

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/01/2018										
AMS Lunch	Total	375								
Spaghetti & MeatSace ERMS178.2	1 serving	250	450	42	586	21.32	60.62	13.55	4.79	0.00
Grilled Chicken Sandwich MS764	1 each	100	296	60	838	24.29	31.21	7.05	1.51	0.00
Chef Salad,Elementary,UMS601.1	1 salad	25	261	162	1213	22.6	17.37	11.48	4.65	0.00
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	50	56	0	93	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	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 MS1224	1/2 cup	100	98	0	1	1.2	24.27	0.21	0.07	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	50	110	0	0	1.0	25.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	240	100	0	170	4.0	15.0	2.5	0.50	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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
Mustard, PC, MS1538	1 packet	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			651	62	1035	31.83	92.51	16.47	4.92	0.00
% of Calories						19.6%	56.9%	22.8%	6.8%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 02/02/2018										
AMS Lunch	Total	350								
Cheeseburger 2 oz., US MS728.1	1 each	250	316	53	692	19.28	32.23	12.56	4.51	0.00
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	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 Peas, Frozen MS1070	1/2 cup	50	91	0	171	4.92	13.67	2.04	0.86	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
Strawberries, Frozen MS1294	1/2 cup	125	51	0	0	0.64	12.12	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	100	72	0	1	0.5	18.87	0.1	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	90	160	0	125	4.0	29.0	3.0	0.50	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Mustard, PC, MS1538	1 packet	200	5	0	85	0.0	1.0	0.0	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
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			664	72	1150	31.68	88.75	21.03	5.47	0.07
% of Calories						19.1%	53.5%	28.5%	7.4%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

