

Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2018 thru Aug 31, 2018

AHS Lunch 9-12

Generated on: 7/16/2018 9:13:31 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)
Mon - 08/06/2018										
AHS Lunch 9-12	Total	450								
Chicken Tenders,Fried MS548	3 tenders	375	301	60	690	22.0	17.0	16.12	2.52	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
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	375	160	0	125	4.0	29.0	3.0	0.50	0.00
Corn on Cob, 3 in.USDA, MC1024	2 cobs	200	94	0	22	2.56	18.42	2.4	0.90	0.00
Green Beans, Canned, MS1036	1/2 cup	175	41	0	91	1.3	4.45	1.79	0.21	0.00
Mandarin Fruit Cup MS1254	1/2 cup	125	62	0	6	0.53	16.28	0.1	0.01	0.00
Chilled Peach Slices MS1274	1/2 cup	200	65	0	6	0.54	17.49	0.04	0.00	0.00
Banana Berry Blend with Glaze	1/2 Cup	75	290	0	86	1.78	76.25	0.54	0.18	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
Sauce, Variety,DippingPCMS1562	1 packet	375	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			733	70	1093	34.19	104.20	21.73	4.41	0.00
% of Calories						18.6%	56.8%	26.7%	5.4%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 08/07/2018										
AHS Lunch 9-12	Total	400								
Chicken Spaghetti High	1 cup	275	401	73	558	33.18	49.89	7.37	2.30	0.00
Hot Dog WG MS778	1 each	100	300	35	820	11.0	24.0	17.5	6.00	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	275	160	0	125	4.0	29.0	3.0	0.50	0.00
Pinto Beans MS912	1/2 cup	125	146	0	254	8.15	26.17	1.35	0.28	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	125	89	0	104	0.99	12.87	3.96	0.25	0.00
Rosey Applesauce MS1212	1/2 cup	125	70	0	11	0.4	18.34	0.07	0.01	0.00
Brownies, Mix, Enriched MS1400	1 piece	300	140	4	130	1.0	26.01	4.0	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Banana Berry Blend with Glaze	1/2 Cup	75	290	0	86	1.78	76.25	0.54	0.18	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	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	100	10	0	85	0.0	3.0	0.0	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

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Amory School District

Aug 1, 2018 thru Aug 31, 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			868	73	1138	40.80	137.85	18.06	5.09	0.00
% of Calories						18.8%	63.6%	18.7%	5.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 08/08/2018										
AHS Lunch 9-12	Total	400								
Fish Nuggets, Fried MS204	5 nuggets	275	265	30	310	15.0	20.0	13.52	1.96	0.00
Hushpuppies-Purchase MS1332	2 each	275	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Turkey & Cheese on Bun MS796	1 each	100	277	37	1103	15.58	30.11	11.51	5.66	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	250	132	0	194	6.3	29.99	0.55	0.10	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Creamy Coleslaw, MS 1116	1/2 cup	50	72	6	76	0.74	11.19	3.14	0.32	0.00
Whole Ker Corn Frz MS1031	1/2 cup	250	89	0	20	2.5	17.22	2.42	0.91	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Chilled Peach Slices MS1274	1/2 cup	196	65	0	6	0.54	17.49	0.04	0.00	0.00
Assorted Gelatin w/ Top MS1450	1/2 cup	275	89	0	63	1.07	19.38	1.12	1.12	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Sauce, Hot, PC MS1552	1 packet	100	0	0	65	0.0	0.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	50	35	4	150	0.0	3.0	2.5	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
Weighted Daily Average			733	44	1177	29.88	113.14	21.22	5.40	0.00
% of Calories						16.3%	61.7%	26.1%	6.6%	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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Aug 1, 2018 thru Aug 31, 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)
Thu - 08/09/2018										
AHS Lunch 9-12	Total	500								
BBQ Pork Sandwich MS716	1 each	100	284	53	671	18.07	31.31	10.42	3.27	0.00
Chicken Nuggets,Fried MS534	5 nuggets	375	278	55	429	15.97	15.97	15.89	2.89	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Mashed Potatoes MS1078	1 cup	350	183	0	167	4.7	31.35	4.57	2.08	0.00
Brown Gravy, Package MS1506	2 ounces	350	26	0	430	0.0	5.18	0.65	0.65	0.00
Creamy Coleslaw, MS 1116	1/2 cup	50	72	6	76	0.74	11.19	3.14	0.32	0.00
Green Peas, Frozen MS1070	1/2 cup	75	91	0	171	4.92	13.67	2.04	0.86	0.00
Pineapple Tidbits MS1286	1/2 cup	125	72	0	1	0.5	18.87	0.1	0.01	0.00
Fresh Cantaloupe Cubes, MS1232	1/2 cup	75	27	0	13	0.66	6.4	0.15	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	375	160	0	125	4.0	29.0	3.0	0.50	0.00
Fruit Crisp MS1412	1 serving	150	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
Ketchup PC MS1528	1 packet	300	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Variety,DippingPCMS1562	1 packet	300	45	3	127	0.0	7.0	2.0	0.33	0.00
Weighted Daily Average			805	63	1330	30.40	113.97	25.64	7.24	0.00
% of Calories						15.1%	56.7%	28.7%	8.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 08/10/2018										
AHS Lunch 9-12	Total	400								
Spaghetti & MeatSauce High	1 serving	175	514	63	919	26.32	58.38	19.33	6.81	0.00
cheeseburger, double meat	1 each	200	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
Toast, Garlic WW MS1351	1 slice	175	100	0	170	4.0	15.0	2.5	0.50	0.00
Lima Beans, Frozen MS1004	1/2 cup	150	104	0	254	5.58	16.32	2.03	0.87	0.00
Corn on Cob, 3 in.USDA, MC1024	2 cobs	96	94	0	22	2.56	18.42	2.4	0.90	0.00
Garden Salad w/Dressing MS1118	1/2 cup	20	25	0	131	0.68	4.94	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
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	95	0	9	0.25	23.44	0.08	0.01	0.00
Banana Berry Blend with Glaze	1/2 Cup	75	290	0	86	1.78	76.25	0.54	0.18	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	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
Ketchup PC MS1528	1 packet	300	10	0	85	0.0	3.0	0.0	0.00	0.00

