

Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/02/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 405 | | | | | | | | | | | | | | |
| Pizza, Stuffed Crust MS304 | 1 slice | 275 | 231 | 14 | 604 | 2.04 | 1.36 | 129.0 | 0 | 0.0 | 2 | 10.19 | 24.44 | 10.19 | 3.06 | 0.00 |
| Chicken Bacon Ranch Casserole | 1 serving | 100 | 121 | 27 | 472 | 0.34 | *0.31 | *102.3 | *111 | *0.01 | 2 | 9.81 | 9.0 | 4.89 | 2.28 | 0.00 |
| Chef Salad, MS600 | 1 salad | 30 | 15 | 3 | 93 | 0.16 | 0.15 | 7.9 | 356 | 1.65 | 1 | 1.12 | 1.33 | 0.65 | 0.29 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 200 | 44 | 0 | 10 | 0.98 | 0.17 | 1.6 | 113 | 2.62 | 1 | 1.23 | 8.5 | 1.19 | 0.41 | 0.00 |
| Lima Beans, Frozen MS1004 | 1/2 cup | 50 | 13 | 0 | 31 | 0.62 | 0.20 | 2.9 | 32 | 0.6 | 0 | 0.69 | 2.01 | 0.25 | 0.10 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 25 | 2 | 0 | 9 | 0.04 | 0.04 | 2.2 | 120 | 0.84 | 0 | 0.07 | 0.37 | 0.01 | 0.00 | 0.00 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | 100 | 20 | 0 | 0 | 0.25 | 0.09 | 0.0 | 74 | 40.0 | 4 | 0.25 | 4.69 | 0.0 | 0.00 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 75 | 11 | 0 | 1 | 0.26 | 0.07 | 1.9 | 55 | 0.71 | 2 | 0.09 | 2.76 | 0.02 | 0.00 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 100 | 25 | 0 | 42 | 0.49 | 0.27 | 0.0 | 99 | 0.0 | 0 | 0.99 | 3.7 | 0.62 | 0.12 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 41 | 2 | 78 | 0.00 | 0.00 | 74.1 | 278 | 0.0 | 7 | 2.96 | 7.04 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van, 1/2 pt.PF MS1704 | 1/2 pint | 30 | 9 | 0 | 7 | 0.00 | 0.00 | 14.8 | 56 | 0.0 | 2 | 0.59 | 1.63 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr, 1/2 pt.PFMS1702 | 1/2 pint | 20 | 6 | 0 | 5 | 0.00 | 0.00 | 9.9 | 37 | 0.0 | 1 | 0.4 | 1.09 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.PFMS1708 | 1/2 pint | 75 | 19 | 3 | 22 | 0.00 | 0.00 | 55.6 | 93 | 0.22 | 2 | 1.48 | 2.04 | 0.46 | 0.28 | 0.00 |
| Weighted Daily Average | | | 555 | 49 | 1375 | 5.18 | *2.66 | *402.2 | *1424 | *46.65 | 24 | 29.87 | 68.61 | 18.27 | 6.54 | 0.00 |
| % of Calories | | | | | | | | | | | 17.2% | 21.5% | 49.5% | 29.6% | 10.6% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|---------------------------------|-----------|-----|-----|----|-----|------|------|------|------|-------|----|-------|-------|------|------|------|
| Tue - 03/03/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 330 | | | | | | | | | | | | | | |
| Spaghetti & MeatSauce Amory | 1 serving | 250 | 262 | 32 | 462 | 2.44 | 2.95 | 39.1 | 697 | 11.96 | 5 | 13.38 | 30.38 | 9.78 | 3.54 | 0.00 |
| Grilled Chicken Sandwich MS764 | 1 each | 50 | 46 | 9 | 124 | 0.50 | 0.35 | 19.0 | 148 | 0.48 | 1 | 3.68 | 5.03 | 1.07 | 0.23 | 0.00 |
| Chef Salad, MS600 | 1 salad | 30 | 19 | 4 | 114 | 0.20 | 0.19 | 9.7 | 437 | 2.02 | 1 | 1.38 | 1.64 | 0.79 | 0.35 | 0.00 |
| Green Beans, Canned, MS1036 | 1/2 cup | 200 | 25 | 0 | 55 | 1.07 | 0.73 | 15.1 | 234 | 1.1 | *0 | 0.79 | 2.7 | 1.08 | 0.13 | 0.00 |
| Glazed Carrots MS1018 | 1/2 cup | 50 | 8 | 0 | 14 | 0.46 | 0.07 | 4.0 | 2332 | 0.37 | 1 | 0.16 | 1.41 | 0.28 | 0.11 | 0.00 |
| Garden Salad w/Dressing MS1118 | 1/2 cup | 20 | 1 | 0 | 8 | 0.05 | 0.03 | 1.2 | 161 | 0.28 | 0 | 0.04 | 0.3 | 0.01 | 0.00 | 0.00 |
| Mandarin Fruit Cup MS1254 | 1/2 cup | 125 | 24 | 0 | 2 | 0.49 | 0.15 | 3.8 | 182 | 3.37 | 6 | 0.2 | 6.17 | 0.04 | 0.01 | 0.00 |
| Chilled Blushing Pears, MS1276 | 1/2 cup | 50 | 11 | 0 | 1 | 0.29 | 0.05 | 0.9 | 9 | 0.2 | 2 | 0.04 | 2.87 | 0.01 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 25 | 0 | 0 | 1.11 | 0.07 | 6.1 | 36 | 7.01 | 4 | 0.26 | 6.58 | 0.07 | 0.02 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 250 | 76 | 0 | 129 | 1.52 | 0.82 | 0.0 | 303 | 0.0 | 0 | 3.03 | 11.36 | 1.89 | 0.38 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 50 | 2 | 95 | 0.00 | 0.00 | 90.9 | 341 | 0.0 | 8 | 3.64 | 8.64 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van, 1/2 pt.PF MS1704 | 1/2 pint | 30 | 11 | 0 | 9 | 0.00 | 0.00 | 18.2 | 68 | 0.0 | 2 | 0.73 | 2.0 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr, 1/2 pt.PFMS1702 | 1/2 pint | 20 | 7 | 0 | 6 | 0.00 | 0.00 | 12.1 | 45 | 0.0 | 1 | 0.48 | 1.33 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.PFMS1708 | 1/2 pint | 75 | 23 | 3 | 27 | 0.00 | 0.00 | 68.2 | 114 | 0.27 | 2 | 1.82 | 2.5 | 0.57 | 0.34 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 25 | 0 | 0 | 5 | 0.01 | 0.01 | 0.3 | 0 | 0.0 | 0 | 0.01 | 0.02 | 0.02 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 50 | 6 | 1 | 14 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.15 | 0.61 | 0.08 | 0.00 |

