

Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Tue - 01/08/2019										
AHS Lunch 9-12	Total	400								
Red BeansCND/Rice/SausageMS416	1 serving	75	298	27	587	12.39	37.58	11.09	3.56	0.00
Chicken Pieces/Honey BBQ Sc MS	1 Serving	300	340	45	880	19.0	31.0	15.0	2.50	0.00
Grilled Chicken Salad High	1 salad	25	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	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Squash, Summer: MS1127	1/2 cup	75	42	0	166	1.05	6.26	1.96	0.81	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	125	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
Vanilla Pudding MS1486	1/2 cup	250	128	0	193	2.06	27.43	1.02	1.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	375	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			842	49	1343	32.74	128.31	22.06	6.02	0.00
% of Calories						15.6%	61.0%	23.6%	6.4%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 01/09/2019										
AHS Lunch 9-12	Total	400								
Grilled Chicken Sandwich MS764	1 each	100	296	60	838	24.29	31.21	7.05	1.51	0.00
Tater Tot Casserole	1serving	275	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
Turnip Greens, Southern MS1046	1/2 cup	15	57	0	88	2.48	3.43	3.33	0.24	0.00
Raw Veggies w/Dip MS1124	1/2 cup	75	32	0	141	0.86	6.76	0.16	0.02	0.00
Green Peas, Frozen MS1070	1/2 cup	15	91	0	171	4.92	13.67	2.04	0.86	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
Tropical Apples MS1216	1/2 cup	75	152	0	49	0.83	29.99	3.62	1.63	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.	275	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
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00

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

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

Page 2

Generated on: 12/19/2018 4:10:29 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)
Weighted Daily Average			671	41	1191	26.79	98.41	19.57	6.49	*0.00
% of Calories						16.0%	58.6%	26.2%	8.7%	*0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 01/10/2019										
AHS Lunch 9-12	Total	375								
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
cheeseburger, double meat	1 each	175	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
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Green Beans, Canned, MS1036	1/2 cup	125	41	0	91	1.3	4.45	1.79	0.21	0.00
Fresh Melon Cubes MS1234	1/2 CUP	75	57	0	28	1.07	14.0	0.26	0.07	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 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	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			873	90	1405	40.42	115.62	28.65	8.55	0.07
% of Calories						18.5%	53.0%	29.5%	8.8%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

Page 3

Generated on: 12/19/2018 4:10:29 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)
Fri - 01/11/2019										
AHS Lunch 9-12	Total	375								
Beef Ravioli MS102	1 cup	150	280	29	663	17.07	30.3	9.54	4.52	0.00
Toast, Garlic WW MS1351	1 slice	150	100	0	170	4.0	15.0	2.5	0.50	0.00
Teriyaki Beef	Servings	200	301	47	1114	16.86	35.12	9.9	2.86	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Green Peas, Frozen MS1070	1/2 cup	200	91	0	171	4.92	13.67	2.04	0.86	0.00
Pinto Beans MS912	1/2 cup	125	146	0	254	8.15	26.17	1.35	0.28	0.00
Garden Salad w/Dressing MS1118	1/2 cup	25	25	0	131	0.68	4.94	0.12	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	150	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
Fruit Crisp MS1412	1 serving	125	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
Weighted Daily Average			682	48	1371	32.84	101.90	16.18	6.16	0.00
% of Calories						19.3%	59.8%	21.4%	8.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 01/14/2019										
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
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	125	160	0	125	4.0	29.0	3.0	0.50	0.00
Taco Meat with Chips MS186	1 serving	200	315	41	481	13.84	22.19	19.02	8.00	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	250	91	0	177	2.16	18.29	1.2	0.14	0.00
Green Peas, Frozen MS1070	1/2 cup	75	91	0	171	4.92	13.67	2.04	0.86	0.00
Applesauce, MS1204	1/2 cup	125	59	0	2	0.24	15.62	0.07	0.01	0.00
Raw Veggies w/Dip MS1124	1/2 cup	75	32	0	141	0.86	6.76	0.16	0.02	0.00
Fruit Cocktail MS1248	1/2 cup	125	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
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	100	5	0	95	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
Weighted Daily Average			689	76	1292	34.15	96.17	19.59	7.68	0.00
% of Calories						19.8%	55.8%	25.6%	10.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Jan 1, 2019 thru Jan 31, 2019