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AMS Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/05/2018										
AMS Lunch	Total	375								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	250	310	25	530	17.0	39.0	10.0	4.50	0.00
Chicken Fajitas Pur, BUMS528.1	1 fajita	100	273	47	678	22.91	19.99	11.58	6.27	0.00
Chef Salad,Elementary,UMS601.1	1 salad	25	261	162	1213	22.6	17.37	11.48	4.65	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	0.00
Refried Beans, MS1038	1/2 cup	100	142	4	305	8.02	21.33	2.97	1.47	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	11	0.4	18.34	0.07	0.01	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	75	110	0	0	1.0	25.0	0.0	0.00	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Sauce, Taco. PC MS1558	1 packet	100	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			509	46	852	28.25	71.59	13.16	6.18	0.00
% of Calories						22.2%	56.2%	23.3%	10.9%	0.0%
Nutrient Guideline			600-700		1360				<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)
Tue - 02/06/2018										
AMS Lunch	Total	375								
Macaroni&Cheese,w/ham pcMS412	1 serving	200	433	64	1093	22.38	32.06	23.58	12.21	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 MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Green Beans, Canned, MS1036	1/2 cup	175	41	0	91	1.3	4.45	1.79	0.21	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	125	136	0	147	1.05	21.98	8.37	1.05	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 Blushing Pears, MS1276	1/2 cup	75	71	0	8	0.27	18.91	0.04	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Fresh Apple MS1206	1 each	75	72	0	1	0.36	19.06	0.23	0.04	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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
Mustard, PC, MS1538	1 packet	25	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
Weighted Daily Average			641	69	1275	29.14	73.18	26.89	9.02	0.00
% of Calories						18.2%	45.7%	37.8%	12.7%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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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 - 02/07/2018										
AMS Lunch	Total	400								
Chicken Fried MS552	1 serving	350	350	100	360	31.9	6.6	20.01	5.01	0.00
Meatloaf MS160	1 piece	50	216	76	360	12.37	10.69	13.51	5.03	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	50	165	0	196	12.4	28.9	0.71	0.01	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	88	2.48	3.43	3.33	0.24	0.00
Mandarin Fruit Cup MS1254	1/2 cup	125	62	0	6	0.53	16.28	0.1	0.01	0.00
Applesauce, MS1204	1/2 cup	100	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
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	50	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
Weighted Daily Average			692	102	1002	41.67	72.42	24.88	7.02	0.00
% of Calories						24.1%	41.9%	32.4%	9.1%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Thu - 02/08/2018										
AMS Lunch	Total	400								
Nachos Grande MS168	1 serving	250	365	41	688	12.16	25.42	23.79	7.90	0.00
Pizza, Fr. Bread, Cheese,MS3??	1 pizza	125	345	25	850	18.0	34.0	15.0	6.00	0.00
Chef Salad,Elementary,UMS601.1	1 salad	25	261	162	1213	22.6	17.37	11.48	4.65	0.00
Quick Baked Potato MS1084	1/2 potato	200	91	0	177	2.16	18.29	1.2	0.14	0.00
Glazed Carrots MS1018	1/2 cup	50	56	0	93	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Fruit Cocktail MS1248	1/2 cup	50	58	0	5	0.51	14.91	0.09	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Sauce, Taco. PC MS1558	1 packet	250	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			529	48	1039	21.41	62.43	21.70	7.59	0.00
% of Calories						16.2%	47.2%	37.0%	12.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Fri - 02/09/2018										
AMS Lunch	Total	325								
Hamburger 2 oz Patty WGMS775	1 each	225	225	20	526	13.22	29.15	7.04	2.01	0.00
BBQ Pork Sandwich MS716	1 each	100	284	53	671	18.07	31.31	10.42	3.27	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	100	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
Strawberries, Frozen MS1294	1/2 cup	125	51	0	0	0.64	12.12	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	5	1.0	36.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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	200	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			639	40	991	26.33	99.81	17.22	3.38	0.08
% of Calories						16.5%	62.5%	24.2%	4.8%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 02/12/2018										
AMS Lunch	Total	360								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	235	310	25	530	17.0	39.0	10.0	4.50	0.00
Cheesy Chicken Over/Rice MS516	1 serving	100	347	66	474	27.58	29.28	13.47	7.74	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	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 Peas, Frozen MS1070	1/2 cup	50	91	0	171	4.92	13.67	2.04	0.86	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	50	45	0	170	0.67	9.95	0.17	0.03	0.00
Hot Cinnamon Apples MS1208	1/2 cup	100	118	0	190	0.42	21.92	3.57	1.62	0.00
Chilled Blushing Pears, MS1276	1/2 cup	75	71	0	8	0.27	18.91	0.04	0.00	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.	100	160	0	125	4.0	29.0	3.0	0.50	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Weighted Daily Average			596	46	832	30.47	86.47	15.25	7.12	0.00
% of Calories						20.5%	58.0%	23.0%	10.7%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Tue - 02/13/2018										
AMS Lunch	Total	350								
Chili Con Carne w/ Beans MS130	1 cup	250	159	33	264	10.15	8.05	9.79	3.62	0.00
Grill Cheese Sand 1 oz MS762	sandwich	250	247	27	727	10.36	28.46	10.97	5.65	0.00
Corn Dog MS744	1 each	75	271	40	647	8.79	29.18	12.9	3.47	0.02
Chef Salad,Elementary,UMS601.1	1 salad	25	261	162	1213	22.6	17.37	11.48	4.65	0.00
Potato Rounds, Fried MS1096	1/2 cup	300	209	0	330	1.27	20.32	13.33	1.59	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	50	78	0	79	4.88	8.55	4.14	1.71	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	96	110	0	0	1.0	25.0	0.0	0.00	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
Chilled Pears Diced MS1283	1/2 cup	50	78	0	7	0.26	20.69	0.04	0.00	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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	375	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			718	69	1462	26.23	84.84	31.04	9.65	0.00
% of Calories						14.6%	47.3%	38.9%	12.1%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 02/14/2018										
AMS Lunch	Total	350								
Chicken Tenders,Fried MS548	3 tenders	300	301	60	690	22.0	17.0	16.12	2.52	0.00
Country Fried Steak MS136	1 patty	50	194	43	219	11.48	6.59	13.11	5.02	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
Pinto Beans MS912	1/2 cup	50	146	0	254	8.15	26.17	1.35	0.28	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	88	2.48	3.43	3.33	0.24	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	11	0.4	18.34	0.07	0.01	0.00
Fresh Apple MS1206	1 each	100	72	0	1	0.36	19.06	0.23	0.04	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	8	0.27	18.91	0.04	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
Cookie, Sugar, Pur WGR, MS1436	1 cookie	350	120	5	100	1.0	17.0	5.0	2.00	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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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Weighted Daily Average			865	71	1590	34.84	116.72	29.03	7.50	0.00
% of Calories						16.1%	54.0%	30.2%	7.8%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Thu - 02/15/2018										
AMS Lunch	Total	375								
Taco Meat with Chips MS186	1 serving	300	315	41	481	13.84	22.19	19.02	8.00	0.00
Burritos, Bf&Bean WG Pur MS118	1 each	50	279	16	403	15.71	38.8	8.06	2.23	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	150	136	0	147	1.05	21.98	8.37	1.05	0.00
Refried Beans, MS1038	1/2 cup	150	142	4	305	8.02	21.33	2.97	1.47	0.00
Rice, Fiesta, MS1345	1/2 cup	100	128	0	503	3.96	24.52	1.72	0.23	0.00
Mandarin Fruit Cup MS1254	1/2 cup	125	62	0	6	0.53	16.28	0.1	0.01	0.00
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	0.01	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	5	1.0	36.0	0.0	0.00	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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			624	47	1079	26.07	83.14	22.78	8.55	0.00
% of Calories						16.7%	53.3%	32.9%	12.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 02/16/2018										
AMS Lunch	Total	350								
Cheeseburger 2 oz., US MS728.1	1 each	250	316	53	692	19.28	32.23	12.56	4.51	0.00
BBQ Pork Sandwich MS716	1 each	100	284	53	671	18.07	31.31	10.42	3.27	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	100	132	0	194	6.3	29.99	0.55	0.10	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	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
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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	150	40	5	90	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Lunch