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

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

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 594 | 52 | 1066 | 8.13 | 5.41 | 288.6 | 5108 | 27.06 | *33 | 29.64 | 83.07 | 16.22 | 5.18 | 0.00 |
| % of Calories | | | | | | | | | | | *22.5% | 19.9% | 55.9% | 24.6% | 7.8% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Wed - 03/04/2020 | | | | | | | | | | | | | | | | |
|---------------------------------|------------|-----|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| AMS Lunch | Total | 330 | | | | | | | | | | | | | | |
| Chili Cheese Corn Chips MS128 | Serving | 250 | 294 | 47 | 439 | 2.36 | 2.11 | 229.8 | 512 | 7.02 | 1 | 15.7 | 18.22 | 18.23 | 7.20 | 0.00 |
| Turkey & Cheese on Bun MS796 | 1 each | 50 | 44 | 6 | 160 | 0.50 | 0.27 | 15.9 | 68 | 0.36 | 1 | 2.59 | 4.71 | 1.74 | 0.86 | 0.00 |
| Chef Salad, MS600 | 1 salad | 30 | 19 | 4 | 114 | 0.20 | 0.19 | 9.7 | 437 | 2.02 | 1 | 1.38 | 1.64 | 0.79 | 0.35 | 0.00 |
| Quick Baked Potato MS1084 | 1/2 potato | 200 | 91 | 0 | 111 | 1.99 | 0.98 | 13.6 | 9 | 8.7 | 1 | 2.27 | 19.16 | 0.78 | 0.10 | 0.00 |
| Refried Beans, MS1038 | 1/2 cup | 100 | 43 | 1 | 92 | 2.10 | 0.66 | 20.4 | 34 | 3.31 | 0 | 2.43 | 6.46 | 0.9 | 0.45 | 0.00 |
| Chilled Blushing Pears, MS1276 | 1/2 cup | 75 | 16 | 0 | 2 | 0.44 | 0.08 | 1.4 | 13 | 0.3 | 3 | 0.06 | 4.3 | 0.01 | 0.00 | 0.00 |
| Applesauce, MS1204 | 1/2 cup | 100 | 18 | 0 | 1 | 0.52 | 0.05 | 1.4 | 12 | 0.52 | 4 | 0.07 | 4.73 | 0.02 | 0.00 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 50 | 2 | 95 | 0.00 | 0.00 | 90.9 | 341 | 0.0 | 8 | 3.64 | 8.64 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van, 1/2 pt.PF MS1704 | 1/2 pint | 30 | 11 | 0 | 9 | 0.00 | 0.00 | 18.2 | 68 | 0.0 | 2 | 0.73 | 2.0 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr, 1/2 pt.PFMS1702 | 1/2 pint | 20 | 7 | 0 | 6 | 0.00 | 0.00 | 12.1 | 45 | 0.0 | 1 | 0.48 | 1.33 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.PFMS1708 | 1/2 pint | 75 | 23 | 3 | 27 | 0.00 | 0.00 | 68.2 | 114 | 0.27 | 2 | 1.82 | 2.5 | 0.57 | 0.34 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 50 | 1 | 0 | 10 | 0.02 | 0.01 | 0.6 | 0 | 0.0 | 0 | 0.03 | 0.04 | 0.03 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 50 | 6 | 1 | 14 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.15 | 0.61 | 0.08 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 200 | 6 | 0 | 52 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 1.82 | 0.0 | 0.00 | 0.00 |
| Sauce, Taco. PC MS1558 | 1 packet | 200 | 3 | 0 | 58 | 0.05 | 0.05 | 0.8 | 0 | 16.63 | 0 | 0.05 | 0.65 | 0.02 | 0.00 | 0.00 |
| Weighted Daily Average | | | 631 | 65 | 1190 | 8.18 | 4.39 | 482.9 | 1653 | 39.13 | 26 | 31.24 | 76.36 | 23.70 | 9.38 | 0.00 |
| % of Calories | | | | | | | | | | | 16.6% | 19.8% | 48.4% | 33.8% | 13.4% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/05/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 380 | | | | | | | | | | | | | | |
| Chicken Nuggets,Fried MS534 | 5 nuggets | 300 | 218 | 43 | 336 | 1.56 | 1.41 | 15.6 | 78 | 0.94 | 0 | 12.5 | 12.5 | 12.44 | 2.26 | 0.00 |
| Hamburger Steak W/GravyMS144 | 1 steak | 50 | 23 | 5 | 54 | 0.21 | 0.29 | 5.3 | 7 | 0.04 | *0 | 1.72 | 0.78 | 1.49 | 0.63 | 0.00 |
| Chef Salad, MS600 | 1 salad | 30 | 16 | 4 | 99 | 0.17 | 0.16 | 8.4 | 379 | 1.75 | 1 | 1.2 | 1.42 | 0.69 | 0.31 | 0.00 |
| Mashed Potatoes MS1078 | 1/2 cup | 300 | 71 | 0 | 53 | 0.80 | 0.17 | 9.5 | 113 | 0.0 | 0 | 1.59 | 11.94 | 1.66 | 0.68 | 0.00 |
| Brown Gravy, Package MS1506 | 2 ounces | 300 | 20 | 0 | 339 | 0.00 | 0.51 | 16.1 | 2 | 0.51 | *0 | 0.0 | 4.09 | 0.51 | 0.51 | 0.00 |
