

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHS 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 - 02/01/2018										
AHS Lunch 9-12	Total	325								
Chicken Pieces/Honey BBQ Sc MS	1 Serving	250	340	45	880	19.0	31.0	15.0	2.50	0.00
Beef Tips Over Noodles MS112	1 serving	50	265	76	502	24.37	20.98	9.92	4.67	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	125	165	0	196	12.4	28.9	0.71	0.01	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	300	136	0	147	1.05	21.98	8.37	1.05	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	60	45	0	170	0.67	9.95	0.17	0.03	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	250	160	0	125	4.0	29.0	3.0	0.50	0.00
Strawberries, FRZ, PC, MS1295	1/2 cup	96	90	0	0	1.0	22.0	0.0	0.00	0.00
Chocolate Pudding MS1474	1/2 cup	300	111	0	159	1.99	23.78	0.96	0.96	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Weighted Daily Average			916	59	1474	39.67	138.36	25.82	5.68	0.00
% of Calories						17.3%	60.4%	25.4%	5.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 02/02/2018										
AHS Lunch 9-12	Total	455								
Chili Con Carne w/ Beans MS130	1 cup	275	159	33	264	10.15	8.05	9.79	3.62	0.00
Grill Cheese Sand 1 oz MS762	sandwich	275	247	27	727	10.36	28.46	10.97	5.65	0.00
Chicken Fajitas USDA, MS527	1 fajita	150	284	79	1110	25.34	21.06	11.23	6.60	0.00
Chicken Tenders Salad High	1 salad	30	299	58	804	25.26	20.57	13.81	5.77	0.00
Lima Beans, Frozen MS1004	1/2 cup	150	104	0	254	5.58	16.32	2.03	0.87	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	200	89	0	104	0.99	12.87	3.96	0.25	0.00
Pineapple Tidbits MS1286	1/2 cup	125	72	0	1	0.5	18.87	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	125	140	0	5	1.0	36.0	0.0	0.00	0.00
Brownies, Mix, Enriched MS1400	1 piece	300	140	4	130	1.0	26.01	4.0	1.00	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Taco, PC MS1558	1 packet	150	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			682	74	1380	31.25	92.02	22.57	9.40	0.00
% of Calories						18.3%	54.0%	29.8%	12.4%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

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Base Menu Spreadsheet

AHS 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 - 02/05/2018										
AHS Lunch 9-12	Total	420								
Salisbury Steak w/Gravy MS172	1 each	50	222	60	277	13.63	8.45	14.52	5.60	0.00
Chicken Nuggets,Fried MS534	5 nuggets	350	278	55	429	15.97	15.97	15.89	2.89	0.00
Chicken Salad Salad MS612	1 salad	20	289	228	782	26.91	17.53	12.4	2.85	0.00
Turnip Greens, Southern MS1046	1/2 cup	125	57	0	88	2.48	3.43	3.33	0.24	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	145	1.18	6.03	0.12	0.02	0.00
Mashed Potatoes MS1078	1 cup	300	183	0	167	4.7	31.35	4.57	2.08	0.00
Brown Gravy, Package MS1506	2 ounces	300	26	0	430	0.0	5.18	0.65	0.65	0.00
Chilled Pears Diced MS1283	1/2 cup	75	78	0	7	0.26	20.69	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	350	160	0	125	4.0	29.0	3.0	0.50	0.00
Cookie,Chocolate ChipPurMS1428	1 cookie	300	120	5	95	1.0	16.0	6.0	3.00	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Variety,DippingPCMS1562	1 packet	350	45	3	127	0.0	7.0	2.0	0.33	0.00
Weighted Daily Average			830	75	1293	30.49	111.11	29.13	8.27	0.00
% of Calories						14.7%	53.6%	31.6%	9.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 02/06/2018										
AHS Lunch 9-12	Total	475								
Taco Meat w/ Chips USDAMS186.1	1 serving	200	315	41	415	13.96	22.24	19.04	8.00	0.00
cheeseburger, double meat	1 each	250	458	103	973	30.04	34.74	22.35	8.51	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Fried Crinkle Cut Fries MS1089	1 cup	300	270	0	41	5.44	35.37	12.09	0.54	0.16
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	125	165	0	196	12.4	28.9	0.71	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	0.01	0.00
Tropical Apples MS1216	1/2 cup	75	152	0	49	0.83	29.99	3.62	1.63	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	350	160	0	125	4.0	29.0	3.0	0.50	0.00
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00
Sauce, Taco. PC MS1558	1 packet	200	5	0	95	0.0	1.0	0.0	0.00	0.00