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			647	61	1072	29.37	91.04	19.62	4.97	0.07
% of Calories						18.2%	56.3%	27.3%	6.9%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 02/19/2018										
AMS Lunch	Total	375								
Chicken Nuggets,Fried MS534	5 nuggets	325	278	55	429	15.97	15.97	15.89	2.89	0.00
Meatloaf MS160	1 piece	50	216	76	360	12.37	10.69	13.51	5.03	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	50	165	0	196	12.4	28.9	0.71	0.01	0.00
Squash, Summer: MS1127	1/2 cup	50	42	0	166	1.05	6.26	1.96	0.81	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	30	45	0	170	0.67	9.95	0.17	0.03	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	0.01	0.00
Fresh Apple MS1206	1 each	100	72	0	1	0.36	19.06	0.23	0.04	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	325	160	0	125	4.0	29.0	3.0	0.50	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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	75	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			705	66	1226	28.59	95.23	23.10	5.67	0.00
% of Calories						16.2%	54.0%	29.5%	7.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 02/20/2018										
AMS Lunch	Total	350								
Pizza, Stuffed Crust MS304	1 slice	175	330	20	870	17.0	35.0	14.0	4.50	0.00
Beef -A- Roni MS114	3/4 cup	150	294	47	389	17.04	26.0	14.23	5.68	0.00
Chef Salad,Elementary,UMS601.1	1 salad	25	261	162	1213	22.6	17.37	11.48	4.65	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	0.00
Lima Beans, Frozen MS1004	1/2 cup	50	104	0	254	5.58	16.32	2.03	0.87	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	50	110	0	0	1.0	25.0	0.0	0.00	0.00
Chilled Blushing Pears, MS1276	1/2 cup	75	71	0	8	0.27	18.91	0.04	0.00	0.00
Toast, Garlic WW MS1351	1 slice	140	100	0	170	4.0	15.0	2.5	0.50	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Lunch

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			551	48	919	27.35	74.64	17.18	6.20	0.00
% of Calories						19.8%	54.1%	28.0%	10.1%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 02/21/2018										
AMS Lunch	Total	375								
Spaghetti & MeatSace ERMS178.2	1 serving	300	450	42	586	21.32	60.62	13.55	4.79	0.00
Toast, Garlic WW MS1351	1 slice	300	100	0	170	4.0	15.0	2.5	0.50	0.00
Steak Fingers, Baked MS180	4 each	50	290	35	480	15.0	15.0	19.0	5.00	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	50	56	0	93	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	11	0.4	18.34	0.07	0.01	0.00
Chilled Pears Diced MS1283	1/2 cup	50	78	0	7	0.26	20.69	0.04	0.00	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	50	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			651	49	953	30.98	90.76	18.05	5.91	0.00
% of Calories						19.0%	55.8%	25.0%	8.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Lunch