| Black-Eyed Peas DryCMS1006 | 1/2 cup | 50 | 22 | 0 | 26 | 0.90 | 0.33 | 3.6 | 0 | 0.22 | *0 | 1.63 | 3.8 | 0.09 | 0.00 | 0.00 |
| Squash, Summer: MS1127 | 1/2 cup | 50 | 6 | 0 | 22 | 0.21 | 0.08 | 3.0 | 59 | 1.02 | 0 | 0.14 | 0.82 | 0.26 | 0.10 | 0.00 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | 100 | 21 | 0 | 0 | 0.26 | 0.09 | 0.0 | 79 | 42.63 | 4 | 0.26 | 5.0 | 0.0 | 0.00 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 75 | 14 | 0 | 0 | 0.19 | 0.07 | 3.3 | 9 | 2.25 | 3 | 0.1 | 3.72 | 0.02 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 22 | 0 | 0 | 0.96 | 0.06 | 5.3 | 32 | 6.09 | 3 | 0.23 | 5.72 | 0.06 | 0.01 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 300 | 158 | 0 | 205 | 0.79 | 1.42 | 31.6 | 0 | 2.84 | 4 | 3.16 | 26.84 | 3.95 | 0.79 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 43 | 2 | 83 | 0.00 | 0.00 | 78.9 | 296 | 0.0 | 7 | 3.16 | 7.5 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 9 | 0 | 8 | 0.00 | 0.00 | 15.8 | 59 | 0.0 | 2 | 0.63 | 1.74 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 6 | 0 | 5 | 0.00 | 0.00 | 10.5 | 39 | 0.0 | 1 | 0.42 | 1.16 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.PFMS1708 | 1/2 pint | 75 | 20 | 3 | 24 | 0.00 | 0.00 | 59.2 | 99 | 0.24 | 2 | 1.58 | 2.17 | 0.49 | 0.30 | 0.00 |
| Sauce, Variety,DippingPCMS1562 | 1 packet | 300 | 29 | 2 | 99 | 0.08 | 0.07 | 2.0 | 21 | 0.44 | 4 | 0.11 | 6.05 | 0.62 | 0.10 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 300 | 8 | 0 | 67 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.37 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 707 | 59 | 1420 | 6.14 | 4.66 | 268.2 | 1272 | 58.98 | *33 | 28.44 | 97.62 | 22.28 | 5.69 | 0.00 |
| % of Calories | | | | | | | | | | | *18.7% | 16.1% | 55.2% | 28.4% | 7.2% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|-----|-----|----|-----|------|-------|-------|------|------|---|-------|-------|------|------|------|
| Fri - 03/06/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 350 | | | | | | | | | | | | | | |
| Cheeseburger 2 oz., US MS728.1 | 1 each | 250 | 233 | 38 | 480 | 3.13 | *1.10 | *74.2 | *167 | *2.4 | 6 | 13.77 | 24.45 | 8.97 | 3.22 | 0.00 |
| Huntington Chicken B MS558 | 3/4 cup | 100 | 80 | 26 | 242 | 0.38 | 0.56 | 22.5 | 139 | 1.3 | 1 | 7.21 | 6.88 | 2.7 | 1.18 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 86 | 0 | 20 | 0.00 | 0.21 | 0.0 | 0 | 3.91 | 0 | 1.16 | 10.41 | 4.02 | 0.46 | 0.00 |
| Green Peas, Frozen MS1070 | 1/2 cup | 50 | 13 | 0 | 24 | 0.75 | 0.22 | 3.4 | 108 | 1.35 | 1 | 0.7 | 1.95 | 0.29 | 0.11 | 0.00 |
| Raw Veggies w/Dip MS1124 | 1/2 cup | 50 | 5 | 0 | 20 | 0.20 | 0.04 | 2.0 | 491 | 2.76 | 1 | 0.12 | 0.97 | 0.02 | 0.00 | 0.00 |
| Rosey Applesauce MS1212 | 1/2 cup | 100 | 20 | 0 | 3 | 0.49 | 0.05 | 1.3 | 15 | 1.03 | 4 | 0.11 | 5.24 | 0.02 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 24 | 0 | 0 | 1.04 | 0.06 | 5.8 | 34 | 6.61 | 4 | 0.25 | 6.21 | 0.07 | 0.02 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 47 | 2 | 90 | 0.00 | 0.00 | 85.7 | 321 | 0.0 | 8 | 3.43 | 8.14 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 10 | 0 | 9 | 0.00 | 0.00 | 17.1 | 64 | 0.0 | 2 | 0.69 | 1.89 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 7 | 0 | 5 | 0.00 | 0.00 | 11.4 | 43 | 0.0 | 1 | 0.46 | 1.26 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.PFMS1708 | 1/2 pint | 75 | 21 | 3 | 26 | 0.00 | 0.00 | 64.3 | 107 | 0.26 | 2 | 1.71 | 2.36 | 0.54 | 0.32 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 150 | 2 | 0 | 28 | 0.05 | 0.04 | 1.7 | 0 | 0.01 | 0 | 0.08 | 0.12 | 0.09 | 0.01 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 100 | 11 | 1 | 26 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.29 | 1.14 | 0.14 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 500 | 14 | 0 | 121 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 4.29 | 0.0 | 0.00 | 0.00 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 574 | 71 | 1095 | 6.04 | *2.28 | *289.4 | *1491 | *19.63 | 31 | 29.70 | 74.45 | 17.86 | 5.47 | 0.00 |
| % of Calories | | | | | | | | | | | 21.8% | 20.7% | 51.9% | 28.0% | 8.6% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Mon - 03/16/2020 | | | | | | | | | | | | | | | | |
