

Amory School District

Apr 2, 2018 thru Apr 30, 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)
Mon - 04/02/2018										
AHS Lunch 9-12	Total	370								
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	20	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	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
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, 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
Weighted Daily Average			716	77	1326	33.92	89.83	27.11	11.54	0.00
% of Calories						19.0%	50.2%	34.1%	14.5%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 04/03/2018										
AHS Lunch 9-12	Total	370								
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	20	370	82	993	33.32	25.81	13.76	6.93	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
Chocolate Pudding MS1474	1/2 cup	196	111	0	159	1.99	23.78	0.96	0.96	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			917	72	1684	39.73	134.65	25.48	6.80	0.00
% of Calories						17.3%	58.7%	25.0%	6.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 2, 2018 thru Apr 30, 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)
Wed - 04/04/2018										
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
Huntington Chicken High MS558	3/4 cup	150	388	116	1146	33.96	32.97	13.46	5.27	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Fried Straight Cut Fry, MS1090	1 cup	300	239	0	252	4.25	31.86	11.15	0.48	0.13
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Green Peas, Frozen MS1070	1/2 cup	75	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
Fruit Cocktail MS1248	1/2 cup	96	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
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
Mustard, PC, MS1538	1 packet	75	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 Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			905	112	1653	44.74	114.34	31.27	8.53	0.10
% of Calories						19.8%	50.5%	31.1%	8.5%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 04/05/2018										
AHS Lunch 9-12	Total	370								
Corn Dog Nuggets High MS406	8 nuggets	175	282	45	716	9.08	27.23	15.13	11.09	0.00
BBQ Chicken Sandwich MS714	1 each	175	265	50	688	22.92	35.19	4.15	0.72	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
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	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
Banana Berry Blend with Glaze	1/2 Cup	100	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
Ketchup PC MS1528	1 packet	175	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	175	5	0	85	0.0	1.0	0.0	0.00	0.00
Sauce, Taco. PC MS1558	1 packet	175	5	0	95	0.0	1.0	0.0	0.00	0.00

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Amory School District

Apr 2, 2018 thru Apr 30, 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			594	55	1080	27.48	98.60	12.05	6.80	0.00
% of Calories						18.5%	66.4%	18.3%	10.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 04/06/2018										
AHS Lunch 9-12	Total	320								
Fish Nuggets, Fried MS204	5 nuggets	125	265	30	310	15.0	20.0	13.52	1.96	0.00
Beef Ravioli MS102	1 cup	175	280	29	663	17.07	30.3	9.54	4.52	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Green Beans, Canned, MS1036	1/2 cup	150	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	12	59	0	2	0.24	15.62	0.07	0.01	0.00
Broccoli Salad Grapes MS1110	2/3 cup	50	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
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
Ketchup PC MS1528	1 packet	125	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			630	40	955	29.73	89.72	16.85	4.63	0.00
% of Calories						18.9%	56.9%	24.1%	6.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 04/09/2018										
AHS Lunch 9-12	Total	330								
BBQ Rib Sandwich Brush MS720	1 each	125	398	40	1141	20.0	44.83	17.0	5.00	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	30	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	96	59	0	2	0.24	15.62	0.07	0.01	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
Peanut Butter Parfait MS1482	1/2 cup	300	209	11	137	5.56	18.45	13.54	6.00	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	250	10	0	85	0.0	3.0	0.0	0.00	0.00

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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)
Weighted Daily Average			870	77	1364	44.08	120.10	25.86	9.78	0.00
% of Calories						20.3%	55.2%	26.7%	10.1%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Tue - 04/10/2018										
AHS Lunch 9-12	Total	330								
BBQ Pork Sandwich MS716	1 each	125	284	53	671	18.07	31.31	10.42	3.27	0.00
Teriyaki Beef	Servings	175	301	47	1114	16.86	35.12	9.9	2.86	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	175	119	0	324	3.32	25.28	0.58	0.11	0.00
Chicken Tenders Salad High	1 salad	30	299	58	804	25.26	20.57	13.81	5.77	0.00
Glazed Carrots MS1018	1/2 cup	75	56	0	93	1.03	9.28	1.87	0.82	0.00
Whole Ker Corn Frz MS1031	1/2 cup	225	89	0	20	2.5	17.22	2.42	0.91	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	145	1.18	6.03	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
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Weighted Daily Average			598	57	1292	29.71	93.27	13.35	4.41	0.00
% of Calories						19.9%	62.4%	20.1%	6.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 04/11/2018										
AHS Lunch 9-12	Total	340								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	75	310	25	530	17.0	39.0	10.0	4.50	0.00
Chicken Fried MS552	1 serving	240	350	100	360	31.9	6.6	20.01	5.01	0.00
Chicken Tenders Salad High	1 salad	25	299	58	804	25.26	20.57	13.81	5.77	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	75	165	0	196	12.4	28.9	0.71	0.01	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 Blushing Pears, MS1276	1/2 cup	48	71	0	8	0.27	18.91	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
Cookie,Chocolate ChipPurMS1428	1 cookie	350	120	5	95	1.0	16.0	6.0	3.00	0.00

