	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1000	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1300	100	15	120	8.0	11.0	2.5	1.50	0.00
Honey Mustard Sauce, PC M8180	1 packet	2000	55	9	215	0.28	8.59	2.31	0.38	0.00
Ketchup PC M8000	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			788	85	1063	34.54	104.91	25.97	6.56	0.00
% of Calories						17.5%	53.2%	29.7%	7.5%	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 <sup>1</sup> (g)
Fri - 11/05/2021										
Lunch 9-12	Total	2500								
John Wayne Cass w/Chips HS	1 serving	2500	615	67	872	18.15	41.31	41.91	17.21	0.00
Whole Kernel Corn, CND M6010	1/2 cup	2500	85	0	101	1.73	14.68	3.5	0.73	0.00
Black-Eyed Peas Dry M5515	1/2 cup	2500	152	0	179	10.2	23.77	2.37	0.74	0.00
Fresh Bananas M6590	1 each	2500	105	0	1	1.29	26.95	0.39	0.13	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			1120	79	1267	39.30	135.71	50.14	19.93	0.00
% of Calories						14.0%	48.5%	40.3%	16.0%	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 <sup>1</sup> (g)
Mon - 11/08/2021										
Lunch 9-12	Total	2500								
Mexican Pizza M2010	1 slice	2500	320	35	540	20.0	30.0	14.0	7.00	0.00
Glazed Carrots M5865	1/2 cup	2500	54	0	90	0.98	8.91	1.87	0.75	0.00
Broccoli w/ Cheese Sauce M5595	1/2 cup	2500	35	0	230	2.36	6.09	0.55	0.01	0.00
Fresh Apple M6510	1 each	2500	95	0	2	0.47	25.13	0.31	0.05	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Assorted Pudding Cups M7635	1 pudding cup	2500	110	0	123	3.0	23.0	1.5	0.50	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			783	48	1108	35.39	123.01	20.40	9.55	0.00
% of Calories						18.1%	62.8%	23.4%	11.0%	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 <sup>1</sup> (g)
Tue - 11/09/2021										
Lunch 9-12	Total	2500								
Pulled Pork Nachos	1 serving	2500	367	54	1099	18.16	32.23	18.42	6.17	0.00
Sweet Potato Fries, Bkd M5925	1/2 cup	2500	179	0	229	1.0	22.92	8.97	1.50	0.00
Veg Juice, 4 oz. Asst. M6190	1/2 cup	2500	60	0	7	0.0	14.5	0.0	0.00	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Ketchup PC M8000	1 packet	1	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	1	4	0	66	0.19	0.29	0.22	0.01	0.00
Mayonnaise PC Reduce Fat M8010	PC Packet	1	31	4	84	0.08	0.61	3.04	0.47	0.00
Weighted Daily Average			846	66	1449	28.64	117.85	29.55	8.82	0.00
% of Calories						13.5%	55.7%	31.5%	9.4%	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 <sup>1</sup> (g)
Wed - 11/10/2021										
Lunch 9-12	Total	2500								
Chicken Baked BBQ US M3000.1	1 serving	2500	138	50	172	15.6	3.07	6.6	1.81	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	2500	170	0	310	5.0	31.0	3.0	1.00	0.00
Mashed Potatoes w/Cheese M6075	1/2 cup	2500	110	5	134	3.15	15.31	3.79	1.99	0.00
Black-Eyed Peas Dry M5515	1/2 cup	2500	152	0	179	10.2	23.77	2.37	0.74	0.00
Mandarin Fruit Cup M6790	1/2 cup	2500	49	0	5	0.41	12.78	0.08	0.01	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Sauce, BBQ, PC M8170	1 packet	100	17	0	89	0.11	4.23	0.01	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			790	68	927	42.94	115.98	18.01	6.78	0.00
% of Calories						21.7%	58.7%	20.5%	7.7%	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 <sup>1</sup> (g)
Thu - 11/11/2021										
Lunch 9-12	Total	2500								
Chicken Tenders Breaded M3190	3 tenders	2500	250	60	360	19.0	15.0	12.0	2.50	0.00
Hushpuppies Baked M7065	2 each	2500	98	3	188	1.4	12.56	4.89	0.70	0.00
Green Beans w/ US Ham	3/4 cup	2500	46	4	178	2.91	7.29	0.8	0.28	0.00
Yam Patties M5935	1/2 Cup	2500	120	0	160	1.8	28.0	0.0	0.00	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1000	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1300	100	15	120	8.0	11.0	2.5	1.50	0.00
Honey Mustard Sauce, PC M8180	1 packet	100	55	9	215	0.28	8.59	2.31	0.38	0.00
Ketchup PC M8000	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			762	77	1012	34.59	113.90	19.44	4.34	0.00
% of Calories						18.2%	59.8%	23.0%	5.1%	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 <sup>1</sup> (g)
Fri - 11/12/2021										
Lunch 9-12	Total	2500								
Ham & Cheese on Bun US M4185.1	1 each	2500	314	53	1181	21.89	36.42	11.31	5.14	0.00
Whole Kernel Corn, FRZ M6015	1/2 cup	2500	84	0	90	2.03	16.24	2.8	0.73	0.00
Potato Rounds, Baked M6095	1/2 cup	2500	132	0	315	1.02	16.25	6.1	1.02	0.00
Fresh Bananas M6590	1 each	2500	105	0	1	1.29	26.95	0.39	0.13	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			797	65	1700	34.17	124.86	22.56	8.14	0.00
% of Calories						17.1%	62.7%	25.5%	9.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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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 <sup>1</sup> (g)
Mon - 11/15/2021										
Lunch 9-12	Total	2500								
Pizza, Stuffed Crust M2040	1 slice	2500	340	20	890	15.0	36.0	15.0	4.50	0.00
Broccoli w/ Cheese Sauce M5595	1/2 cup	2500	35	0	230	2.36	6.09	0.55	0.01	0.00
Glazed Carrots	1/2 cup	2500	129	0	148	1.04	15.76	7.19	2.92	0.00
Fresh Apple M6510	1 each	2500	95	0	2	0.47	25.13	0.31	0.05	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Assorted Pudding Cups M7635	1 pudding cup	2500	110	0	123	3.0	23.0	1.5	0.50	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			878	33	1516	30.46	135.86	26.71	9.23	0.00
% of Calories						13.9%	61.9%	27.4%	9.5%	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 <sup>1</sup> (g)
Tue - 11/16/2021										
Lunch 9-12	Total	2500								
Cheeseburger 2 oz Patty M4100	1 each	2500	368	52	795	21.5	33.68	17.53	7.27	0.00
Sweet Potato Fries, Bkd M5925	1/2 cup	2500	179	0	229	1.0	22.92	8.97	1.50	0.00
Baked Beans w/ Bacon	1/2 cup	2500	209	3	289	9.51	43.78	1.82	0.50	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Ketchup PC M8000	1 packet	1	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	1	4	0	66	0.19	0.29	0.22	0.01	0.00
Mayonnaise PC Reduce Fat M8010	PC Packet	1	31	4	84	0.08	0.61	3.04	0.47	0.00
Weighted Daily Average			995	67	1426	41.48	148.57	30.48	10.42	0.00
% of Calories						16.7%	59.7%	27.6%	9.4%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Base Menu Spreadsheet