|--------------------------------|--------------|-----|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 375 | | | | | | | | | | | | | | |
| Pizza,WGR Cheese,Ind, 5" MS314 | 1 pizza | 275 | 242 | 22 | 440 | 2.20 | 1.32 | 293.3 | 367 | 8.8 | 1 | 15.4 | 24.2 | 8.8 | 5.13 | 0.00 |
| Chicken Spaghetti MS542 | 3/4 cup | 100 | 80 | 16 | 110 | 0.68 | 0.65 | 7.2 | 140 | 1.66 | 1 | 6.9 | 9.93 | 1.42 | 0.47 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 200 | 47 | 0 | 11 | 1.06 | 0.19 | 1.8 | 122 | 2.83 | 1 | 1.33 | 9.18 | 1.29 | 0.44 | 0.00 |
| Green Peas, Frozen MS1070 | 1/2 cup | 50 | 12 | 0 | 23 | 0.70 | 0.20 | 3.1 | 101 | 1.26 | 1 | 0.66 | 1.82 | 0.27 | 0.10 | 0.00 |
| Cheesy Califor Veggies MS1058 | 1/2 cup | 100 | 13 | 0 | 34 | 0.67 | 0.12 | 6.8 | 502 | 7.02 | 1 | 0.73 | 2.06 | 0.13 | 0.06 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 75 | 14 | 0 | 0 | 0.19 | 0.07 | 3.4 | 9 | 2.28 | 3 | 0.1 | 3.77 | 0.02 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 22 | 0 | 0 | 0.97 | 0.06 | 5.4 | 32 | 6.17 | 3 | 0.23 | 5.79 | 0.07 | 0.01 | 0.00 |
| Applesauce, MS1204 | 1/2 cup | 100 | 16 | 0 | 1 | 0.45 | 0.04 | 1.2 | 11 | 0.45 | 3 | 0.06 | 4.16 | 0.02 | 0.00 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 100 | 53 | 0 | 69 | 0.27 | 0.48 | 10.7 | 0 | 0.96 | 1 | 1.07 | 9.07 | 1.33 | 0.27 | 0.00 |
| Assorted Gelatin,PC CupsMS1458 | 1 gelatin cu | 250 | 47 | 0 | 40 | 0.00 | 0.00 | 0.0 | 60 | 0.0 | 12 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 44 | 2 | 84 | 0.00 | 0.00 | 80.0 | 300 | 0.0 | 7 | 3.2 | 7.6 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 10 | 0 | 8 | 0.00 | 0.00 | 16.0 | 60 | 0.0 | 2 | 0.64 | 1.76 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 6 | 0 | 5 | 0.00 | 0.00 | 10.7 | 40 | 0.0 | 1 | 0.43 | 1.17 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,PFMS1708 | 1/2 pint | 75 | 20 | 3 | 24 | 0.00 | 0.00 | 60.0 | 100 | 0.24 | 2 | 1.6 | 2.2 | 0.5 | 0.30 | 0.00 |
| Weighted Daily Average | | | 627 | 43 | 850 | 7.20 | 3.13 | 499.5 | 1844 | 31.68 | 40 | 32.35 | 94.73 | 13.85 | 6.80 | 0.00 |
| % of Calories | | | | | | | | | | | 25.8% | 20.6% | 60.4% | 19.9% | 9.8% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/17/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 355 | | | | | | | | | | | | | | |
| Macaroni&Cheese,w/ham pcMS412 | 1 serving | 200 | 242 | 37 | 613 | 0.95 | 1.12 | 229.9 | 463 | 0.63 | 4 | 12.15 | 18.34 | 13.31 | 6.76 | 0.00 |
| Spicy Chicken Sand MS736 | 1 each | 125 | 131 | 15 | 229 | 1.17 | 1.01 | 44.4 | 383 | 1.07 | 2 | 7.68 | 15.01 | 4.62 | 0.63 | 0.01 |
| Chef Salad, MS600 | 1 salad | 30 | 17 | 4 | 106 | 0.19 | 0.17 | 9.0 | 406 | 1.88 | 1 | 1.28 | 1.52 | 0.74 | 0.33 | 0.00 |
| Quick Baked Potato MS1084 | 1/2 potato | 200 | 84 | 0 | 103 | 1.85 | 0.91 | 12.6 | 8 | 8.09 | 1 | 2.11 | 17.81 | 0.72 | 0.10 | 0.00 |
| Lima Beans, Frozen MS1004 | 1/2 cup | 50 | 15 | 0 | 36 | 0.71 | 0.23 | 3.3 | 37 | 0.69 | 0 | 0.79 | 2.3 | 0.29 | 0.11 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 25 | 2 | 0 | 10 | 0.04 | 0.04 | 2.5 | 137 | 0.96 | 0 | 0.08 | 0.42 | 0.01 | 0.00 | 0.00 |
| Rosey Applesauce MS1212 | 1/2 cup | 100 | 20 | 0 | 3 | 0.48 | 0.05 | 1.3 | 15 | 1.02 | 4 | 0.11 | 5.17 | 0.02 | 0.00 | 0.00 |
| Chilled Pears MS1282 | 1/2 cup | 50 | 10 | 0 | 1 | 0.27 | 0.05 | 0.8 | 8 | 0.12 | 2 | 0.03 | 2.57 | 0.01 | 0.00 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 46 | 2 | 89 | 0.00 | 0.00 | 84.5 | 317 | 0.0 | 8 | 3.38 | 8.03 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 10 | 0 | 8 | 0.00 | 0.00 | 16.9 | 63 | 0.0 | 2 | 0.68 | 1.86 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 7 | 0 | 5 | 0.00 | 0.00 | 11.3 | 42 | 0.0 | 1 | 0.45 | 1.24 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,PFMS1708 | 1/2 pint | 75 | 21 | 3 | 25 | 0.00 | 0.00 | 63.4 | 106 | 0.25 | 2 | 1.69 | 2.32 | 0.53 | 0.32 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 100 | 1 | 0 | 18 | 0.03 | 0.03 | 1.1 | 0 | 0.01 | 0 | 0.05 | 0.08 | 0.06 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 100 | 11 | 1 | 25 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.28 | 1.13 | 0.14 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 200 | 6 | 0 | 48 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 1.69 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 624 | 62 | 1320 | 5.69 | 3.61 | 481.1 | 1985 | 14.71 | 28 | 30.47 | 78.65 | 21.42 | 8.40 | 0.01 |