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AHS 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)
Weighted Daily Average			878	81	1209	38.67	109.58	32.31	9.47	0.10
% of Calories						17.6%	49.9%	33.1%	9.7%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 02/07/2018										
AHS Lunch 9-12	Total	425								
Spaghetti & MeatSauce High	1 serving	175	514	63	919	26.32	58.38	19.33	6.81	0.00
Toast, Garlic WW MS1351	1 slice	175	100	0	170	4.0	15.0	2.5	0.50	0.00
Chicken Fajitas Pur, BUMS528.1	1 fajita	225	273	47	678	22.91	19.99	11.58	6.27	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	60	31	0	145	1.18	6.03	0.12	0.02	0.00
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	133	2.76	19.66	2.75	0.99	0.00
Fresh Melon Cubes MS1234	1/2 CUP	60	57	0	28	1.07	14.0	0.26	0.07	0.00
Chocolate Pudding MS1474	1/2 cup	300	111	0	159	1.99	23.78	0.96	0.96	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Taco. PC MS1558	1 packet	225	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			684	59	1268	35.65	94.12	19.18	8.12	0.00
% of Calories						20.8%	55.0%	25.2%	10.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 02/08/2018										
AHS Lunch 9-12	Total	470								
BBQ Chicken Sandwich MS714	1 each	400	265	50	688	22.92	35.19	4.15	0.72	0.00
Nachos Grande High	1 serving	50	730	81	1375	24.31	50.83	47.59	15.79	0.00
Grilled Chicken Salad High	1 salad	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Fried Crinkle Cut Fries MS1089	1 cup	400	270	0	41	5.44	35.37	12.09	0.54	0.16
Pinto Beans MS912	1/2 cup	125	146	0	254	8.15	26.17	1.35	0.28	0.00
Creamy Coleslaw, MS 1116	1/2 cup	60	72	6	76	0.74	11.19	3.14	0.32	0.00
Chilled Peach Slices MS1274	1/2 cup	125	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Cookie,Chocolate ChipPurMS1428	1 cookie	300	120	5	95	1.0	16.0	6.0	3.00	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Taco. PC MS1558	1 packet	50	5	0	95	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	400	10	0	85	0.0	3.0	0.0	0.00	0.00

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AHS 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)
Weighted Daily Average			794	63	1140	36.49	109.96	24.40	5.25	0.14
% of Calories						18.4%	55.4%	27.7%	6.0%	0.2%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 02/09/2018										
AHS Lunch 9-12	Total	390								
Chicken Spaghetti High	1 cup	175	401	73	558	33.18	49.89	7.37	2.30	0.00
Veggie Be Soup Sand ComboMS822	1 serving	190	431	35	956	17.89	46.22	20.94	6.72	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	0.00
Green Beans, Canned, MS1036	1/2 cup	225	41	0	91	1.3	4.45	1.79	0.21	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	60	45	0	170	0.67	9.95	0.17	0.03	0.00
Applesauce, MS1204	1/2 cup	75	59	0	2	0.24	15.62	0.07	0.01	0.00
Broccoli Salad Grapes MS1110	2/3 cup	75	133	16	226	3.4	13.23	8.22	1.23	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Chocolate Pudding MS1474	1/2 cup	300	111	0	159	1.99	23.78	0.96	0.96	0.00
Toast, Garlic WW MS1351	1 slice	175	100	0	170	4.0	15.0	2.5	0.50	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Weighted Daily Average			725	62	1221	36.55	103.36	19.31	6.23	0.00
% of Calories						20.2%	57.0%	24.0%	7.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 02/12/2018										
AHS Lunch 9-12	Total	445								
BBQ Pork Sandwich MS716	1 each	100	284	53	671	18.07	31.31	10.42	3.27	0.00
Huntington Chicken High MS558	3/4 cup	320	388	116	1146	33.96	32.97	13.46	5.27	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Fried Crinkle Cut Fries MS1089	1 cup	400	270	0	41	5.44	35.37	12.09	0.54	0.16
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Creamy Coleslaw, MS 1116	1/2 cup	30	72	6	76	0.74	11.19	3.14	0.32	0.00
Chilled Peach Slices MS1274	1/2 cup	125	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Ketchup PC MS1528	1 packet	400	10	0	85	0.0	3.0	0.0	0.00	0.00