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)
Tue - 01/15/2019										
AHS Lunch 9-12	Total	325								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	175	310	25	530	17.0	39.0	10.0	4.50	0.00
Chicken with Alfredo Sau MS556	3/4 cup	125	247	79	667	20.8	21.81	8.2	4.22	0.00
Toast, Garlic WW MS1351	1 slice	125	100	0	170	4.0	15.0	2.5	0.50	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Glazed Carrots MS1018	1/2 cup	75	56	0	93	1.03	9.28	1.87	0.82	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	250	101	0	133	2.76	19.66	2.75	0.99	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	150	65	0	6	0.54	17.49	0.04	0.00	0.00
Strawberries, Frozen MS1294	1/2 cup	96	51	0	0	0.64	12.12	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
Brownies, Mix, Enriched MS1400	1 piece	350	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
Weighted Daily Average			766	61	1120	33.04	123.17	17.95	7.07	0.00
% of Calories						17.2%	64.3%	21.1%	8.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 01/16/2019										
AHS Lunch 9-12	Total	400								
Taco Soup MS812	1 cup	300	259	41	441	15.65	22.71	12.13	4.43	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	300	90	0	260	2.0	16.0	3.0	0.00	0.00
BBQ Pork Sandwich MS716	1 each	75	284	53	671	18.07	31.31	10.42	3.27	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	300	270	0	41	5.44	35.37	12.09	0.54	0.16
Baked Beans, SpiceBlend MS1002	1/2 cup	50	132	0	194	6.3	29.99	0.55	0.10	0.00
Creamy Coleslaw, MS 1116	1/2 cup	25	72	6	76	0.74	11.19	3.14	0.32	0.00
Chocolate Pudding MS1474	1/2 cup	300	111	0	159	1.99	23.78	0.96	0.96	0.00
Hot Cinnamon Apples MS1208	1/2 cup	125	118	0	190	0.42	21.92	3.57	1.62	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	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	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			859	51	1203	31.81	130.78	25.82	6.28	0.12
% of Calories						14.8%	60.9%	27.0%	6.6%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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Base Menu Spreadsheet

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 - 01/17/2019										
AHS Lunch 9-12	Total	300								
Chicken Patty Sand,Fried MS734	1 each	200	409	55	768	20.29	39.21	19.45	2.85	0.00
Beef -A- Roni MS114	3/4 cup	75	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
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	200	178	0	208	1.98	25.73	7.92	0.50	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	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	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Toast, Garlic WW MS1351	1 slice	75	100	0	170	4.0	15.0	2.5	0.50	0.00
Vanilla Pudding MS1486	1/2 cup	300	128	0	193	2.06	27.43	1.02	1.01	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
Weighted Daily Average			906	65	1391	35.87	128.38	28.42	6.27	0.00
% of Calories						15.8%	56.7%	28.2%	6.2%	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 ¹ (g)
Fri - 01/18/2019										
AHS Lunch 9-12	Total	325								
Chicken Spaghetti High	1 cup	200	401	73	558	33.18	49.89	7.37	2.30	0.00
Ham & Cheese/Slider Bun MS 773	1 slider	100	191	30	739	15.54	19.62	7.01	3.16	0.00
Grilled Chicken Salad High	1 salad	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	75	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
Turnip Greens, Southern MS1046	1/2 cup	75	57	0	88	2.48	3.43	3.33	0.24	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	200	160	0	125	4.0	29.0	3.0	0.50	0.00
Chilled Peach Slices MS1274	1/2 cup	125	65	0	6	0.54	17.49	0.04	0.00	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	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	25	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	75	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	150	10	0	85	0.0	3.0	0.0	0.00	0.00

