

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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Generated on: 7/16/2018 9:12:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/06/2018										
AMS Lunch	Total	350								
Chicken Nuggets,Fried MS534	5 nuggets	300	278	55	429	15.97	15.97	15.89	2.89	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	325	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	325	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	125	70	0	11	0.4	18.34	0.07	0.01	0.00
Chilled Pears Diced MS1283	1/2 cup	75	78	0	7	0.26	20.69	0.04	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.	350	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	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			771	62	1398	29.32	109.20	24.27	5.98	0.00
% of Calories						15.2%	56.7%	28.3%	7.0%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 08/07/2018										
AMS Lunch	Total	350								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	250	310	25	530	17.0	39.0	10.0	4.50	0.00
Grilled Chicken Sandwich MS764	1 each	75	296	60	838	24.29	31.21	7.05	1.51	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	0.00
Glazed Carrots MS1018	1/2 cup	100	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
Applesauce, MS1204	1/2 cup	125	59	0	2	0.24	15.62	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
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
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	75	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
Ketchup PC MS1528	1 packet	200	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

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			539	49	929	26.64	80.95	13.49	5.11	0.00
% of Calories						19.8%	60.1%	22.5%	8.5%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 08/08/2018										
AMS Lunch	Total	325								
Corn Dog MS744	1 each	200	271	40	647	8.79	29.18	12.9	3.47	0.02
Chicken Bacon Ranch Casserole	serving	100	500	108	1725	40.23	38.49	19.79	9.24	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Quick Baked Potato MS1084	1/2 potato	250	91	0	177	2.16	18.29	1.2	0.14	0.00
Cheesy Califor Veggies MS1058	1/2 cup	100	50	0	127	2.75	7.73	0.49	0.24	0.00
Raw Veggies w/Dip MS1124	1/2 cup	50	32	0	141	0.86	6.76	0.16	0.02	0.00
Chilled Peaches, Frozen MS1277	1/2 cup	100	60	0	0	0.75	12.73	0.0	0.00	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	8	0.27	18.91	0.04	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	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
Weighted Daily Average			662	71	1577	31.05	93.65	17.80	6.24	0.01
% of Calories						18.8%	56.6%	24.2%	8.5%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Aug 1, 2018 thru Aug 31, 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 - 08/09/2018										
AMS Lunch	Total	350								
Chicken Nachos Pur StripsMS530	1 serving	250	346	44	1086	22.21	26.61	15.85	7.47	0.00
Burritos, Bf&Bean WG Pur MS118	1 each	75	279	16	403	15.71	38.8	8.06	2.23	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	150	136	0	147	1.05	21.98	8.37	1.05	0.00
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
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	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	350	5	0	95	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	300	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			634	53	1573	31.72	85.75	19.91	7.66	0.00
% of Calories						20.0%	54.1%	28.3%	10.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 08/10/2018										
AMS Lunch	Total	350								
Hamburger 2 oz Patty WGMS775	1 each	250	225	20	526	13.22	29.15	7.04	2.01	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
Mandarin Fruit Cup MS1254	1/2 cup	125	62	0	6	0.53	16.28	0.1	0.01	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
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	250	5	0	85	0.0	1.0	0.0	0.00	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	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
Weighted Daily Average			639	49	1080	27.75	96.36	17.38	3.64	0.07
% of Calories						17.4%	60.3%	24.5%	5.1%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2018 thru Aug 31, 2018

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 - 08/13/2018										
AMS Lunch	Total	375								
Chicken Nuggets,Fried MS534	5 nuggets	250	278	55	429	15.97	15.97	15.89	2.89	0.00
Ham & Cheese on Bun MS768	1 each	100	291	44	1073	18.7	29.9	11.99	5.98	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Mashed Potatoes MS1078	1/2 cup	200	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	200	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
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	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 Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched Mer 2oz MS13	Roll - 2 oz.	300	170	0	310	5.0	31.0	3.0	1.00	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	250	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Variety,DippingPCMS1562	1 packet	250	45	3	127	0.0	7.0	2.0	0.33	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	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			679	67	1485	29.46	93.94	21.28	6.17	0.00
% of Calories						17.3%	55.3%	28.2%	8.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 08/14/2018										
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
Toast, Garlic WW MS1351	1 slice	100	100	0	170	4.0	15.0	2.5	0.50	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
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Chilled Peaches, Frozen MS1277	1/2 cup	100	60	0	0	0.75	12.73	0.0	0.00	0.00
Tropical Apples MS1216	1/2 cup	100	152	0	49	0.83	29.99	3.62	1.63	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