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Weighted Daily Average			766	105	1308	41.73	95.27	25.06	5.71	0.15
% of Calories						21.8%	49.8%	29.5%	6.7%	0.2%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 02/13/2018										
AHS Lunch 9-12	Total	458								
Beef -A- Roni MS114	3/4 cup	288	294	47	389	17.04	26.0	14.23	5.68	0.00
Toast, Garlic WW MS1351	1 slice	288	100	0	170	4.0	15.0	2.5	0.50	0.00
Chicken Nachos High MS530	1 serving	150	640	81	1603	41.58	46.48	31.03	14.77	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Whole Ker Corn Frz MS1031	1/2 cup	300	89	0	20	2.5	17.22	2.42	0.91	0.00
Refried Beans, MS1038	1/2 cup	75	142	4	305	8.02	21.33	2.97	1.47	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	8	0.27	18.91	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Chocolate Pudding MS1474	1/2 cup	350	111	0	159	1.99	23.78	0.96	0.96	0.00
Sauce, Taco. PC MS1558	1 packet	150	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			745	64	1249	37.94	95.51	24.44	10.73	0.00
% of Calories						20.4%	51.3%	29.5%	13.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Wed - 02/14/2018										
AHS Lunch 9-12	Total	390								
Salisbury Steak w/Gravy MS172	1 each	175	222	60	277	13.63	8.45	14.52	5.60	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	365	160	0	125	4.0	29.0	3.0	0.50	0.00
Chicken Fried MS552	1 serving	190	350	100	360	31.9	6.6	20.01	5.01	0.00
Tuna Salad Salad MS634	1 salad	25	430	208	1008	24.73	23.4	26.18	4.18	0.00
Mashed Potatoes MS1078	1 cup	300	183	0	167	4.7	31.35	4.57	2.08	0.00
Brown Gravy, Package MS1506	2 ounces	300	26	0	430	0.0	5.18	0.65	0.65	0.00
Green Peas, Frozen MS1070	1/2 cup	125	91	0	171	4.92	13.67	2.04	0.86	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	125	165	0	196	12.4	28.9	0.71	0.01	0.00
Glazed Carrots MS1018	1/2 cup	75	56	0	93	1.03	9.28	1.87	0.82	0.00
Rosey Applesauce MS1212	1/2 cup	75	70	0	11	0.4	18.34	0.07	0.01	0.00
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Weighted Daily Average			838	94	1211	42.93	106.65	26.43	8.45	0.00
% of Calories						20.5%	50.9%	28.4%	9.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 02/15/2018										
AHS Lunch 9-12	Total	370								
Chicken Mandarin MS570	1 Serving	275	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	275	119	0	324	3.32	25.28	0.58	0.11	0.00
Philly Cheese Steak Sand High	1 each	75	481	65	1219	27.35	50.44	19.26	6.99	0.00
Grilled Chicken Salad High	1 salad	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Green Peas, Frozen MS1070	1/2 cup	125	91	0	171	4.92	13.67	2.04	0.86	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	60	31	0	145	1.18	6.03	0.12	0.02	0.00
Pinto Beans MS912	1/2 cup	125	146	0	254	8.15	26.17	1.35	0.28	0.00
Chilled Pears MS1282	1/2 cup	50	69	0	6	0.23	18.23	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	125	59	0	2	0.24	15.62	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	350	160	0	125	4.0	29.0	3.0	0.50	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	25	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	50	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHS 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)
Weighted Daily Average			773	65	1358	37.78	125.83	13.86	3.94	0.00
% of Calories						19.5%	65.1%	16.1%	4.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 02/16/2018										
AHS Lunch 9-12	Total	405								
Taco Meat w/ Chips USDAMS186.1	1 serving	260	315	41	415	13.96	22.24	19.04	8.00	0.00
Cheesy Chicken Over/Rice High	1 serving	125	488	102	647	41.78	39.04	18.56	10.52	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Green Peas, Frozen MS1070	1/2 cup	125	91	0	171	4.92	13.67	2.04	0.86	0.00
Sweet Potatoes, Cubes MS1129	1 cup	175	178	0	208	1.98	25.73	7.92	0.50	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	145	1.18	6.03	0.12	0.02	0.00
Strawberries, FRZ, PC, MS1295	1/2 cup	96	90	0	0	1.0	22.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Toast, Garlic WW MS1351	1 slice	125	100	0	170	4.0	15.0	2.5	0.50	0.00
Fruit Crisp MS1412	1 serving	200	273	0	157	2.47	45.51	9.5	4.15	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Taco, PC MS1558	1 packet	260	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			773	66	974	34.39	96.24	28.53	11.56	0.00
% of Calories						17.8%	49.8%	33.2%	13.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

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Generated on: 1/30/2018 2:25:59 PM