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 <sup>1</sup> (g)
Wed - 11/17/2021										
Lunch 9-12	Total	2500								
Corn Dog M4075	1 each	2500	271	40	647	8.79	29.18	12.9	3.47	0.02
Mashed Potatoes w/Cheese M6075	1/2 cup	2500	110	5	134	3.15	15.31	3.79	1.99	0.00
Mixed Vegetables M5795	1/2 cup	2500	92	0	158	3.79	15.2	1.79	0.73	0.00
Chilled Peach Slices M6815	1/2 cup	2500	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Cookie, Carnival	1 cookie	2500	120	5	95	1.0	16.0	6.0	3.00	0.00
Ketchup PC M8000	1 packet	2500	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	2500	4	0	66	0.19	0.29	0.22	0.01	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			843	63	1314	26.04	126.35	26.90	10.44	0.02
% of Calories						12.4%	60.0%	28.7%	11.2%	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 <sup>1</sup> (g)
Thu - 11/18/2021										
Lunch 9-12	Total	2500								
Chicken Tenders Breaded M3190	3 tenders	2500	250	60	360	19.0	15.0	12.0	2.50	0.00
Hushpuppies Baked M7065	2 each	2500	98	3	188	1.4	12.56	4.89	0.70	0.00
Turnip Greens, Southern M5640	1/2 cup	2500	57	0	85	2.47	3.42	3.33	0.24	0.00
Yam Patties	1/2 Cup	2500	207	0	226	1.81	35.71	6.33	2.59	0.00
Fresh Oranges M6775	1 each	2500	77	0	0	1.53	19.19	0.2	0.03	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1000	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1300	100	15	120	8.0	11.0	2.5	1.50	0.00
Honey Mustard Sauce, PC M8180	1 packet	2000	55	9	215	0.28	8.59	2.31	0.38	0.00
Ketchup PC M8000	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			901	81	1148	34.37	124.28	30.05	7.19	0.00
% of Calories						15.3%	55.2%	30.0%	7.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Jones County Schools