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Weighted Daily Average			552	49	842	28.43	80.96	13.56	6.09	0.00
% of Calories						20.6%	58.6%	22.1%	9.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 08/15/2018										
AMS Lunch	Total	388								
La Pantera Dip with Chips Elem	1 serving (4oz)	288	672	75	1143	19.43	33.93	49.73	20.11	0.00
Grilled Chicken Sandwich MS764	1 each	75	296	60	838	24.29	31.21	7.05	1.51	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Green Beans, Canned, MS1036	1/2 cup	175	41	0	91	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	100	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
Mandarin Fruit Cup MS1254	1/2 cup	125	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
Ketchup PC MS1528	1 packet	150	10	0	85	0.0	3.0	0.0	0.00	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	75	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
Weighted Daily Average			760	84	1365	26.88	66.80	42.21	16.26	0.00
% of Calories						14.1%	35.1%	50.0%	19.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Thu - 08/16/2018										
AMS Lunch	Total	375								
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	250	300	10	740	14.0	34.0	12.0	4.00	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	250	115	21	457	1.17	4.1	10.27	1.17	0.00
Chicken Spaghetti MS542	3/4 cup	100	307	58	423	26.22	37.41	5.68	1.78	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	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	50	91	0	171	4.92	13.67	2.04	0.86	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	100	43	0	231	3.27	7.67	0.58	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
Fresh Fruit Bowl VarietyMS1244	1 each	100	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
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
Sauce, Marinara PC MS1554	1 packet	250	15	0	140	0.0	4.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	250	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			742	47	1521	29.66	113.82	20.07	5.11	0.00
% of Calories						16.0%	61.3%	24.3%	6.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 08/17/2018										
AMS Lunch	Total	325								
Cheeseburger 2.5 oz PattyMS728	1 each	225	280	34	668	16.53	29.52	11.55	4.83	0.00
BBQ Chicken Sandwich MS714	1 each	100	265	50	688	22.92	35.19	4.15	0.72	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	50	72	6	76	0.74	11.19	3.14	0.32	0.00
Fruit Cocktail MS1248	1/2 cup	50	58	0	5	0.51	14.91	0.09	0.01	0.00
Chilled Peach Slices MS1274	1/2 cup	100	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Assorted Pudding CupsMS1462	1 pudding cup	300	85	0	140	1.5	19.0	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
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	100	35	4	150	0.0	3.0	2.5	0.00	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	225	5	0	85	0.0	1.0	0.0	0.00	0.00
Sauce, BBQ, PC MS1550	1 packet	100	15	0	85	0.0	4.0	0.0	0.00	0.00

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Amory School District

Aug 1, 2018 thru Aug 31, 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			729	49	1314	31.25	113.90	18.52	4.47	0.08
% of Calories						17.1%	62.5%	22.9%	5.5%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 08/20/2018										
AMS Lunch	Total	350								
Pizza, Stuffed Crust MS304	1 slice	225	330	20	870	17.0	35.0	14.0	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
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	0.00
Pinto Beans MS912	1/2 cup	50	146	0	254	8.15	26.17	1.35	0.28	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
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	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
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			593	48	1005	30.20	83.00	17.06	6.63	0.00
% of Calories						20.4%	56.0%	25.9%	10.1%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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Generated on: 7/16/2018 9:12:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/21/2018										
AMS Lunch	Total	300								
Chicken Hot Wings Bone MS538	3 Wings	250	240	120	615	22.5	1.5	16.5	3.75	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	250	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
Black-Eyed Peas DryCMS1006	1/2 cup	50	165	0	196	12.4	28.9	0.71	0.01	0.00
Squash Casserole	1/2 cup	100	169	114	213	6.85	10.43	11.52	4.89	*0.00
Raw Veggies w/Dip MS1124	1/2 cup	50	32	0	141	0.86	6.76	0.16	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	0	1.0	19.0	0.0	0.00	0.00
Pear Salad MS1284	1/2 cup	25	102	6	96	1.77	19.99	2.3	1.50	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.	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
Weighted Daily Average			878	176	1869	40.55	100.31	35.66	9.34	*0.00
% of Calories						18.5%	45.7%	36.6%	9.6%	*0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 08/22/2018										
AMS Lunch	Total	350								
Quesadilla, Purchased, MS170	1 portion	225	260	10	690	15.0	30.0	10.0	3.00	0.00
Beef -A- Roni MS114	3/4 cup	100	294	47	389	17.04	26.0	14.23	5.68	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Quick Baked Potato MS1084	1/2 potato	250	91	0	177	2.16	18.29	1.2	0.14	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	100	43	0	231	3.27	7.67	0.58	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	125	70	0	11	0.4	18.34	0.07	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
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
Ketchup PC MS1528	1 packet	250	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			547	32	1073	26.86	82.56	13.89	4.66	0.00
% of Calories						19.6%	60.3%	22.8%	7.7%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Aug 1, 2018 thru Aug 31, 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 - 08/23/2018										
AMS Lunch	Total	325								
Macaroni&Cheese,w/ham pcMS412	1 serving	150	433	64	1093	22.38	32.06	23.58	12.21	0.00
Spicy Chicken Sand MS736	1 each	150	330	30	778	20.27	40.17	11.29	2.24	0.02
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Green Beans, Canned, MS1036	1/2 cup	175	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
Chilled Peaches, Frozen MS1277	1/2 cup	100	60	0	0	0.75	12.73	0.0	0.00	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	8	0.27	18.91	0.04	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.	150	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	150	5	0	85	0.0	1.0	0.0	0.00	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	150	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			659	65	1341	30.60	83.29	22.95	8.13	0.01
% of Calories						18.6%	50.6%	31.4%	11.1%	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)
Fri - 08/24/2018										
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
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
Fresh Bananas MS1220	1 each	100	105	0	1	1.29	26.95	0.39	0.13	0.00
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	6	0.53	16.28	0.1	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
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Mustard, PC, MS1538	1 packet	225	5	0	85	0.0	1.0	0.0	0.00	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
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			636	52	1128	28.64	90.89	18.83	3.87	0.08
% of Calories						18.0%	57.2%	26.7%	5.5%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 1, 2018 thru Aug 31, 2018