	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 - 02/19/2018										
AHS Lunch 9-12	Total	390								
Chicken Spaghetti High	1 cup	275	401	73	558	33.18	49.89	7.37	2.30	0.00
Corn Dog Nuggets High MS406	8 nuggets	100	282	45	716	9.08	27.23	15.13	11.09	0.00
Chicken Salad MS612	1 salad	15	289	228	782	26.91	17.53	12.4	2.85	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	350	160	0	125	4.0	29.0	3.0	0.50	0.00
Potato Rounds, Fried MS1096	1 cup	300	419	0	660	2.54	40.63	26.67	3.18	0.00
Lima Beans, Frozen MS1004	1/2 cup	125	104	0	254	5.58	16.32	2.03	0.87	0.00
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	125	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Cookie,Chocolate ChipPurMS1428	1 cookie	350	120	5	95	1.0	16.0	6.0	3.00	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Ketchup PC MS1528	1 packet	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			1128	81	1702	41.69	152.30	39.22	10.67	0.00
% of Calories						14.8%	54.0%	31.3%	8.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 02/20/2018										
AHS Lunch 9-12	Total	405								
Cheesy Chicken Over/Rice High	1 serving	250	488	102	647	41.78	39.04	18.56	10.52	0.00
Turkey Sliced,Brown GravyMS564	1 serving	125	152	55	967	17.37	5.18	6.18	2.23	0.00
Grilled Chicken Salad High	1 salad	30	370	82	993	33.32	25.81	13.76	6.93	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	145	1.18	6.03	0.12	0.02	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	60	45	0	170	0.67	9.95	0.17	0.03	0.00
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	150	136	0	147	1.05	21.98	8.37	1.05	0.00
Hot Cinnamon Apples MS1208	1/2 cup	75	118	0	190	0.42	21.92	3.57	1.62	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Ketchup PC MS1528	1 packet	150	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			589	91	1097	41.04	65.19	19.44	8.70	0.00
% of Calories						27.9%	44.3%	29.7%	13.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

	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 - 02/21/2018										
AHS Lunch 9-12	Total	370								
cheeseburger, double meat	1 each	200	458	103	973	30.04	34.74	22.35	8.51	0.00
Chicken Quesadillas BRG MS541	1 each	150	238	45	582	21.71	23.8	6.07	3.36	0.00
Grilled Chicken Salad High	1 salad	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Pinto Beans MS912	1/2 cup	75	146	0	254	8.15	26.17	1.35	0.28	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	0.00
Pineapple Tidbits MS1286	1/2 cup	150	72	0	1	0.5	18.87	0.1	0.01	0.00
Applesauce, MS1204	1/2 cup	75	59	0	2	0.24	15.62	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	125	140	0	5	1.0	36.0	0.0	0.00	0.00
Chocolate Pudding MS1474	1/2 cup	300	111	0	159	1.99	23.78	0.96	0.96	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Ketchup PC MS1528	1 packet	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00
Sauce, Taco. PC MS1558	1 packet	150	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			760	85	1280	38.79	111.48	19.19	8.03	0.00
% of Calories						20.4%	58.7%	22.7%	9.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 02/22/2018										
AHS Lunch 9-12	Total	420								
Cheesy Brdsticks W/Chili MS122	1 serving	275	338	46	994	18.43	25.5	17.7	6.41	0.00
Chicken Fajita Potato MS560	1 each	125	338	35	998	22.58	48.36	5.73	1.08	0.00
Rolls, Enriched Flour MS1352	1 EACH	250	180	0	295	4.46	29.7	4.2	0.45	0.00
Grilled Chicken Salad High	1 salad	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Turnip Greens, Southern MS1046	1/2 cup	75	57	0	88	2.48	3.43	3.33	0.24	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	150	165	0	196	12.4	28.9	0.71	0.01	0.00
Chilled Pears MS1282	1/2 cup	50	69	0	6	0.23	18.23	0.04	0.00	0.00
Orange Smiles MS1270	1/2 cup	50	77	0	0	1.53	19.19	0.2	0.03	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Taco. PC MS1558	1 packet	125	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			640	50	1407	34.05	85.26	17.69	5.37	0.00
% of Calories						21.3%	53.3%	24.9%	7.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

