

# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Mon - 10/01/2018										
AHS Lunch 9-12	Total	395								
Chicken Pieces/Honey BBQ Sc MS	1 Serving	300	340	45	880	19.0	31.0	15.0	2.50	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	300	115	21	457	1.17	4.1	10.27	1.17	0.00
Hamburger Steak W/GvyUSMS144.1	1 steak	75	143	45	425	11.0	5.59	8.32	3.32	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	75	91	0	171	4.92	13.67	2.04	0.86	0.00
Mashed Potatoes MS1078	1/2 cup	300	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	300	26	0	430	0.0	5.18	0.65	0.65	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	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	400	160	0	125	4.0	29.0	3.0	0.50	0.00
Chocolate Pudding MS1474	1/2 cup	250	111	0	159	1.99	23.78	0.96	0.96	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			905	68	1988	37.48	124.59	28.37	6.55	0.00
% of Calories						16.6%	55.1%	28.2%	6.5%	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 - 10/02/2018										
AHS Lunch 9-12	Total	345								
Quesadilla, Purc. High MS170	4 wedges	175	388	15	1030	22.39	44.78	14.92	4.48	0.00
Lasagna MS154	1 serving	150	319	52	430	21.96	24.25	15.15	6.93	0.00
Grilled Chicken Salad High	1 salad	20	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
Whole Ker Corn Frz MS1031	1/2 cup	175	89	0	20	2.5	17.22	2.42	0.91	0.00
Glazed Carrots MS1018	1/2 cup	75	56	0	93	1.03	9.28	1.87	0.82	0.00
Applesauce, MS1204	1/2 cup	96	59	0	2	0.24	15.62	0.07	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	48	71	0	8	0.27	18.91	0.04	0.00	0.00
Toast, Garlic WW MS1351	1 slice	150	100	0	170	4.0	15.0	2.5	0.50	0.00
Cookie,Chocolate ChipPurMS1428	1 cookie	300	120	5	95	1.0	16.0	6.0	3.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	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			703	45	1168	34.15	92.95	23.31	9.39	0.00
% of Calories						19.4%	52.9%	29.9%	12.0%	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

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Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
<b>Wed - 10/03/2018</b>										
AHS Lunch 9-12	Total	395								
Chicken Mandarin MS570	1 Serving	300	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	300	119	0	324	3.32	25.28	0.58	0.11	0.00
Beef -A- Roni MS114	3/4 cup	75	294	47	389	17.04	26.0	14.23	5.68	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	75	160	0	125	4.0	29.0	3.0	0.50	0.00
Grilled Chicken Salad High	1 salad	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Squash, Summer: MS1127	1/2 cup	100	42	0	166	1.05	6.26	1.96	0.81	0.00
Broccoli Salad Grapes MS1110	2/3 cup	75	133	16	226	3.4	13.23	8.22	1.23	0.00
Pineapple Tidbits MS1286	1/2 cup	96	72	0	1	0.5	18.87	0.1	0.01	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Brownies, Mix, Enriched MS1400	1 piece	350	140	4	130	1.0	26.01	4.0	1.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			664	67	1078	29.52	107.20	14.08	4.07	0.00
% of Calories						17.8%	64.6%	19.1%	5.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