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Page 6

Generated on: 12/19/2018 4:10:29 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)
Weighted Daily Average			701	68	1141	39.96	105.28	13.97	4.18	0.00
% of Calories						22.8%	60.1%	17.9%	5.4%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 01/22/2019										
AHS Lunch 9-12	Total	325								
Hamburger 2 oz Patty WGMS775	1 each	200	225	20	526	13.22	29.15	7.04	2.01	0.00
Turkey Sliced,Brown GravyMS564	1 serving	100	152	55	967	17.37	5.18	6.18	2.23	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	0.00
Fried Crinkle AHS Fries MS1089	1 cup	300	270	0	41	5.44	35.37	12.09	0.54	0.16
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	75	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	125	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
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
Ketchup PC MS1528	1 packet	500	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
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			881	46	1333	33.27	128.12	27.73	6.58	0.15
% of Calories						15.1%	58.2%	28.3%	6.7%	0.2%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

Page 7

Generated on: 12/19/2018 4:10:29 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)
Wed - 01/23/2019										
AHS Lunch 9-12	Total	325								
Chili Con Carne w/ Beans MS130	1 cup	200	159	33	264	10.15	8.05	9.79	3.62	0.00
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	200	300	10	740	14.0	34.0	12.0	4.00	0.00
Country Fried Steak MS136	1 patty	100	194	43	219	11.48	6.59	13.11	5.02	0.00
Grilled Chicken Salad High	1 salad	25	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	125	165	0	196	12.4	28.9	0.71	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	75	71	0	8	0.27	18.91	0.04	0.00	0.00
Orange Smiles MS1270	1/2 cup	75	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
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	300	70	0	60	0.0	18.0	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
Weighted Daily Average			695	53	1073	34.53	95.84	20.11	7.10	0.00
% of Calories						19.9%	55.2%	26.0%	9.2%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 01/24/2019										
AHS Lunch 9-12	Total	400								
Turkey & Cheese SliderBunMS799	1 each	75	177	24	770	12.43	19.85	6.54	2.83	0.00
Chicken Wings,Bless,Brig MS540	5 Chunks	300	284	54	996	23.37	22.44	10.01	1.46	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	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Sweet Potatoes,Cubes MS1129	1 cup	150	178	0	208	1.98	25.73	7.92	0.50	0.00
California Vegetables MS1054	1/2 cup	75	50	0	58	2.27	5.67	1.78	0.81	0.00
Orange Smiles MS1270	1/2 cup	75	77	0	0	1.53	19.19	0.2	0.03	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
Cheesecake	1 each	300	73	20	76	1.77	7.32	4.15	2.71	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
Mayonnaise PC Reduce Ft MS1534	PC Packet	75	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	75	5	0	85	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	25	35	4	150	0.0	3.0	2.5	0.00	0.00
Weighted Daily Average			773	87	1709	35.12	96.09	27.33	6.00	0.00
% of Calories						18.2%	49.7%	31.8%	7.0%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

Page 8

Generated on: 12/19/2018 4:10:29 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)
Fri - 01/25/2019										
AHS Lunch 9-12	Total	350								
Spaghetti & MeatSauce High	1 serving	150	514	63	919	26.32	58.38	19.33	6.81	0.00
Toast, Garlic WW MS1351	1 slice	150	100	0	170	4.0	15.0	2.5	0.50	0.00
Pizza, Stuffed Crust MS304	1 slice	175	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
Lima Beans, Frozen MS1004	1/2 cup	175	104	0	254	5.58	16.32	2.03	0.87	0.00
Quick Baked Potato MS1084	1/2 potato	250	91	0	177	2.16	18.29	1.2	0.14	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	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	300	95	0	9	0.25	23.44	0.08	0.01	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	125	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
Weighted Daily Average			930	49	1484	37.28	150.47	21.37	7.03	0.00
% of Calories						16.0%	64.7%	20.7%	6.8%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 01/28/2019										
AHS Lunch 9-12	Total	400								
Loaded Baked Potato Soup MS808	1 cup	75	391	20	556	13.39	42.2	18.83	9.48	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	25	370	82	993	33.32	25.81	13.76	6.93	0.00
Glazed Carrots MS1018	1/2 cup	75	56	0	93	1.03	9.28	1.87	0.82	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	125	43	0	231	3.27	7.67	0.58	0.02	0.00
Banana Berry Blend MS1224	1/2 cup	75	98	0	1	1.2	24.27	0.21	0.07	0.00
Pineapple Tidbits MS1286	1/2 cup	144	72	0	1	0.5	18.87	0.1	0.01	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			609	120	1308	31.54	63.52	26.13	7.00	0.00
% of Calories						20.7%	41.7%	38.6%	10.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