| % of Calories | | | | | | | | | | | 17.7% | 19.5% | 50.4% | 30.9% | 12.1% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/18/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 380 | | | | | | | | | | | | | | |
| Chicken Wings,Bless,Brig MS540 | 5 Chunks | 300 | 224 | 43 | 787 | 1.91 | 1.62 | 17.6 | 345 | 1.18 | 0 | 18.45 | 17.71 | 7.91 | 1.16 | 0.00 |
| Meatloaf MS160 | 1 piece | 50 | 28 | 10 | 47 | 0.06 | 0.23 | 3.8 | 12 | 0.24 | 1 | 1.63 | 1.42 | 1.78 | 0.66 | 0.00 |
| Chef Salad, Elementary, MS601 | 1 salad | 30 | 16 | 4 | 98 | 0.14 | 0.14 | 6.9 | 277 | 1.45 | 1 | 1.15 | 1.34 | 0.68 | 0.31 | 0.00 |
| Mashed Potatoes MS1078 | 1/2 cup | 300 | 71 | 0 | 53 | 0.80 | 0.17 | 9.5 | 113 | 0.0 | 0 | 1.59 | 11.94 | 1.66 | 0.68 | 0.00 |
| Brown Gravy, Package MS1506 | 2 ounces | 300 | 20 | 0 | 339 | 0.00 | 0.51 | 16.1 | 2 | 0.51 | *0 | 0.0 | 4.09 | 0.51 | 0.51 | 0.00 |
| Black-Eyed Peas DryCMS1006 | 1/2 cup | 50 | 22 | 0 | 26 | 0.90 | 0.33 | 3.6 | 0 | 0.22 | *0 | 1.63 | 3.8 | 0.09 | 0.00 | 0.00 |
| Turnip Greens, Southern MS1046 | 1/2 cup | 50 | 7 | 0 | 12 | 0.29 | 0.11 | 11.7 | 257 | 0.7 | 0 | 0.33 | 0.45 | 0.44 | 0.03 | 0.00 |
| Mandarin Fruit Cup MS1254 | 1/2 cup | 125 | 21 | 0 | 2 | 0.42 | 0.13 | 3.3 | 158 | 2.93 | 5 | 0.17 | 5.36 | 0.03 | 0.00 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 75 | 11 | 0 | 1 | 0.28 | 0.08 | 2.0 | 59 | 0.76 | 3 | 0.1 | 2.94 | 0.02 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 22 | 0 | 0 | 0.96 | 0.06 | 5.3 | 32 | 6.09 | 3 | 0.23 | 5.72 | 0.06 | 0.01 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 300 | 158 | 0 | 205 | 0.79 | 1.42 | 31.6 | 0 | 2.84 | 4 | 3.16 | 26.84 | 3.95 | 0.79 | 0.00 |
| Assorted Pudding CupsMS1462 | 1 pudding cup | 250 | 72 | 0 | 81 | 0.00 | 0.12 | 26.3 | 0 | 0.0 | 12 | 1.97 | 15.13 | 0.99 | 0.33 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 43 | 2 | 83 | 0.00 | 0.00 | 78.9 | 296 | 0.0 | 7 | 3.16 | 7.5 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 9 | 0 | 8 | 0.00 | 0.00 | 15.8 | 59 | 0.0 | 2 | 0.63 | 1.74 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 6 | 0 | 5 | 0.00 | 0.00 | 10.5 | 39 | 0.0 | 1 | 0.42 | 1.16 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,PFMS1708 | 1/2 pint | 75 | 20 | 3 | 24 | 0.00 | 0.00 | 59.2 | 99 | 0.24 | 2 | 1.58 | 2.17 | 0.49 | 0.30 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 300 | 8 | 0 | 67 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.37 | 0.0 | 0.00 | 0.00 |
| Ranch Dressing (Mix)MS1546 | 2 TBSP | 300 | 89 | 17 | 402 | 0.00 | 0.01 | 28.0 | 169 | 0.24 | *0 | 0.8 | 2.74 | 8.11 | 0.92 | 0.00 |
| Weighted Daily Average | | | 848 | 79 | 2238 | 6.55 | 4.92 | 330.2 | 1918 | 17.39 | *43 | 37.00 | 114.42 | 26.72 | 5.70 | 0.00 |
| % of Calories | | | | | | | | | | | *20.3% | 17.4% | 53.9% | 28.3% | 6.1% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/19/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 355 | | | | | | | | | | | | | | |
| Taco Meat with Chips MS186 | 1 serving | 250 | 222 | 29 | 339 | 1.80 | 1.18 | 101.4 | *259 | 4.73 | 1 | 9.74 | 15.63 | 13.4 | 5.63 | 0.00 |
| Corn Dog MS744 | 1 each | 75 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Grilled Chicken Salad MS620 | 1 salad | 30 | 36 | 7 | 117 | 0.35 | 0.27 | 30.9 | *375 | 2.56 | 1 | 2.82 | 3.38 | 1.16 | 0.59 | 0.00 |
| Sweet Potato Fries, Bkd MS1099 | 1/2 cup | 150 | 59 | 0 | 63 | 0.84 | 0.15 | 8.4 | 317 | 0.0 | 3 | 0.42 | 7.6 | 2.95 | 0.42 | 0.00 |
| Refried Beans, MS1038 | 1/2 cup | 100 | 40 | 1 | 86 | 1.96 | 0.61 | 19.0 | 32 | 3.08 | 0 | 2.26 | 6.01 | 0.84 | 0.41 | 0.00 |
| Rice, Fiesta, MS1345 | 1/2 cup | 100 | 35 | 0 | 133 | 0.41 | 0.22 | *1.9 | 29 | 2.24 | 0 | 0.88 | 6.8 | 0.49 | 0.06 | 0.00 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | 100 | 23 | 0 | 0 | 0.28 | 0.10 | 0.0 | 85 | 45.63 | 5 | 0.28 | 5.35 | 0.0 | 0.00 | 0.00 |
| Chilled Blushing Pears, MS1276 | 1/2 cup | 50 | 10 | 0 | 1 | 0.27 | 0.05 | 0.8 | 8 | 0.19 | 2 | 0.04 | 2.66 | 0.01 | 0.00 | 0.00 |