<b>Thu - 10/04/2018</b>										
AHS Lunch 9-12	Total	325								
Fish Nuggets, Fried MS204	5 nuggets	150	265	30	310	15.0	20.0	13.52	1.96	0.00
Chicken Patty Sand,Fried MS734	1 each	150	409	55	768	20.29	39.21	19.45	2.85	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Hushpuppies-Purchase MS1332	2 each	150	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Baked Beans, SpiceBlend MS1002	1/2 cup	150	132	0	194	6.3	29.99	0.55	0.10	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Creamy Coleslaw, MS 1116	1/2 cup	75	72	6	76	0.74	11.19	3.14	0.32	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Banana Berry Blend with Glaze	1/2 Cup	50	290	0	86	1.78	76.25	0.54	0.18	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Sauce, Tartar, PC MS1560	1 packet	150	25	5	115	0.0	2.0	2.5	0.00	0.00
Ketchup PC MS1528	1 packet	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Hot, PC MS1552	1 packet	50	0	0	65	0.0	0.0	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 <sup>1</sup> (g)
Weighted Daily Average			837	57	1183	33.55	120.97	26.87	3.75	0.08
% of Calories						16.0%	57.8%	28.9%	4.0%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 10/05/2018										
AHS Lunch 9-12	Total	345								
Nachos Grande High	1 serving	200	730	81	1375	24.31	50.83	47.59	15.79	0.00
Hot Dog WG MS778	1 each	125	300	35	820	11.0	24.0	17.5	6.00	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Fried Crinkle AHS Fries MS1089	1 cup	275	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
Whole Ker Corn Frz MS1031	1/2 cup	175	89	0	20	2.5	17.22	2.42	0.91	0.00
Fresh Cantaloupe Cubes, MS1232	1/2 cup	60	27	0	13	0.66	6.4	0.15	0.04	0.00
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	125	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
Sauce, Taco. PC MS1558	1 packet	200	5	0	95	0.0	1.0	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
Weighted Daily Average			1047	70	1712	35.73	121.48	47.78	13.06	0.13
% of Calories						13.7%	46.4%	41.1%	11.2%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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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 <sup>1</sup> (g)
Tue - 10/09/2018										
AHS Lunch 9-12	Total	375								
Pizza, Stuffed Crust MS304	1 slice	175	330	20	870	17.0	35.0	14.0	4.50	0.00
Tater Tot Casserole	1 serving	175	286	22	723	10.61	24.75	17.22	5.70	*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	175	91	0	171	4.92	13.67	2.04	0.86	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	75	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
Fruit Crisp MS1412	1 serving	100	273	0	157	2.47	45.51	9.5	4.15	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			589	30	1120	25.58	78.53	20.28	7.07	*0.00
% of Calories						17.4%	53.4%	31.0%	10.8%	*0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 10/10/2018										
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
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	125	41	0	91	1.3	4.45	1.79	0.21	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	125	165	0	196	12.4	28.9	0.71	0.01	0.00
Mashed Potatoes MS1078	1/2 cup	300	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	300	26	0	430	0.0	5.18	0.65	0.65	0.00
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Applesauce, MS1204	1/2 cup	96	59	0	2	0.24	15.62	0.07	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	325	160	0	125	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	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	300	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			701	67	1269	30.57	95.15	22.15	5.65	0.00
% of Calories						17.4%	54.3%	28.4%	7.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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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 <sup>1</sup> (g)
Thu - 10/11/2018										
AHS Lunch 9-12	Total	305								
Chicken Patty Sand,Fried MS734	1 each	180	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
Chilled Peach Slices MS1274	1/2 cup	150	65	0	6	0.54	17.49	0.04	0.00	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	175	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
Grape Salad	1/2 Cup	75	127	8	65	1.8	20.89	4.55	*3.02	0.00
Fresh Strawberries MS1292	1/2 cup	100	29	0	1	0.61	6.97	0.27	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	100	160	0	125	4.0	29.0	3.0	0.50	0.00
Peanut Butter Parfait MS1482	1/2 cup	300	209	11	137	5.56	18.45	13.54	6.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	100	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	200	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
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			944	82	1574	39.17	110.42	40.55	*13.77	0.00
% of Calories						16.6%	46.8%	38.6%	*13.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 10/12/2018										
AHS Lunch 9-12	Total	425								
Chicken Wings,Bless,Brig MS540	5 Chunks	300	284	54	996	23.37	22.44	10.01	1.46	0.00
Veggie Be Soup Sand ComboMS822	1 serving	100	431	35	956	17.89	46.22	20.94	6.72	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Whole Ker Corn Frz MS1031	1/2 cup	125	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
Raisins, Flavored, MS1291	Packages	125	140	0	5	1.0	36.0	0.0	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
Fruit Crisp MS1412	1 serving	125	273	0	157	2.47	45.51	9.5	4.15	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Ketchup PC MS1528	1 packet	400	10	0	85	0.0	3.0	0.0	0.00	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	300	115	21	457	1.17	4.1	10.27	1.17	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 <sup>1</sup> (g)
Weighted Daily Average			767	71	1648	31.77	102.30	27.91	6.05	0.00
% of Calories						16.6%	53.4%	32.8%	7.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 10/15/2018										
AHS Lunch 9-12	Total	355								
Beef Ravioli MS102	1 cup	150	280	29	663	17.07	30.3	9.54	4.52	0.00
hamburger, double meat	1 each	180	405	90	826	27.24	34.09	18.05	6.01	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
Pineapple Tidbits MS1286	1/2 cup	125	72	0	1	0.5	18.87	0.1	0.01	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Toast, Garlic WW MS1351	1 slice	150	100	0	170	4.0	15.0	2.5	0.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	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	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			856	71	1324	38.53	116.15	27.29	6.51	0.14
% of Calories						18.0%	54.3%	28.7%	6.8%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Tue - 10/16/2018										
AHS Lunch 9-12	Total	415								
Loaded Baked Potato Soup MS808	1 cup	100	391	20	556	13.39	42.2	18.83	9.48	0.00
Ham Slider Bun MS 773	1 slider	100	137	16	526	12.37	19.39	2.52	0.33	0.00
Chicken Hot Wings Bone MS538	3 Wings	300	240	120	615	22.5	1.5	16.5	3.75	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	300	115	21	457	1.17	4.1	10.27	1.17	0.00
Grilled Chicken Salad High	1 salad	15	370	82	993	33.32	25.81	13.76	6.93	0.00
Whole Ker Corn Frz MS1031	1/2 cup	125	89	0	20	2.5	17.22	2.42	0.91	0.00
Glazed Carrots MS1018	1/2 cup	75	56	0	93	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	145	1.18	6.03	0.12	0.02	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	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	300	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
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			812	126	1437	36.22	90.65	35.18	9.92	0.00
% of Calories						17.8%	44.7%	39.0%	11.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 10/17/2018										
AHS Lunch 9-12	Total	350								
Cheesy Chicken Over/Rice High	1 serving	180	488	102	647	41.78	39.04	18.56	10.52	0.00
Philly Cheese Steak Sand High	1 each	150	481	65	1219	27.35	50.44	19.26	6.99	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	300	136	0	147	1.05	21.98	8.37	1.05	0.00
Garden Salad w/Dressing MS1118	1/2 cup	20	25	0	131	0.68	4.94	0.12	0.02	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	175	78	0	79	4.88	8.55	4.14	1.71	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Strawberries, Frozen MS1294	1/2 cup	96	51	0	0	0.64	12.12	0.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	175	160	0	125	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	100	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
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00