Nov 1, 2021 thru Nov 30, 2021

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 <sup>1</sup> (g)
Fri - 11/19/2021										
Lunch 9-12	Total	2500								
Spaghetti & Meat Sauce M1115.2	1 serving	2500	262	45	788	17.18	29.93	8.77	4.08	0.00
Toast, Garlic WW M7115	1 slice	2500	90	0	110	3.0	15.0	2.5	0.00	0.00
Green Beans w/ Ham M5765	1/2 cup	2500	46	2	136	2.17	4.76	2.04	0.81	0.00
Whole Kernel Corn, CND M6010	1/2 cup	2500	85	0	101	1.73	14.68	3.5	0.73	0.00
Fresh Bananas M6590	1 each	2500	105	0	1	1.29	26.95	0.39	0.13	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	1800	100	15	120	8.0	11.0	2.5	1.50	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			750	58	1250	33.32	120.32	19.16	6.87	0.00
% of Calories						17.8%	64.2%	23.0%	8.2%	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 <sup>1</sup> (g)
Mon - 11/29/2021										
Lunch 9-12	Total	2500								
Mexican Pizza M2010	1 slice	2500	320	35	540	20.0	30.0	14.0	7.00	0.00
Sweet Potato Fries HS	1 cup	2500	362	0	463	2.01	46.31	18.12	3.02	0.00
Broccoli w/ Cheese Sauce M5595	1/2 cup	2500	35	0	230	2.36	6.09	0.55	0.01	0.00
Chilled Peach Slices M6815	1/2 cup	2500	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Assorted Pudding Cups M7635	1 pudding cup	2500	110	0	123	3.0	23.0	1.5	0.50	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average			1062	48	1485	36.49	152.77	36.37	11.77	0.00
% of Calories						13.7%	57.6%	30.8%	10.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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# Jones County Schools

Nov 1, 2021 thru Nov 30, 2021

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 <sup>1</sup> (g)
Tue - 11/30/2021										
Lunch 9-12										
Cheeseburger 2 oz Patty M4100	Total	2500								
	1 each	2500	368	52	795	21.5	33.68	17.53	7.27	0.00
Crinkle Cut Fries Baked M6110	1/2 cup	2500	85	0	20	1.01	13.16	1.46	*N/A*	0.00
Vegetable Juice, 6 oz. M6185	1/2 cup	2500	90	0	10	0.0	23.0	0.0	0.00	0.00
Tropical Fruit M6745	1/2 cup	2500	119	0	3	0.57	30.87	0.14	0.03	0.00
Fresh Fruit	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF M110	1/2 pint	2000	100	15	120	8.0	11.0	2.5	1.50	0.00
Ketchup PC M8000	1 packet	2000	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC M8015	1 packet	200	4	0	66	0.19	0.29	0.22	0.01	0.00
Mayonnaise PC Reduce Fat M8010	PC Packet	500	31	4	84	0.08	0.61	3.04	0.47	0.00
Weighted Daily Average			846	65	1041	31.69	133.13	21.91	8.63	0.00
% of Calories						15.0%	62.9%	23.3%	9.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Weighted Average			868	63	1284	34.85	127.88	26.43	9.26	0.00
						16.1%	58.9%	27.4%	9.6%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	868		750 - 850	102%			18	Correction Required - Calories too High
Cholesterol (mg)	63							
Sodium 1 (mg)	1284		1420				204	Correction Required - Sodium too High
Sodium 2 (mg)	1284		1080					
Protein (g)	34.85	16.06%						
Carbohydrate (g)	127.88	58.94%						
Total Fat (g)	26.43	27.41%						
Saturated Fat (g)	9.26	9.60%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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