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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 Daily Average			844	91	1416	40.05	118.34	24.52	8.81	0.00
% of Calories						19.0%	56.1%	26.2%	9.4%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 08/13/2018										
AHS Lunch 9-12	Total		375							
Huntington Chicken High MS558	3/4 cup	150	388	116	1146	33.96	32.97	13.46	5.27	0.00
Pizza, Stuffed Crust MS304	1 slice	200	330	20	870	17.0	35.0	14.0	4.50	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Garden Salad w/Dressing MS1118	1/2 cup	20	25	0	131	0.68	4.94	0.12	0.02	0.00
Green Peas, Frozen MS1070	1/2 cup	150	91	0	171	4.92	13.67	2.04	0.86	0.00
Fried Crinkle Cut Fries MS1089	1 cup	300	270	0	41	5.44	35.37	12.09	0.54	0.16
Mandarin Fruit Cup MS1254	1/2 cup	125	62	0	6	0.53	16.28	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	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
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			837	68	1400	39.78	113.45	25.94	6.18	0.13
% of Calories						19.0%	54.2%	27.9%	6.6%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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AHS Lunch 9-12

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Tue - 08/14/2018										
AHS Lunch 9-12	Total	325								
Chicken Patty Sand,Fried MS734	1 each	200	409	55	768	20.29	39.21	19.45	2.85	0.00
Macaroni&Cheese,w/ham pcMS412	1 serving	100	433	64	1093	22.38	32.06	23.58	12.21	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	150	43	0	231	3.27	7.67	0.58	0.02	0.00
Glazed Carrots MS1018	1/2 cup	75	56	0	93	1.03	9.28	1.87	0.82	0.00
Quick Baked Potato MS1084	1/2 potato	275	91	0	177	2.16	18.29	1.2	0.14	0.00
Orange Smiles MS1270	1/2 cup	60	77	0	0	1.53	19.19	0.2	0.03	0.00
Chilled Peach Slices MS1274	1/2 cup	120	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
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	125	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 Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	100	35	4	150	0.0	3.0	2.5	0.00	0.00
Ketchup PC MS1528	1 packet	300	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			799	67	1510	34.73	110.53	25.72	6.90	0.00
% of Calories						17.4%	55.3%	29.0%	7.8%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 08/15/2018										
AHS Lunch 9-12	Total	425								
Chicken Nuggets,Fried MS534	5 nuggets	300	278	55	429	15.97	15.97	15.89	2.89	0.00
Red BeansCND/Rice/SausageMS416	1 serving	100	298	27	587	12.39	37.58	11.09	3.56	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	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
Baked Beans MS1000	1/2 cup	125	163	1	186	7.13	36.85	0.7	0.13	0.00
Green Beans, Canned, MS1036	1/2 cup	125	41	0	91	1.3	4.45	1.79	0.21	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	96	70	0	11	0.4	18.34	0.07	0.01	0.00
Chocolate Pudding MS1474	1/2 cup	300	111	0	159	1.99	23.78	0.96	0.96	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	300	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
Sauce, Variety,DippingPCMS1562	1 packet	300	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	150	10	0	85	0.0	3.0	0.0	0.00	0.00