| Fresh Fruit Bowl Variety MS1244 | 1 each | 100 | 24 | 0 | 0 | 1.03 | 0.06 | 5.7 | 34 | 6.52 | 4 | 0.25 | 6.12 | 0.07 | 0.02 | 0.00 |
| Banana Berry Blend with Glaze | 1/2 Cup | 125 | 102 | 0 | 30 | 1.49 | 0.15 | 2.9 | 96 | 5.0 | 19 | 0.63 | 26.85 | 0.19 | 0.06 | 0.00 |
| Milk, FF Choc 1/2 pt. PF MS1700 | 1/2 pint | 150 | 46 | 2 | 89 | 0.00 | 0.00 | 84.5 | 317 | 0.0 | 8 | 3.38 | 8.03 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van, 1/2 pt. PF MS1704 | 1/2 pint | 30 | 10 | 0 | 8 | 0.00 | 0.00 | 16.9 | 63 | 0.0 | 2 | 0.68 | 1.86 | 0.0 | 0.00 | 0.00 |
| Milk, FF Strwbr, 1/2 pt. PF MS1702 | 1/2 pint | 20 | 7 | 0 | 5 | 0.00 | 0.00 | 11.3 | 42 | 0.0 | 1 | 0.45 | 1.24 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt. PF MS1708 | 1/2 pint | 75 | 21 | 3 | 25 | 0.00 | 0.00 | 63.4 | 106 | 0.25 | 2 | 1.69 | 2.32 | 0.53 | 0.32 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 50 | 1 | 0 | 9 | 0.02 | 0.01 | 0.6 | 0 | 0.0 | 0 | 0.03 | 0.04 | 0.03 | 0.00 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 200 | 6 | 0 | 48 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 1.69 | 0.0 | 0.00 | 0.00 |
| Sauce, Taco. PC MS1558 | 1 packet | 200 | 3 | 0 | 54 | 0.05 | 0.05 | 0.7 | 0 | 15.46 | 0 | 0.05 | 0.6 | 0.01 | 0.00 | 0.00 |
| Weighted Daily Average | | | 644 | 43 | 1009 | 8.50 | 2.84 | *348.4 | *1762 | 85.67 | 50 | 23.58 | 96.18 | 19.67 | 7.52 | 0.00 |
| % of Calories | | | | | | | | | | | 30.8% | 14.7% | 59.8% | 27.5% | 10.5% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------------|-----------|-----|-----|----|-----|------|------|-------|-----|-------|----|-------|-------|-------|------|------|
| Fri - 03/20/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 350 | | | | | | | | | | | | | | |
| John Wayne Casserole MS150 | 1 serving | 250 | 286 | 48 | 575 | 1.01 | 1.04 | 120.7 | 510 | 3.83 | *1 | 11.87 | 12.72 | 20.49 | 8.72 | 0.00 |
| BBQ Pork Sandwich Pur MS716 | 1 each | 100 | 84 | 17 | 239 | 0.86 | 0.65 | 28.6 | 34 | 0.32 | *3 | 7.7 | 9.46 | 1.57 | 0.29 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 86 | 0 | 20 | 0.00 | 0.21 | 0.0 | 0 | 3.91 | 0 | 1.16 | 10.41 | 4.02 | 0.46 | 0.00 |
| Baked Beans, Spice Blend MS1002 | 1/2 cup | 100 | 38 | 0 | 55 | 1.55 | 0.49 | 13.8 | 57 | 0.27 | *2 | 1.8 | 8.57 | 0.16 | 0.03 | 0.00 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 25 | 5 | 0 | 5 | 0.09 | 0.02 | 1.7 | 14 | 1.2 | 1 | 0.05 | 0.8 | 0.22 | 0.02 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 250 | 71 | 0 | 121 | 1.43 | 0.77 | 0.0 | 286 | 0.0 | 0 | 2.86 | 10.71 | 1.79 | 0.36 | 0.00 |
| Applesauce, MS1204 | 1/2 cup | 100 | 17 | 0 | 1 | 0.49 | 0.05 | 1.3 | 11 | 0.49 | 3 | 0.07 | 4.46 | 0.02 | 0.00 | 0.00 |
| Fruit Juice, Frozen Cup, MS1247 | 1/2 cup | 150 | 26 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 25.71 | 6 | 0.0 | 6.43 | 0.01 | 0.00 | 0.00 |
| Fresh Fruit Bowl Variety MS1244 | 1 each | 100 | 24 | 0 | 0 | 1.04 | 0.06 | 5.8 | 34 | 6.61 | 4 | 0.25 | 6.21 | 0.07 | 0.02 | 0.00 |
| Milk, FF Choc 1/2 pt. PF MS1700 | 1/2 pint | 150 | 47 | 2 | 90 | 0.00 | 0.00 | 85.7 | 321 | 0.0 | 8 | 3.43 | 8.14 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van, 1/2 pt. PF MS1704 | 1/2 pint | 30 | 10 | 0 | 9 | 0.00 | 0.00 | 17.1 | 64 | 0.0 | 2 | 0.69 | 1.89 | 0.0 | 0.00 | 0.00 |
| Milk, FF Strwbr, 1/2 pt. PF MS1702 | 1/2 pint | 20 | 7 | 0 | 5 | 0.00 | 0.00 | 11.4 | 43 | 0.0 | 1 | 0.46 | 1.26 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt. PF MS1708 | 1/2 pint | 75 | 21 | 3 | 26 | 0.00 | 0.00 | 64.3 | 107 | 0.26 | 2 | 1.71 | 2.36 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 500 | 14 | 0 | 121 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 4.29 | 0.0 | 0.00 | 0.00 |

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 738 | 72 | 1273 | 6.47 | 3.29 | 350.4 | 1481 | 42.60 | *35 | 32.04 | 87.69 | 28.87 | 10.22 | 0.00 |
| % of Calories | | | | | | | | | | | *19.1% | 17.4% | 47.6% | 35.2% | 12.5% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Mon - 03/23/2020 | | | | | | | | | | | | | | | | |