	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 - 02/23/2018										
AHS Lunch 9-12	Total	425								
Taco Soup MS812	1 cup	125	259	41	441	15.65	22.71	12.13	4.43	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	125	90	0	260	2.0	16.0	3.0	0.00	0.00
hamburger, double meat	1 each	280	405	90	826	27.24	34.09	18.05	6.01	0.00
Fried Crinkle Cut Fries MS1089	1 cup	300	270	0	41	5.44	35.37	12.09	0.54	0.16
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
California Vegetables MS1054	1/2 cup	175	50	0	58	2.27	5.67	1.78	0.81	0.00
Chilled Peach Slices MS1274	1/2 cup	125	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Brownies, Mix, Enriched MS1400	1 piece	300	140	4	130	1.0	26.01	4.0	1.00	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Ketchup PC MS1528	1 packet	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	150	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	150	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			847	83	1237	35.84	109.91	30.87	7.33	0.12
% of Calories						16.9%	51.9%	32.8%	7.8%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 02/26/2018										
AHS Lunch 9-12	Total	400								
Spaghetti & MeatSauce High	1 serving	190	514	63	919	26.32	58.38	19.33	6.81	0.00
Toast, Garlic WW MS1351	1 slice	190	100	0	170	4.0	15.0	2.5	0.50	0.00
Chicken Fajitas USDA, MS527	1 fajita	190	284	79	1110	25.34	21.06	11.23	6.60	0.00
Chicken Salad Salad MS612	1 salad	20	289	228	782	26.91	17.53	12.4	2.85	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	175	78	0	79	4.88	8.55	4.14	1.71	0.00
Glazed Carrots MS1018	1/2 cup	75	56	0	93	1.03	9.28	1.87	0.82	0.00
Green Beans, Canned, MS1036	1/2 cup	150	41	0	91	1.3	4.45	1.79	0.21	0.00
Tropical Apples MS1216	1/2 cup	300	152	0	49	0.83	29.99	3.62	1.63	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Taco, PC MS1558	1 packet	200	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			728	84	1383	37.46	96.43	22.25	9.16	0.00
% of Calories						20.6%	53.0%	27.5%	11.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHS 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 - 02/27/2018										
AHS Lunch 9-12	Total	395								
Loaded Baked Potato Soup MS808	1 cup	250	391	20	556	13.39	42.2	18.83	9.48	0.00
Ham Slider Bun MS 773	1 slider	250	137	16	526	12.37	19.39	2.52	0.33	0.00
Chicken Nachos High MS530	1 serving	125	640	81	1603	41.58	46.48	31.03	14.77	0.00
Grilled Chicken Salad High	1 salad	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Refried Beans, MS1038	1/2 cup	75	142	4	305	8.02	21.33	2.97	1.47	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	125	31	0	145	1.18	6.03	0.12	0.02	0.00
Pineapple Tidbits MS1286	1/2 cup	125	72	0	1	0.5	18.87	0.1	0.01	0.00
Cookie,Chocolate ChipPurMS1428	1 cookie	200	120	5	95	1.0	16.0	6.0	3.00	0.00
Raisins, Flavored, MS1291	Packages	175	140	0	5	1.0	36.0	0.0	0.00	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Taco, PC MS1558	1 packet	200	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			837	62	1575	40.30	108.17	28.04	13.24	0.00
% of Calories						19.3%	51.7%	30.2%	14.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 02/28/2018										
AHS Lunch 9-12	Total	390								
Huntington Chicken High MS558	3/4 cup	275	388	116	1146	33.96	32.97	13.46	5.27	0.00
Corn Dog Nuggets High MS406	8 nuggets	100	282	45	716	9.08	27.23	15.13	11.09	0.00
Chicken Salad Salad MS612	1 salad	15	289	228	782	26.91	17.53	12.4	2.85	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	350	160	0	125	4.0	29.0	3.0	0.50	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	0.00
Lima Beans, Frozen MS1004	1/2 cup	125	104	0	254	5.58	16.32	2.03	0.87	0.00
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	125	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	0.00
Banana Berry Blend MS1224	1/2 cup	100	98	0	1	1.2	24.27	0.21	0.07	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			748	107	1426	40.98	105.96	18.91	8.11	0.00
% of Calories						21.9%	56.7%	22.8%	9.8%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

AHS 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)
Weighted Average			784	76	1310	37.68 19.2%	105.64 53.9%	24.33 27.9%	8.17 9.4%	0.03 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	784		750 - 850	100%				
Cholesterol (mg)	76							
Sodium (mg)	1310		1420					
Protein (g)	37.68	19.23%						
Carbohydrate (g)	105.64	53.90%						
Total Fat (g)	24.33	27.94%						
Saturated Fat (g)	8.17	9.38%	<10.00%					
Trans Fat ¹ (g)	0.03	0.03%						

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