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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 Daily Average			852	58	1446	32.24	128.87	23.66	6.78	0.00
% of Calories						15.1%	60.5%	25.0%	7.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 08/16/2018										
AHS Lunch 9-12	Total	350								
Salisbury Steak w/Gravy MS172	1 each	125	222	60	277	13.63	8.45	14.52	5.60	0.00
Taco Meat with Chips MS186	1 serving	200	315	41	481	13.84	22.19	19.02	8.00	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	0.00
Whole Ker Corn Frz MS1031	1/2 cup	250	89	0	20	2.5	17.22	2.42	0.91	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	200	136	0	147	1.05	21.98	8.37	1.05	0.00
Green Beans, Canned, MS1036	1/2 cup	125	41	0	91	1.3	4.45	1.79	0.21	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	75	140	0	5	1.0	36.0	0.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	250	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
Sauce, Taco. PC MS1558	1 packet	200	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			721	55	854	27.75	99.21	26.81	8.91	0.00
% of Calories						15.4%	55.0%	33.4%	11.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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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)
Fri - 08/17/2018										
AHS Lunch 9-12	Total	350								
Huntington Chicken High MS558	3/4 cup	125	388	116	1146	33.96	32.97	13.46	5.27	0.00
cheeseburger, double meat	1 each	200	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
Broccoli w/Cheese Sauce MS1012	1/2 cup	125	43	0	231	3.27	7.67	0.58	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
Garden Salad w/Dressing MS1118	1/2 cup	20	25	0	131	0.68	4.94	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
Fruit Cocktail MS1248	1/2 cup	96	58	0	5	0.51	14.91	0.09	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	125	160	0	125	4.0	29.0	3.0	0.50	0.00
Banana Berry Blend with Glaze	1/2 Cup	75	290	0	86	1.78	76.25	0.54	0.18	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
Mayonnaise PC Chipolte,MS1570	PC Packet	50	35	4	150	0.0	3.0	2.5	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	100	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			1023	114	1632	47.05	138.92	32.96	8.40	0.14
% of Calories						18.4%	54.3%	29.0%	7.4%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 08/20/2018										
AHS Lunch 9-12	Total	325								
Turkey Sliced,Brown GravyMS564	1 serving	125	152	55	967	17.37	5.18	6.18	2.23	0.00
Beef -A- Roni MS114	3/4 cup	175	294	47	389	17.04	26.0	14.23	5.68	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	25	90	0	260	2.0	16.0	3.0	0.00	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	250	136	0	147	1.05	21.98	8.37	1.05	0.00
Green Beans, Canned, MS1036	1/2 cup	125	41	0	91	1.3	4.45	1.79	0.21	0.00
Garden Salad w/Dressing MS1118	1/2 cup	20	25	0	131	0.68	4.94	0.12	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	96	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
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	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

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Amory School District

Aug 1, 2018 thru Aug 31, 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			844	65	1231	33.28	120.40	28.68	9.38	0.00
% of Calories						15.8%	57.1%	30.6%	10.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 08/21/2018										
AHS Lunch 9-12	Total	325								
Chicken Parmesan MS536	2 ounces	175	275	71	699	25.94	15.95	9.59	3.47	0.00
BBQ Pork Sandwich MS716	1 each	125	284	53	671	18.07	31.31	10.42	3.27	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	25	90	0	260	2.0	16.0	3.0	0.00	0.00
Fried Crinkle Cut Fries MS1089	1 cup	300	270	0	41	5.44	35.37	12.09	0.54	0.16
Squash, Summer: MS1127	1/2 cup	125	42	0	166	1.05	6.26	1.96	0.81	0.00
Green Peas, Frozen MS1070	1/2 cup	175	91	0	171	4.92	13.67	2.04	0.86	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
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Crisp MS1412	1 serving	125	273	0	157	2.47	45.51	9.5	4.15	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	200	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
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			992	70	1369	42.49	139.91	29.54	7.02	0.15
% of Calories						17.1%	56.4%	26.8%	6.4%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Aug 1, 2018 thru Aug 31, 2018