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# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Weighted Daily Average			886	92	1377	47.46	112.12	31.67	11.13	0.00
% of Calories						21.4%	50.6%	32.2%	11.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 10/18/2018										
AHS Lunch 9-12	Total	370								
Chicken with Alfredo Sau MS556	3/4 cup	200	247	79	667	20.8	21.81	8.2	4.22	0.00
Meatloaf MS160	1 piece	150	216	76	360	12.37	10.69	13.51	5.03	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Mashed Potatoes High 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
Black-Eyed Peas DryCMS1006	1/2 cup	125	165	0	196	12.4	28.9	0.71	0.01	0.00
Turnip Greens, Southern MS1046	1/2 cup	75	57	0	88	2.48	3.43	3.33	0.24	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	145	1.18	6.03	0.12	0.02	0.00
Raisins, Flavored, MS1291	Packages	125	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	150	95	0	9	0.25	23.44	0.08	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	300	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
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			821	82	1372	36.74	127.97	18.72	7.54	0.00
% of Calories						17.9%	62.3%	20.5%	8.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Fri - 10/19/2018										
AHS Lunch 9-12	Total	325								
Chicken Patty Sand,Fried MS734	1 each	150	409	55	768	20.29	39.21	19.45	2.85	0.00
Tater Tot Casserole	1 serving	175	286	22	723	10.61	24.75	17.22	5.70	*0.00
Whole Ker Corn Frz MS1031	1/2 cup	250	89	0	20	2.5	17.22	2.42	0.91	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	15	31	0	145	1.18	6.03	0.12	0.02	0.00
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Orange Smiles MS1270	1/2 cup	60	77	0	0	1.53	19.19	0.2	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 Crisp MS1412	1 serving	125	273	0	157	2.47	45.51	9.5	4.15	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	100	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
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			729	46	1111	26.38	102.39	26.37	7.12	*0.00
% of Calories						14.5%	56.1%	32.5%	8.8%	*0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 10/23/2018										
AHS Lunch 9-12	Total	345								
Beef Taco w/Soft Taco High	2 tacos	175	547	82	1302	30.65	41.8	28.33	13.18	0.00
BBQ Pork Sandwich MS716	1 each	150	284	53	671	18.07	31.31	10.42	3.27	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	300	270	0	41	5.44	35.37	12.09	0.54	0.16
Baked Beans, SpiceBlend MS1002	1/2 cup	125	132	0	194	6.3	29.99	0.55	0.10	0.00
Creamy Coleslaw, MS 1116	1/2 cup	50	72	6	76	0.74	11.19	3.14	0.32	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 Melon Cubes MS1234	1/2 CUP	60	57	0	28	1.07	14.0	0.26	0.07	0.00
Strawberries, Frozen MS1294	1/2 cup	96	51	0	0	0.64	12.12	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
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Sauce, Taco. PC MS1558	1 packet	175	5	0	95	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