Page 9

Generated on: 12/19/2018 4:10:29 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)
Tue - 01/29/2019										
AHS Lunch 9-12	Total	325								
hamburger, double meat	1 each	150	405	90	826	27.24	34.09	18.05	6.01	0.00
Huntington Chicken High MS558	3/4 cup	150	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	300	270	0	41	5.44	35.37	12.09	0.54	0.16
Green Peas, Frozen MS1070	1/2 cup	75	91	0	171	4.92	13.67	2.04	0.86	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	160	0	125	4.0	29.0	3.0	0.50	0.00
Applesauce, MS1204	1/2 cup	125	59	0	2	0.24	15.62	0.07	0.01	0.00
Mandarin Fruit Cup MS1254	1/2 cup	75	62	0	6	0.53	16.28	0.1	0.01	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	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	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
Weighted Daily Average			981	109	1467	47.13	132.26	30.41	7.09	0.15
% of Calories						19.2%	54.0%	27.9%	6.5%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 01/30/2019										
AHS Lunch 9-12	Total	400								
Chicken Nuggets,Fried MS534	5 nuggets	310	278	55	429	15.97	15.97	15.89	2.89	0.00
Beef Tips Over Noodles MS112	1 serving	75	265	76	502	24.37	20.98	9.92	4.67	0.00
Grilled Chicken Salad High	1 salad	15	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
Mashed Potatoes MS1078	1/2 cup	300	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Homemade MS1504	2 ounces	300	34	1	73	1.24	6.46	0.18	0.05	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	75	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
Strawberries, FRZ, PC, MS1295	1/2 cup	96	90	0	0	1.0	22.0	0.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	325	160	0	125	4.0	29.0	3.0	0.50	0.00
Vanilla Pudding MS1486	1/2 cup	300	128	0	193	2.06	27.43	1.02	1.01	0.00
Fruit Crisp MS1412	1 serving	125	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, Variety,DippingPCMS1562	1 packet	310	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

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

Page 10

Generated on: 12/19/2018 4:10:29 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)
Weighted Daily Average			925	68	1217	37.04	137.86	24.93	7.14	0.00
% of Calories						16.0%	59.6%	24.3%	6.9%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 01/31/2019										
AHS Lunch 9-12	Total	325								
Teriyaki Beef	Servings	150	301	47	1114	16.86	35.12	9.9	2.86	0.00
Chicken Fajitas Purchas, MS528	1 fajita	150	307	55	967	27.99	21.47	12.04	6.01	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	125	104	0	254	5.58	16.32	2.03	0.87	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	175	136	0	147	1.05	21.98	8.37	1.05	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	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
Brownies, Mix, Enriched MS1400	1 piece	280	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			754	63	1530	35.08	113.29	20.47	6.66	0.00
% of Calories						18.6%	60.1%	24.4%	7.9%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Weighted Average			796	67	1328	35.21	114.44	22.98	6.66	*0.03
						17.7%	57.5%	26.0%	7.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	796		750 - 850	100%				
Cholesterol (mg)	67							
Sodium (mg)	1328		1420					
Protein (g)	35.21	17.69%						
Carbohydrate (g)	114.44	57.49%						
Total Fat (g)	22.98	25.98%						
Saturated Fat (g)	6.66	7.53%	<10.00%					
Trans Fat ¹ (g)	0.03	0.03%			Missing			

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