|---------------------------------|--------------|-----|---------|----|------|------|------|--------|------|-------|-------|-------|--------|-------|--------|------|
| AMS Lunch | Total | 380 | | | | | | | | | | | | | | |
| Chicken Mandarin MS570 | 1 Serving | 300 | 183 | 43 | 367 | 1.93 | 1.39 | 0.0 | 0 | 0.0 | 13 | 13.51 | 24.12 | 3.86 | 0.96 | 0.00 |
| Rice, Asian Stir Fried, MS1348 | 1/2 cup | 300 | 94 | 0 | 256 | 0.58 | 0.34 | *2.0 | 244 | 2.92 | 1 | 2.62 | 19.96 | 0.45 | 0.09 | 0.00 |
| Ham & Cheese on Bun MS768 | 1 each | 50 | 40 | 6 | 139 | 0.43 | 0.27 | 13.8 | 60 | 0.31 | 1 | 2.46 | 4.2 | 1.58 | 0.79 | 0.00 |
| Chef Salad, Elementary, MS601 | 1 salad | 30 | 16 | 4 | 98 | 0.14 | 0.14 | 6.9 | 277 | 1.45 | 1 | 1.15 | 1.34 | 0.68 | 0.31 | 0.00 |
| Quick Baked Potato MS1084 | 1/2 potato | 200 | 79 | 0 | 96 | 1.73 | 0.85 | 11.8 | 8 | 7.55 | 1 | 1.97 | 16.64 | 0.68 | 0.09 | 0.00 |
| Lima Beans, Frozen MS1004 | 1/2 cup | 50 | 14 | 0 | 33 | 0.66 | 0.22 | 3.1 | 34 | 0.64 | 0 | 0.73 | 2.15 | 0.27 | 0.10 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 25 | 2 | 0 | 10 | 0.04 | 0.04 | 2.4 | 128 | 0.9 | 0 | 0.08 | 0.4 | 0.01 | 0.00 | 0.00 |
| Applesauce, MS1204 | 1/2 cup | 100 | 16 | 0 | 1 | 0.45 | 0.04 | 1.2 | 10 | 0.45 | 3 | 0.06 | 4.11 | 0.02 | 0.00 | 0.00 |
| Chilled Blushing Pears, MS1276 | 1/2 cup | 75 | 14 | 0 | 2 | 0.38 | 0.07 | 1.2 | 12 | 0.26 | 2 | 0.05 | 3.73 | 0.01 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 22 | 0 | 0 | 0.96 | 0.06 | 5.3 | 32 | 6.09 | 3 | 0.23 | 5.72 | 0.06 | 0.01 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 300 | 158 | 0 | 205 | 0.79 | 1.42 | 31.6 | 0 | 2.84 | 4 | 3.16 | 26.84 | 3.95 | 0.79 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 43 | 2 | 83 | 0.00 | 0.00 | 78.9 | 296 | 0.0 | 7 | 3.16 | 7.5 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van, 1/2 pt.PF MS1704 | 1/2 pint | 30 | 9 | 0 | 8 | 0.00 | 0.00 | 15.8 | 59 | 0.0 | 2 | 0.63 | 1.74 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr, 1/2 pt.PFMS1702 | 1/2 pint | 20 | 6 | 0 | 5 | 0.00 | 0.00 | 10.5 | 39 | 0.0 | 1 | 0.42 | 1.16 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.PFMS1708 | 1/2 pint | 75 | 20 | 3 | 24 | 0.00 | 0.00 | 59.2 | 99 | 0.24 | 2 | 1.58 | 2.17 | 0.49 | 0.30 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 25 | 0 | 0 | 4 | 0.01 | 0.01 | 0.3 | 0 | 0.0 | 0 | 0.01 | 0.02 | 0.01 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 50 | 5 | 1 | 12 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.13 | 0.53 | 0.07 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 200 | 5 | 0 | 45 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 1.58 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 726 | 59 | 1386 | 8.10 | 4.83 | *244.0 | 1299 | 23.65 | 42 | 31.83 | 123.50 | 12.60 | 3.51 | 0.00 |
| % of Calories | | | | | | | | | | | 23.3% | 17.5% | 68.0% | 15.6% | 4.3% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/24/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 330 | | | | | | | | | | | | | | |
| Spaghetti & MeatSauce Amory | 1 serving | 150 | 157 | 19 | 277 | 1.46 | 1.77 | 23.5 | 418 | 7.17 | 3 | 8.03 | 18.23 | 5.87 | 2.12 | 0.00 |
| Chicken BRD Cutlet Sand MS732 | 1 each | 150 | 172 | 27 | 336 | 2.42 | 1.04 | 84.4 | 485 | 2.52 | 3 | 10.59 | 20.55 | 5.48 | 1.00 | 0.01 |
| Chef Salad, Elementary, MS601 | 1 salad | 30 | 18 | 4 | 113 | 0.16 | 0.16 | 7.9 | 320 | 1.67 | 1 | 1.32 | 1.54 | 0.79 | 0.35 | 0.00 |
| Green Beans, Canned, MS1036 | 1/2 cup | 200 | 25 | 0 | 55 | 1.07 | 0.73 | 15.1 | 234 | 1.1 | *0 | 0.79 | 2.7 | 1.08 | 0.13 | 0.00 |
| Glazed Carrots MS1018 | 1/2 cup | 50 | 8 | 0 | 14 | 0.46 | 0.07 | 4.0 | 2332 | 0.37 | 1 | 0.16 | 1.41 | 0.28 | 0.11 | 0.00 |
| Garden Salad w/Dressing MS1118 | 1/2 cup | 25 | 2 | 0 | 10 | 0.06 | 0.04 | 1.5 | 201 | 0.35 | 0 | 0.05 | 0.37 | 0.01 | 0.00 | 0.00 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | 100 | 24 | 0 | 0 | 0.30 | 0.11 | 0.0 | 91 | 49.09 | 5 | 0.3 | 5.76 | 0.0 | 0.00 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 75 | 16 | 0 | 0 | 0.22 | 0.08 | 3.8 | 10 | 2.6 | 3 | 0.11 | 4.29 | 0.02 | 0.00 | 0.00 |