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# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Weighted Daily Average			974	76	1644	41.71	132.61	32.17	10.14	0.14
% of Calories						17.1%	54.5%	29.7%	9.4%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 10/24/2018										
AHS Lunch 9-12	Total	325								
BBQ Rib Sandwich Brush MS720	1 each	125	398	40	1141	20.0	44.83	17.0	5.00	0.00
Chili Cheese Corn Chips MS128	Serving	180	408	62	600	20.73	20.02	28.11	12.03	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	175	89	0	20	2.5	17.22	2.42	0.91	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 cup	125	130	0	12	1.08	34.98	0.07	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	96	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
Fresh Bananas MS1220	1 each	175	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Sauce, Taco. PC MS1558	1 packet	180	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			744	59	1071	32.02	103.78	25.72	10.08	0.00
% of Calories						17.2%	55.8%	31.1%	12.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Thu - 10/25/2018										
AHS Lunch 9-12	Total	325								
Chicken Fajitas USDA, MS527	1 fajita	125	284	79	1110	25.34	21.06	11.23	6.60	0.00
Corn Dog Nuggets High MS406	8 nuggets	180	282	45	716	9.08	27.23	15.13	11.09	0.00
Chicken Salad Salad MS612	1 salad	20	289	228	782	26.91	17.53	12.4	2.85	0.00
Pinto Beans MS912	1/2 cup	125	146	0	254	8.15	26.17	1.35	0.28	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	300	136	0	147	1.05	21.98	8.37	1.05	0.00
Grape Salad	1/2 Cup	70	127	8	65	1.8	20.89	4.55	*3.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Fresh Melon Cubes MS1234	1/2 CUP	60	57	0	28	1.07	14.0	0.26	0.07	0.00
Brownies, Mix, Enriched MS1400	1 piece	350	140	4	130	1.0	26.01	4.0	1.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	200	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
Sauce, Taco. PC MS1558	1 packet	125	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			823	82	1642	30.01	123.97	27.55	*11.94	0.00
% of Calories						14.6%	60.3%	30.1%	*13.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 10/26/2018										
AHS Lunch 9-12	Total	350								
Chicken Patty Sand,Fried MS734	1 each	180	409	55	768	20.29	39.21	19.45	2.85	0.00
Lasagna MS154	1 serving	150	319	52	430	21.96	24.25	15.15	6.93	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Quick Baked Potato MS1084	1/2 potato	250	91	0	177	2.16	18.29	1.2	0.14	0.00
Garden Salad w/Dressing MS1118	1/2 cup	20	25	0	131	0.68	4.94	0.12	0.02	0.00
Broccoli Salad Grapes MS1110	2/3 cup	75	133	16	226	3.4	13.23	8.22	1.23	0.00
Orange Smiles MS1270	1/2 cup	60	77	0	0	1.53	19.19	0.2	0.03	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Yellow Cake from Mix, MS1436	Serving	280	132	24	223	1.8	24.6	3.0	0.60	0.00
Chocolate Cream Frosting	1.25 Tablespoon	280	97	0	31	0.49	19.25	2.67	1.21	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Ketchup PC MS1528	1 packet	250	10	0	85	0.0	3.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	75	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