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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)
Weighted Daily Average			819	92	1204	41.91	103.18	26.89	9.83	0.00
% of Calories						20.5%	50.4%	29.6%	10.8%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 04/12/2018										
AHS Lunch 9-12	Total	350								
Chicken Patty Sand,Fried MS734	1 each	200	409	55	768	20.29	39.21	19.45	2.85	0.00
Cheesy Chicken Over/Rice High	1 serving	125	488	102	647	41.78	39.04	18.56	10.52	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	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, 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
Toast, Garlic WW MS1351	1 slice	125	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
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
Mustard, PC, MS1538	1 packet	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			761	81	1185	40.57	92.84	25.93	7.01	0.00
% of Calories						21.3%	48.8%	30.7%	8.3%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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AHS Lunch 9-12

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Mon - 04/16/2018										
AHS Lunch 9-12	Total	320								
Fish Nuggets, Fried MS204	5 nuggets	175	265	30	310	15.0	20.0	13.52	1.96	0.00
Hushpuppies-Purchase MS1332	2 each	125	105	3	199	1.57	14.02	4.96	0.72	*N/A*
Taco Meat w/ Chips USDAMS186.1	1 serving	125	315	41	415	13.96	22.24	19.04	8.00	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
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
Creamy Coleslaw, MS 1116	1/2 cup	50	72	6	76	0.74	11.19	3.14	0.32	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
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	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Tartar, PC MS1560	1 packet	100	25	5	115	0.0	2.0	2.5	0.00	0.00
Weighted Daily Average			968	53	1083	33.10	126.41	38.15	9.36	0.15
% of Calories						13.7%	52.2%	35.5%	8.7%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

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AHS Lunch 9-12

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Tue - 04/17/2018										
AHS Lunch 9-12	Total	395								
Chicken Nuggets,Fried MS534	5 nuggets	300	278	55	429	15.97	15.97	15.89	2.89	0.00
Turkey & Ch Hoagie High MS793	Sandwiches	75	313	47	1353	19.61	33.6	12.02	5.66	0.00
Bacon, 2 Slices, MS1500	2 slices	75	53	10	200	2.67	0.0	4.66	1.67	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	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
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.	300	160	0	125	4.0	29.0	3.0	0.50	0.00
Assorted Gelatin, No TopMS1454	1/2 cup	200	75	0	63	1.07	18.26	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, Variety,DippingPCMS1562	1 packet	150	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
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	25	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			825	63	1542	33.92	118.65	24.18	6.74	0.00
% of Calories						16.4%	57.5%	26.4%	7.4%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 04/18/2018										
AHS Lunch 9-12	Total	370								
Huntington Chicken High MS558	3/4 cup	175	388	116	1146	33.96	32.97	13.46	5.27	0.00
Pizza, Stuffed Crust MS304	1 slice	175	330	20	870	17.0	35.0	14.0	4.50	0.00
Chicken Salad w/Crackers MS610	1 salad	20	277	123	544	22.64	21.29	11.98	1.81	0.00
Sweet Potatoes,Cubes MS1129	1 cup	175	178	0	208	1.98	25.73	7.92	0.50	0.00
Green Peas, Frozen MS1070	1/2 cup	175	91	0	171	4.92	13.67	2.04	0.86	0.00
California Vegetables MS1054	1/2 cup	125	50	0	58	2.27	5.67	1.78	0.81	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	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
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