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 - 02/22/2018										
AMS Lunch	Total	375								
Chili Cheese Corn Chips MS128	Serving	300	408	62	600	20.73	20.02	28.11	12.03	0.00
Ham & Cheese on Bun MS768	1 each	50	291	44	1073	18.7	29.9	11.99	5.98	0.00
Chef Salad,Elementary,UMS601.1	1 salad	25	261	162	1213	22.6	17.37	11.48	4.65	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	150	136	0	147	1.05	21.98	8.37	1.05	0.00
Refried Beans, MS1038	1/2 cup	100	142	4	305	8.02	21.33	2.97	1.47	0.00
Mexicali Corn MS1030	1/2 cup	100	143	0	187	4.29	30.26	2.85	0.88	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	6	0.53	16.28	0.1	0.01	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Sauce, Taco. PC MS1558	1 packet	300	5	0	95	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
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
Ketchup PC MS1528	1 packet	150	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			673	73	1140	30.28	75.72	31.10	12.18	0.00
% of Calories						18.0%	45.0%	41.6%	16.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 02/23/2018										
AMS Lunch	Total	375								
Cheeseburger 2 oz., US MS728.1	1 each	275	316	53	692	19.28	32.23	12.56	4.51	0.00
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	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 Peas, Frozen MS1070	1/2 cup	50	91	0	171	4.92	13.67	2.04	0.86	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	50	110	0	0	1.0	25.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	100	160	0	125	4.0	29.0	3.0	0.50	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	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
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Lunch

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			638	69	1075	31.17	85.98	19.50	5.30	0.07
% of Calories						19.5%	53.9%	27.5%	7.5%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 02/26/2018										
AMS Lunch	Total	375								
Pizza, WGR Cheese, Ind, BR, MS314	1 pizza	250	310	25	530	17.0	39.0	10.0	4.50	0.00
Chicken with Alfredo Sau MS556	3/4 cup	100	247	79	667	20.8	21.81	8.2	4.22	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	0.00
Lima Beans, Frozen MS1004	1/2 cup	50	104	0	254	5.58	16.32	2.03	0.87	0.00
California Vegetables MS1054	1/2 cup	50	50	0	58	2.27	5.67	1.78	0.81	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	11	0.4	18.34	0.07	0.01	0.00
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	0.01	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	50	80	0	0	1.0	19.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	100	100	0	170	4.0	15.0	2.5	0.50	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Weighted Daily Average			521	49	841	28.42	74.94	12.80	5.75	0.00
% of Calories						21.8%	57.5%	22.1%	9.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/27/2018										
AMS Lunch	Total	375								
Chicken Wings,Bless,Brig MS540	5 Chunks	325	284	54	996	23.37	22.44	10.01	1.46	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	325	115	21	457	1.17	4.1	10.27	1.17	0.00
Meatloaf MS160	1 piece	50	216	76	360	12.37	10.69	13.51	5.03	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
Pinto Beans MS912	1/2 cup	50	146	0	254	8.15	26.17	1.35	0.28	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	88	2.48	3.43	3.33	0.24	0.00
Yam Patties MS1135	1/2 Cup	30	120	0	160	1.8	28.0	0.0	0.00	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	6	0.53	16.28	0.1	0.01	0.00
Chilled Pears Diced MS1283	1/2 cup	50	78	0	7	0.26	20.69	0.04	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
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Sauce, Variety,DippingPCMS1562	1 packet	100	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	50	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			791	82	2039	35.59	101.67	26.08	5.22	0.00
% of Calories						18.0%	51.4%	29.7%	5.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 02/28/2018										
AMS Lunch	Total	375								
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
Turkey & Cheese Wrap Brg MS798	1 wrap	50	291	51	1139	18.93	24.5	14.18	7.84	0.00
Chef Salad,Elementary,UMS601.1	1 salad	25	261	162	1213	22.6	17.37	11.48	4.65	0.00
Quick Baked Potato MS1084	1/2 potato	220	91	0	177	2.16	18.29	1.2	0.14	0.00
Lima Beans, Frozen MS1004	1/2 cup	50	104	0	254	5.58	16.32	2.03	0.87	0.00
Broccoli Florets, Strm, MS1150	1/2 cup	100	78	0	79	4.88	8.55	4.14	1.71	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	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
Fresh Apple MS1206	1 each	100	72	0	1	0.36	19.06	0.23	0.04	0.00
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Mustard, PC, MS1538	1 packet	25	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
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	90	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	220	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Lunch

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			566	68	1201	29.39	92.55	10.16	3.44	0.00
% of Calories						20.8%	65.4%	16.1%	5.5%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Weighted Average			644	62	1139	29.95	85.72	20.85	6.55	0.01
						18.6%	53.3%	29.2%	9.2%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	644		600 - 700	100%				
Cholesterol (mg)	62							
Sodium (mg)	1139		1360					
Protein (g)	29.95	18.62%						
Carbohydrate (g)	85.72	53.28%						
Total Fat (g)	20.85	29.16%						
Saturated Fat (g)	6.55	9.16%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%						

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