AHS Lunch 9-12

Generated on: 7/16/2018 9:13:31 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)
Wed - 08/22/2018										
AHS Lunch 9-12	Total	325								
BBQ Chicken Sandwich MS714	1 each	125	265	50	688	22.92	35.19	4.15	0.72	0.00
Chicken Spaghetti High	1 cup	175	401	73	558	33.18	49.89	7.37	2.30	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	25	90	0	260	2.0	16.0	3.0	0.00	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	200	89	0	104	0.99	12.87	3.96	0.25	0.00
Green Beans, Canned, MS1036	1/2 cup	125	41	0	91	1.3	4.45	1.79	0.21	0.00
Applesauce, MS1204	1/2 cup	96	59	0	2	0.24	15.62	0.07	0.01	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	75	165	0	196	12.4	28.9	0.71	0.01	0.00
Creamy Coleslaw, MS 1116	1/2 cup	50	72	6	76	0.74	11.19	3.14	0.32	0.00
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Fruit Cocktail MS1248	1/2 cup	96	58	0	5	0.51	14.91	0.09	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	175	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
Weighted Daily Average			748	72	1071	43.83	116.15	12.82	2.88	0.00
% of Calories						23.4%	62.1%	15.4%	3.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 08/23/2018										
AHS Lunch 9-12	Total	375								
Chili Cheese Corn Chips MS128	Serving	175	408	62	600	20.73	20.02	28.11	12.03	0.00
Chicken Fajitas USDA, MS527	1 fajita	175	284	79	1110	25.34	21.06	11.23	6.60	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	25	90	0	260	2.0	16.0	3.0	0.00	0.00
Lima Beans, Frozen MS1004	1/2 cup	125	104	0	254	5.58	16.32	2.03	0.87	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	150	136	0	147	1.05	21.98	8.37	1.05	0.00
Pineapple Tidbits MS1286	1/2 cup	90	72	0	1	0.5	18.87	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	75	140	0	5	1.0	36.0	0.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	125	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
Sauce, Taco. PC MS1558	1 packet	350	5	0	95	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	150	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

Aug 1, 2018 thru Aug 31, 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)
Weighted Daily Average			679	77	1328	34.56	84.54	24.96	10.26	0.00
% of Calories						20.4%	49.8%	33.1%	13.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 08/24/2018										
AHS Lunch 9-12	Total		375							
Chicken Tenders,Fried MS548	3 tenders	300	301	60	690	22.0	17.0	16.12	2.52	0.00
Meatloaf MS160	1 piece	50	216	76	360	12.37	10.69	13.51	5.03	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	25	90	0	260	2.0	16.0	3.0	0.00	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	75	165	0	196	12.4	28.9	0.71	0.01	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
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	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Chilled Peach Slices MS1274	1/2 cup	196	65	0	6	0.54	17.49	0.04	0.00	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
Sauce, Variety,DippingPCMS1562	1 packet	300	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			858	72	1609	38.74	121.84	25.02	6.30	0.00
% of Calories						18.1%	56.8%	26.2%	6.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Aug 1, 2018 thru Aug 31, 2018

AHS Lunch 9-12

Generated on: 7/16/2018 9:13:31 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)
Mon - 08/27/2018										
AHS Lunch 9-12	Total	350								
BBQ Pork Sandwich MS716	1 each	150	284	53	671	18.07	31.31	10.42	3.27	0.00
Chili Cheese Corn Chips MS128	Serving	175	408	62	600	20.73	20.02	28.11	12.03	0.00
Chicken Tenders Salad High	1 salad	25	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
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	50	72	6	76	0.74	11.19	3.14	0.32	0.00
California Vegetables MS1054	1/2 cup	125	50	0	58	2.27	5.67	1.78	0.81	0.00
Chilled Peach Slices MS1274	1/2 cup	144	65	0	6	0.54	17.49	0.04	0.00	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	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	125	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
Sauce, Taco, PC MS1558	1 packet	175	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			824	64	1163	36.49	117.65	25.53	10.29	0.00
% of Calories						17.7%	57.1%	27.9%	11.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 08/28/2018										
AHS Lunch 9-12	Total	425								
Meatloaf MS160	1 piece	100	216	76	360	12.37	10.69	13.51	5.03	0.00
Chicken Nuggets,Fried MS534	5 nuggets	300	278	55	429	15.97	15.97	15.89	2.89	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Lima Beans, Frozen MS1004	1/2 cup	150	104	0	254	5.58	16.32	2.03	0.87	0.00
Green Peas, Frozen MS1070	1/2 cup	150	91	0	171	4.92	13.67	2.04	0.86	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
Pineapple Tidbits MS1286	1/2 cup	144	72	0	1	0.5	18.87	0.1	0.01	0.00
Fresh Melon Cubes MS1234	1/2 CUP	60	57	0	28	1.07	14.0	0.26	0.07	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	375	160	0	125	4.0	29.0	3.0	0.50	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	300	120	5	100	1.0	17.0	5.0	2.00	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	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Variety,DippingPCMS1562	1 packet	300	45	3	127	0.0	7.0	2.0	0.33	0.00