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Amory School District

Apr 2, 2018 thru Apr 30, 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			751	76	1376	37.44	102.02	22.64	7.28	0.00
% of Calories						19.9%	54.3%	27.1%	8.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Thu - 04/19/2018										
AHS Lunch 9-12	Total		325							
Corn Dog Nuggets High MS406	8 nuggets	180	282	45	716	9.08	27.23	15.13	11.09	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	125	142	4	305	8.02	21.33	2.97	1.47	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 with Glaze	1/2 Cup	75	290	0	86	1.78	76.25	0.54	0.18	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
Raisins, Flavored, MS1291	Packages	75	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	95	0	9	0.25	23.44	0.08	0.01	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	180	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	180	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			849	69	1598	36.21	126.45	23.25	13.14	0.00
% of Calories						17.1%	59.6%	24.6%	13.9%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 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)
Fri - 04/20/2018										
AHS Lunch 9-12	Total	345								
Spaghetti & MeatSauce High	1 serving	200	514	63	919	26.32	58.38	19.33	6.81	0.00
Toast, Garlic WW MS1351	1 slice	200	100	0	170	4.0	15.0	2.5	0.50	0.00
Hamburger 2 oz Patty WGMS775	1 each	125	225	20	526	13.22	29.15	7.04	2.01	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	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	200	89	0	20	2.5	17.22	2.42	0.91	0.00
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	60	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	125	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	125	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			755	55	1171	33.75	113.82	20.16	6.39	0.00
% of Calories						17.9%	60.3%	24.0%	7.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 04/23/2018										
AHS Lunch 9-12	Total	320								
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	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	250	136	0	147	1.05	21.98	8.37	1.05	0.00
Pinto Beans MS912	1/2 cup	75	146	0	254	8.15	26.17	1.35	0.28	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
Toast, Garlic WW MS1351	1 slice	350	100	0	170	4.0	15.0	2.5	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
Weighted Daily Average			797	64	1287	34.52	109.71	27.74	9.40	0.00
% of Calories						17.3%	55.1%	31.3%	10.6%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 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)
Tue - 04/24/2018										
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
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Squash, Summer: MS1127	1/2 cup	125	42	0	166	1.05	6.26	1.96	0.81	0.00
Green Beans, Canned, MS1036	1/2 cup	175	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
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
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			734	70	1210	35.42	99.54	21.74	6.12	0.08
% of Calories						19.3%	54.2%	26.6%	7.5%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Wed - 04/25/2018										
AHS Lunch 9-12	Total	320								
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	20	370	82	993	33.32	25.81	13.76	6.93	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	200	89	0	104	0.99	12.87	3.96	0.25	0.00
Green Peas, Frozen MS1070	1/2 cup	125	91	0	171	4.92	13.67	2.04	0.86	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
Peanut Butter Parfait MS1482	1/2 cup	300	209	11	137	5.56	18.45	13.54	6.00	0.00
AHS Milk	1/2 Pint	300	126	7	172	8.1	21.97	0.45	0.27	0.00
Weighted Daily Average			874	82	1144	48.28	121.35	23.73	8.42	0.00
% of Calories						22.1%	55.5%	24.4%	8.7%	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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Apr 2, 2018 thru Apr 30, 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 - 04/26/2018										
AHS Lunch 9-12	Total	370								
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	20	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	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
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
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
Weighted Daily Average			682	77	1290	33.45	89.91	24.01	10.18	0.00
% of Calories						19.6%	52.7%	31.7%	13.4%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Fri - 04/27/2018										
AHS Lunch 9-12	Total	370								
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	20	370	82	993	33.32	25.81	13.76	6.93	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
Chocolate Pudding MS1474	1/2 cup	196	111	0	159	1.99	23.78	0.96	0.96	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

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Apr 2, 2018 thru Apr 30, 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 Daily Average			917	72	1684	39.73	134.65	25.48	6.80	0.00
% of Calories						17.3%	58.7%	25.0%	6.7%	0.0%
Nutrient Guideline			750-850		1420				<10.00	

Mon - 04/30/2018										
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
Huntington Chicken High MS558	3/4 cup	150	388	116	1146	33.96	32.97	13.46	5.27	0.00
Chicken Tenders Salad High	1 salad	20	299	58	804	25.26	20.57	13.81	5.77	0.00
Fried Straight Cut Fry, MS1090	1 cup	300	239	0	252	4.25	31.86	11.15	0.48	0.13
Raw Veggies w/Dip MS1124	1/2 cup	60	32	0	141	0.86	6.76	0.16	0.02	0.00
Green Peas, Frozen MS1070	1/2 cup	75	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
Fruit Cocktail MS1248	1/2 cup	96	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
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
Mustard, PC, MS1538	1 packet	75	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 Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			905	112	1653	44.74	114.34	31.27	8.53	0.10
% of Calories						19.8%	50.5%	31.1%	8.5%	0.1%
Nutrient Guideline			750-850		1420				<10.00	

Weighted Average			793	73	1339	37.12	109.67	24.36	8.08	0.02
						18.7%	55.3%	27.6%	9.2%	0.0%

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 2, 2018 thru Apr 30, 2018

AHS Lunch 9-12

Generated on: 3/29/2018 10:36:16 AM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	793		750 - 850	100%									
Cholesterol (mg)	73												
Sodium (mg)	1339		1420										
Protein (g)	37.12	18.72%											
Carbohydrate (g)	109.67	55.29%											
Total Fat (g)	24.36	27.63%											
Saturated Fat (g)	8.08	9.17%	<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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