

# Amory School District

Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Mon - 04/02/2018										
AMS Lunch	Total	375								
Pizza, Stuffed Crust MS304	1 slice	250	330	20	870	17.0	35.0	14.0	4.50	0.00
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	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
Green Peas, Frozen MS1070	1/2 cup	50	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
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
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			531	53	1077	28.21	71.67	15.76	5.44	0.00
% of Calories						21.2%	53.9%	26.7%	9.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 04/03/2018										
AMS Lunch	Total	375								
Nachos Grande MS168	1 serving	300	365	41	688	12.16	25.42	23.79	7.90	0.00
Ham & Cheese on Bun MS768	1 each	50	291	44	1073	18.7	29.9	11.99	5.98	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	200	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
Glazed Carrots MS1018	1/2 cup	50	56	0	93	1.03	9.28	1.87	0.82	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	11	0.4	18.34	0.07	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	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	25	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	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			559	50	1178	22.14	65.09	23.71	8.23	0.00
% of Calories						15.8%	46.5%	38.1%	13.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 <sup>1</sup> (g)
Wed - 04/04/2018										
AMS Lunch	Total	375								
Roasted Chicken USDA	2 ounces	300	440	204	676	44.0	4.0	24.0	8.00	0.00
Country Fried Steak MS136	1 patty	50	194	43	219	11.48	6.59	13.11	5.02	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	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
Mandarin Fruit Cup MS1254	1/2 cup	125	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.	300	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			756	184	1317	50.01	70.76	27.67	9.53	0.00
% of Calories						26.5%	37.4%	32.9%	11.3%	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 <sup>1</sup> (g)
Thu - 04/05/2018										
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
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	200	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
Garden Salad w/Dressing MS1118	1/2 cup	25	25	0	131	0.68	4.94	0.12	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
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	0.01	0.00
Banana Berry Blend with Glaze	1/2 Cup	150	290	0	86	1.78	76.25	0.54	0.18	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
Ketchup PC MS1528	1 packet	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			657	51	952	23.56	96.29	23.10	8.37	0.00
% of Calories						14.3%	58.6%	31.6%	11.5%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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## 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 <sup>1</sup> (g)
Fri - 04/06/2018										
AMS Lunch	Total	350								
Catfish, Breaded, USDA Foods	1 Each	250	186	20	350	16.0	12.0	10.0	2.00	0.00
BBQ Chicken Sandwich MS714	1 each	100	265	50	688	22.92	35.19	4.15	0.72	0.00
Hushpuppies-Purchase MS1332	2 each	200	105	3	199	1.57	14.02	4.96	0.72	*N/A*
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
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	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, Tartar, PC MS1560	1 packet	100	25	5	115	0.0	2.0	2.5	0.00	0.00
Sauce, Hot, PC MS1552	1 packet	100	0	0	65	0.0	0.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	400	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			585	38	904	29.06	82.50	18.06	2.67	0.07
% of Calories						19.9%	56.5%	27.8%	4.1%	0.1%
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 <sup>1</sup> (g)
Mon - 04/09/2018										
AMS Lunch	Total	350								
Macaroni&Cheese,w/ham pcMS412	1 serving	250	433	64	1093	22.38	32.06	23.58	12.21	0.00
Corn Dog MS744	1 each	75	271	40	647	8.79	29.18	12.9	3.47	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	200	41	0	91	1.3	4.45	1.79	0.21	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
Mandarin Fruit Cup MS1254	1/2 cup	150	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.	200	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	50	5	0	85	0.0	1.0	0.0	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	75	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			694	71	1324	28.90	90.06	24.44	10.73	0.00
% of Calories						16.7%	51.9%	31.7%	13.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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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 <sup>1</sup> (g)
Tue - 04/10/2018										
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
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
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 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	100	80	0	0	1.0	19.0	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
Weighted Daily Average			574	45	767	30.14	84.15	14.14	6.59	0.00
% of Calories						21.0%	58.6%	22.2%	10.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 04/11/2018										
AMS Lunch	Total	375								
Country Fried Steak MS136	1 patty	300	194	43	219	11.48	6.59	13.11	5.02	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, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	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
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
Banana Berry Blend with Glaze	1/2 Cup	150	290	0	86	1.78	76.25	0.54	0.18	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	300	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
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
Mustard, PC, MS1538	1 packet	25	5	0	85	0.0	1.0	0.0	0.00	0.00

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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 <sup>1</sup> (g)
Weighted Daily Average			696	57	1121	26.29	106.25	19.67	7.59	0.00
% of Calories						15.1%	61.1%	25.4%	9.8%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Thu - 04/12/2018										
AMS Lunch	Total	300								
Hamburger 2.5 oz Patty w/chips	1 each	300	365	20	736	15.24	47.09	13.05	3.01	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
Fruit Juice, Assorted, MS1246	1 4-oz. cup	300	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Apple MS1206	1 each	200	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	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	300	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			613	29	1040	22.44	97.54	15.23	3.60	0.00
% of Calories						14.6%	63.6%	22.3%	5.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 04/16/2018										
AMS Lunch	Total	375								
Pizza, Stuffed Crust MS304	1 slice	250	330	20	870	17.0	35.0	14.0	4.50	0.00
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	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
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	30	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
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	0.01	0.00
Assorted Pudding Cups MS1462	1 pudding cup	350	85	0	140	1.5	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			609	53	1211	29.64	88.99	15.78	5.45	0.00
% of Calories						19.5%	58.4%	23.3%	8.0%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Tue - 04/17/2018										
AMS Lunch	Total	350								
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
Turkey & Cheese on Bun MS796	1 each	75	277	37	1103	15.58	30.11	11.51	5.66	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	200	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
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 MS1282	1/2 cup	50	69	0	6	0.23	18.23	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	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	50	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
Weighted Daily Average			566	60	1242	28.67	93.11	9.75	3.30	0.00
% of Calories						20.3%	65.8%	15.5%	5.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 04/18/2018										
AMS Lunch	Total	350								
Chicken Baked BBQ MS 512	1 serving	250	282	100	220	31.0	3.07	15.0	4.50	0.00
Country Fried Steak MS136	1 patty	100	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
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
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
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	250	70	0	60	0.0	18.0	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
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

Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Weighted Daily Average			729	90	995	39.18	96.63	20.77	6.95	0.00
% of Calories						21.5%	53.0%	25.6%	8.6%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Thu - 04/19/2018										
AMS Lunch	Total	355								
Spaghetti & MeatSauce ENRMS178	1 serving	250	342	42	610	17.51	39.26	12.89	4.67	0.00
Corn Dog MS744	1 each	80	271	40	647	8.79	29.18	12.9	3.47	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	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Cheesy Califor Veggies MS1058	1/2 cup	100	50	0	127	2.75	7.73	0.49	0.24	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	125	90	0	0	1.0	22.0	0.0	0.00	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
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
Mustard, PC, MS1538	1 packet	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	80	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			581	55	1019	26.18	82.57	16.28	5.29	0.01
% of Calories						18.0%	56.8%	25.2%	8.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 04/20/2018										
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
Sloppy Joe on WW Bun,MS791	1 each	100	315	41	501	15.53	33.6	13.76	4.41	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
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
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	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	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

Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Weighted Daily Average			532	33	883	23.12	76.35	16.21	3.54	0.07
% of Calories						17.4%	57.4%	27.4%	6.0%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 04/23/2018										
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
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	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
Green Peas, Frozen MS1070	1/2 cup	50	91	0	171	4.92	13.67	2.04	0.86	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	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
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			520	56	852	28.33	74.96	13.11	5.44	0.00
% of Calories						21.8%	57.6%	22.7%	9.4%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 04/25/2018										
AMS Lunch	Total	375								
Roasted Chicken USDA	2 ounces	275	440	204	676	44.0	4.0	24.0	8.00	0.00
Country Fried Steak MS136	1 patty	100	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
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	50	169	114	213	6.85	10.43	11.52	4.89	*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
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Assorted Gelatin, PC CupsMS1458	1 gelatin cup	250	70	0	60	0.0	18.0	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
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

Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Weighted Daily Average			833	182	1277	49.14	90.96	28.30	9.98	*0.00
% of Calories						23.6%	43.7%	30.6%	10.8%	*0.0%
Nutrient Guideline			600-700		1360				<10.00	

Thu - 04/26/2018										
AMS Lunch	Total	375								
Chili Cheese Corn Chips MS128	Serving	300	408	62	600	20.73	20.02	28.11	12.03	0.00
Turkey & Cheese on Bun MS796	1 each	50	277	37	1103	15.58	30.11	11.51	5.66	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
Broccoli w/Cheese Sauce MS1012	1/2 cup	150	43	0	231	3.27	7.67	0.58	0.02	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	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
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	150	290	0	86	1.78	76.25	0.54	0.18	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	150	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Taco. PC MS1558	1 packet	300	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			760	71	1227	30.36	100.54	30.48	11.96	0.00
% of Calories						16.0%	52.9%	36.1%	14.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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# Amory School District

Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Fri - 04/27/2018										
AMS Lunch	Total	350								
Catfish, Breaded, USDA Foods	1 Each	250	186	20	350	16.0	12.0	10.0	2.00	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	25	72	6	76	0.74	11.19	3.14	0.32	0.00
Strawberries, FRZ, PC, MS1295	1/2 cup	125	90	0	0	1.0	22.0	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
Hushpuppies-Purchase MS1332	2 each	200	105	3	199	1.57	14.02	4.96	0.72	*N/A*
AMS Milk	1/2 Pint	250	123	8	158	8.18	20.3	0.79	0.47	0.00
Sauce, Tartar, PC MS1560	1 packet	100	25	5	115	0.0	2.0	2.5	0.00	0.00
Sauce, Hot, PC MS1552	1 packet	100	0	0	65	0.0	0.0	0.0	0.00	0.00
Sauce, BBQ, PC MS1550	1 packet	50	15	0	85	0.0	4.0	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			606	38	891	29.36	87.28	18.04	2.67	0.07
% of Calories						19.4%	57.6%	26.8%	4.0%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 04/30/2018										
AMS Lunch	Total	375								
Pizza, Stuffed Crust MS304	1 slice	250	330	20	870	17.0	35.0	14.0	4.50	0.00
Beef -A- Roni MS114	3/4 cup	100	294	47	389	17.04	26.0	14.23	5.68	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
California Vegetables MS1054	1/2 cup	50	50	0	58	2.27	5.67	1.78	0.81	0.00
Garden Salad w/Dressing MS1118	1/2 cup	25	25	0	131	0.68	4.94	0.12	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	6	0.53	16.28	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
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			532	41	982	26.20	71.67	16.96	6.00	0.00
% of Calories						19.7%	53.9%	28.7%	10.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Weighted Average			628	66	1066	30.05 19.1%	85.65 54.5%	19.34 27.7%	6.49 9.3%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	628		600 - 700	100%				
Cholesterol (mg)	66							
Sodium (mg)	1066		1360					
Protein (g)	30.05	19.13%						
Carbohydrate (g)	85.65	54.54%						
Total Fat (g)	19.34	27.71%						
Saturated Fat (g)	6.49	9.30%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.02%			Missing			

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