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Amory School District

Aug 1, 2018 thru Aug 31, 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			753	72	1056	30.48	101.51	24.71	6.55	0.00
% of Calories						16.2%	53.9%	29.5%	7.8%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 08/29/2018										
AHS Lunch 9-12	Total	330								
Chicken Patty Sand,Fried MS734	1 each	180	409	55	768	20.29	39.21	19.45	2.85	0.00
Chili Cheese Corn Chips MS128	Serving	125	408	62	600	20.73	20.02	28.11	12.03	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Quick Baked Potato MS1084	1/2 potato	275	91	0	177	2.16	18.29	1.2	0.14	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	125	132	0	194	6.3	29.99	0.55	0.10	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	175	43	0	231	3.27	7.67	0.58	0.02	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	145	1.18	6.03	0.12	0.02	0.00
Orange Smiles MS1270	1/2 cup	60	77	0	0	1.53	19.19	0.2	0.03	0.00
Chilled Peach Slices MS1274	1/2 cup	144	65	0	6	0.54	17.49	0.04	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	160	0	125	4.0	29.0	3.0	0.50	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Assorted Gelatin w/ Top MS1450	1/2 cup	300	89	0	63	1.07	19.38	1.12	1.12	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	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	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	80	35	4	150	0.0	3.0	2.5	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
Sauce, Taco. PC MS1558	1 packet	125	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			938	68	1587	38.44	138.19	28.58	8.47	0.00
% of Calories						16.4%	58.9%	27.4%	8.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Aug 1, 2018 thru Aug 31, 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)
Thu - 08/30/2018										
AHS Lunch 9-12	Total	375								
Chicken Wings,Bless,Brig MS540	5 Chunks	300	284	54	996	23.37	22.44	10.01	1.46	0.00
Salisbury Steak w/Gravy MS172	1 each	75	222	60	277	13.63	8.45	14.52	5.60	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	150	91	0	171	4.92	13.67	2.04	0.86	0.00
Turnip Greens, Southern MS1046	1/2 cup	75	57	0	88	2.48	3.43	3.33	0.24	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Cocktail MS1248	1/2 cup	96	58	0	5	0.51	14.91	0.09	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	350	160	0	125	4.0	29.0	3.0	0.50	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
Ranch Dressing (Mix)MS1546	2 TBSP	300	115	21	457	1.17	4.1	10.27	1.17	0.00
Weighted Daily Average			960	78	2164	40.81	133.03	28.82	7.27	0.00
% of Calories						17.0%	55.4%	27.0%	6.8%	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 - 08/31/2018										
AHS Lunch 9-12	Total	450								
Chicken Tenders,Fried MS548	3 tenders	375	301	60	690	22.0	17.0	16.12	2.52	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
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	375	160	0	125	4.0	29.0	3.0	0.50	0.00
Corn on Cob, 3 in.USDA, MC1024	2 cobs	200	94	0	22	2.56	18.42	2.4	0.90	0.00
Green Beans, Canned, MS1036	1/2 cup	175	41	0	91	1.3	4.45	1.79	0.21	0.00
Mandarin Fruit Cup MS1254	1/2 cup	125	62	0	6	0.53	16.28	0.1	0.01	0.00
Chilled Peach Slices MS1274	1/2 cup	200	65	0	6	0.54	17.49	0.04	0.00	0.00
Banana Berry Blend with Glaze	1/2 Cup	75	290	0	86	1.78	76.25	0.54	0.18	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
Sauce, Variety,DippingPCMS1562	1 packet	375	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			733	70	1093	34.19	104.20	21.73	4.41	0.00
% of Calories						18.6%	56.8%	26.7%	5.4%	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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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2018 thru Aug 31, 2018

AHS Lunch 9-12

Generated on: 7/16/2018 9:13:31 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)
Weighted Average			827	70	1333	36.51 17.7%	117.79 57.0%	24.83 27.0%	7.05 7.7%	0.02 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	827		750 - 850	100%				
Cholesterol (mg)	70							
Sodium (mg)	1333		1420					
Protein (g)	36.51	17.66%						
Carbohydrate (g)	117.79	56.97%						
Total Fat (g)	24.83	27.02%						
Saturated Fat (g)	7.05	7.67%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%						

**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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