AMS Lunch

Generated on: 7/16/2018 9:12:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/27/2018										
AMS Lunch	Total	375								
Chicken Mandarin MS570	1 Serving	250	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	250	119	0	324	3.32	25.28	0.58	0.11	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, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	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
Carrots, Baby w/ Dip, MS#1017	1/2 cup	50	45	0	170	0.67	9.95	0.17	0.03	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	8	0.27	18.91	0.04	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
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	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			550	70	1116	29.17	87.51	10.24	2.69	0.00
% of Calories						21.2%	63.7%	16.8%	4.4%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Aug 1, 2018 thru Aug 31, 2018

AMS Lunch

Generated on: 7/16/2018 9:12:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/28/2018										
AMS Lunch	Total	350								
Chicken Nuggets,Fried MS534	5 nuggets	300	278	55	429	15.97	15.97	15.89	2.89	0.00
Hamburger Steak 3 w/GravyMS146	1 steak	50	252	67	753	15.0	3.19	19.82	8.52	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
Squash, Summer: MS1127	1/2 cup	50	42	0	166	1.05	6.26	1.96	0.81	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	88	2.48	3.43	3.33	0.24	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
Pineapple Tidbits MS1286	1/2 cup	100	72	0	1	0.5	18.87	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
Fresh Fruit Bowl VarietyMS1244	1 each	75	84	0	1	0.87	21.72	0.24	0.05	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	300	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			751	65	1424	29.61	101.81	25.10	6.44	0.00
% of Calories						15.8%	54.2%	30.1%	7.7%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 08/29/2018										
AMS Lunch	Total	350								
Taco Meat with Chips MS186	1 serving	250	315	41	481	13.84	22.19	19.02	8.00	0.00
Burritos, Bf&Bean WG Pur MS118	1 each	75	279	16	403	15.71	38.8	8.06	2.23	0.00
Cheese Sauce MS1508	1 ounce	75	46	4	73	1.99	3.71	2.57	1.40	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	150	136	0	147	1.05	21.98	8.37	1.05	0.00
Refried Beans, MS1038	1/2 cup	100	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
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	6	0.53	16.28	0.1	0.01	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	125	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
Sauce, Taco. PC MS1558	1 packet	350	5	0	95	0.0	1.0	0.0	0.00	0.00

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Amory School District

Aug 1, 2018 thru Aug 31, 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			594	51	1052	24.91	77.65	22.26	8.12	0.00
% of Calories						16.8%	52.3%	33.7%	12.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Thu - 08/30/2018										
AMS Lunch	Total	375								
Nachos Grande MS168	1 serving	250	365	41	688	12.16	25.42	23.79	7.90	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, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Quick Baked Potato MS1084	1/2 potato	250	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
Raw Veggies w/Dip MS1124	1/2 cup	50	32	0	141	0.86	6.76	0.16	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	125	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
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
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	50	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	100	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
Weighted Daily Average			578	60	1186	23.92	72.36	21.65	6.68	0.00
% of Calories						16.5%	50.0%	33.7%	10.4%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Aug 1, 2018 thru Aug 31, 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)
Fri - 08/31/2018										
AMS Lunch	Total	325								
Cheeseburger 2.5 oz PattyMS728	1 each	225	280	34	668	16.53	29.52	11.55	4.83	0.00
BBQ Chicken Sandwich MS714	1 each	100	265	50	688	22.92	35.19	4.15	0.72	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	50	72	6	76	0.74	11.19	3.14	0.32	0.00
Fruit Cocktail MS1248	1/2 cup	50	58	0	5	0.51	14.91	0.09	0.01	0.00
Chilled Peach Slices MS1274	1/2 cup	100	65	0	6	0.54	17.49	0.04	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
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	125	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	225	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			646	49	1159	29.87	95.13	18.52	4.47	0.08
% of Calories						18.5%	58.9%	25.8%	6.2%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Weighted Average			657	62	1272	29.32	90.49	20.73	6.39	*0.02
						17.9%	55.1%	28.4%	8.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	657		600 - 700	100%				
Cholesterol (mg)	62							
Sodium (mg)	1272		1360					
Protein (g)	29.32	17.85%						
Carbohydrate (g)	90.49	55.09%						
Total Fat (g)	20.73	28.40%						
Saturated Fat (g)	6.39	8.75%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.