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# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Weighted Daily Average			820	84	1276	32.95	115.95	26.63	6.98	0.00
% of Calories						16.1%	56.6%	29.2%	7.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 10/29/2018										
AHS Lunch 9-12	Total		375							
hamburger, double meat	1 each	130	405	90	826	27.24	34.09	18.05	6.01	0.00
Chicken with Alfredo Sau MS556	3/4 cup	225	247	79	667	20.8	21.81	8.2	4.22	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	300	270	0	41	5.44	35.37	12.09	0.54	0.16
Green Peas, Frozen MS1070	1/2 cup	125	91	0	171	4.92	13.67	2.04	0.86	0.00
Garden Salad w/Dressing MS1118	1/2 cup	20	25	0	131	0.68	4.94	0.12	0.02	0.00
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	300	70	0	60	0.0	18.0	0.0	0.00	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	300	95	0	9	0.25	23.44	0.08	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	250	160	0	125	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Ketchup PC MS1528	1 packet	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			945	88	1271	39.51	142.58	24.80	6.28	0.13
% of Calories						16.7%	60.4%	23.6%	6.0%	0.1%
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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# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Tue - 10/30/2018										
AHS Lunch 9-12	Total	325								
Chili Con Carne w/ Beans MS130	1 cup	175	159	33	264	10.15	8.05	9.79	3.62	0.00
Grill CheeseSand 1 ozUMS762.1	sandwich	175	220	15	600	10.0	30.0	7.0	3.00	0.00
Hot Dog WG MS778	1 each	125	300	35	820	11.0	24.0	17.5	6.00	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	0.00
Pinto Beans MS912	1/2 cup	125	146	0	254	8.15	26.17	1.35	0.28	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	200	136	0	147	1.05	21.98	8.37	1.05	0.00
Rosey Applesauce MS1212	1/2 cup	75	70	0	11	0.4	18.34	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
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Yellow Cake from Mix, MS1436	Serving	325	132	24	223	1.8	24.6	3.0	0.60	0.00
Chocolate Cream Frosting	1.25 Tablespoon	325	97	0	31	0.49	19.25	2.67	1.21	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	120	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	120	10	0	85	0.0	3.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			912	74	1560	31.29 13.7%	140.54 61.7%	28.70 28.3%	9.15 9.0%	0.00 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 - 10/31/2018										
AHS Lunch 9-12	Total	420								
Chicken Pieces/Honey BBQ Sc MS	1 Serving	300	340	45	880	19.0	31.0	15.0	2.50	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	300	115	21	457	1.17	4.1	10.27	1.17	0.00
Hamburger Steak W/GvyUSMS144.1	1 steak	100	143	45	425	11.0	5.59	8.32	3.32	0.00
Grilled Chicken Salad High	1 salad	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Green Beans, Canned, MS1036	1/2 cup	125	41	0	91	1.3	4.45	1.79	0.21	0.00
Mashed Potatoes MS1078	1/2 cup	300	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	300	26	0	430	0.0	5.18	0.65	0.65	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	125	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
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	375	160	0	125	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	108	16	129	8.61	11.83	2.69	1.61	0.00

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# Amory School District

Oct 1, 2018 thru Oct 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 <sup>1</sup> (g)
Weighted Daily Average			859	67	1903	35.41	117.50	27.28	6.35	0.00
% of Calories						16.5%	54.7%	28.6%	6.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Weighted Average			826	72	1416	34.56 16.7%	113.32 54.9%	27.78 30.3%	*8.21 *9.0%	*0.03 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	826		750 - 850	100%				
Cholesterol (mg)	72							
Sodium (mg)	1416		1420					
Protein (g)	34.56	16.74%						
Carbohydrate (g)	113.32	54.90%						
Total Fat (g)	27.78	30.28%						
Saturated Fat (g)	8.21	8.95%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.03	0.03%			Missing			

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