| Apricots, FRZ, PC, MS1219 | 1/2 cup | 25 | 8 | 0 | 0 | 0.15 | 0.03 | 0.9 | 152 | 7.73 | 2 | 0.08 | 1.89 | 0.0 | 0.00 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 150 | 45 | 0 | 77 | 0.91 | 0.49 | 0.0 | 182 | 0.0 | 0 | 1.82 | 6.82 | 1.14 | 0.23 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 50 | 2 | 95 | 0.00 | 0.00 | 90.9 | 341 | 0.0 | 8 | 3.64 | 8.64 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 11 | 0 | 9 | 0.00 | 0.00 | 18.2 | 68 | 0.0 | 2 | 0.73 | 2.0 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 7 | 0 | 6 | 0.00 | 0.00 | 12.1 | 45 | 0.0 | 1 | 0.48 | 1.33 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.PFMS1708 | 1/2 pint | 75 | 23 | 3 | 27 | 0.00 | 0.00 | 68.2 | 114 | 0.27 | 2 | 1.82 | 2.5 | 0.57 | 0.34 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 100 | 1 | 0 | 20 | 0.03 | 0.03 | 1.2 | 0 | 0.01 | 0 | 0.06 | 0.09 | 0.07 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 100 | 12 | 2 | 27 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.3 | 1.21 | 0.15 | 0.00 |
| Weighted Daily Average | | | 581 | 58 | 1067 | 7.25 | 4.54 | 331.7 | 4993 | 72.89 | *33 | 29.97 | 78.41 | 16.51 | 4.45 | 0.01 |
| % of Calories | | | | | | | | | | | *22.6% | 20.6% | 54.0% | 25.6% | 6.9% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|-----|-----|----|-----|------|------|------|------|-------|---|------|------|-------|------|------|
| Wed - 03/25/2020 | | | | | | | | | | | | | | | | |
| AMS Lunch | Total | 355 | | | | | | | | | | | | | | |
| Nachos Grande MS168 | 1 serving | 250 | 257 | 29 | 484 | 1.27 | 1.15 | 84.8 | 157 | 2.02 | 2 | 8.56 | 17.9 | 16.76 | 5.56 | 0.00 |
| Grilled Chicken Sandwich MS764 | 1 each | 75 | 65 | 13 | 173 | 0.70 | 0.49 | 26.5 | 207 | 0.67 | 2 | 5.13 | 7.02 | 1.49 | 0.32 | 0.00 |
| Grilled Chicken Salad MS620 | 1 salad | 30 | 36 | 7 | 117 | 0.35 | 0.27 | 30.9 | *375 | 2.56 | 1 | 2.82 | 3.38 | 1.16 | 0.59 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 200 | 50 | 0 | 11 | 1.12 | 0.20 | 1.9 | 129 | 2.98 | 1 | 1.41 | 9.7 | 1.36 | 0.47 | 0.00 |
| Green Peas, Frozen MS1070 | 1/2 cup | 50 | 13 | 0 | 24 | 0.74 | 0.22 | 3.3 | 107 | 1.33 | 1 | 0.69 | 1.92 | 0.29 | 0.11 | 0.00 |
| Rosey Applesauce MS1212 | 1/2 cup | 100 | 20 | 0 | 3 | 0.48 | 0.05 | 1.3 | 15 | 1.02 | 4 | 0.11 | 5.17 | 0.02 | 0.00 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 75 | 12 | 0 | 1 | 0.30 | 0.08 | 2.2 | 63 | 0.81 | 3 | 0.11 | 3.15 | 0.02 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 24 | 0 | 0 | 1.03 | 0.06 | 5.7 | 34 | 6.52 | 4 | 0.25 | 6.12 | 0.07 | 0.02 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 46 | 2 | 89 | 0.00 | 0.00 | 84.5 | 317 | 0.0 | 8 | 3.38 | 8.03 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 10 | 0 | 8 | 0.00 | 0.00 | 16.9 | 63 | 0.0 | 2 | 0.68 | 1.86 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 7 | 0 | 5 | 0.00 | 0.00 | 11.3 | 42 | 0.0 | 1 | 0.45 | 1.24 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.PFMS1708 | 1/2 pint | 75 | 21 | 3 | 25 | 0.00 | 0.00 | 63.4 | 106 | 0.25 | 2 | 1.69 | 2.32 | 0.53 | 0.32 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 50 | 1 | 0 | 9 | 0.02 | 0.01 | 0.6 | 0 | 0.0 | 0 | 0.03 | 0.04 | 0.03 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 50 | 6 | 1 | 13 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.14 | 0.56 | 0.07 | 0.00 |
| Sauce, Taco. PC MS1558 | 1 packet | 200 | 3 | 0 | 54 | 0.05 | 0.05 | 0.7 | 0 | 15.46 | 0 | 0.05 | 0.6 | 0.01 | 0.00 | 0.00 |

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 570 | 55 | 1019 | 6.06 | 2.57 | 333.8 | *1614 | 33.63 | 31 | 25.35 | 68.59 | 22.30 | 7.45 | 0.00 |
| % of Calories | | | | | | | | | | | 21.4% | 17.8% | 48.2% | 35.2% | 11.8% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | | <10.00 |

| Fri - 03/27/2020 | | | | | | | | | | | | | | | | |
|--------------------------------|----------|-----|---------|----|------|------|------|-------|-----|-------|--------|-------|-------|-------|------|--------|
| AMS Lunch | Total | 400 | | | | | | | | | | | | | | |
| Sloppy Joe on WW Bun,MS791 | 1 each | 300 | 244 | 31 | 361 | 2.69 | 2.21 | 89.1 | 157 | 2.16 | 8 | 11.65 | 26.7 | 10.32 | 3.31 | 0.00 |
| BBQ Pork Sandwich Pur MS716 | 1 each | 100 | 74 | 15 | 209 | 0.75 | 0.57 | 25.0 | 30 | 0.28 | *2 | 6.74 | 8.27 | 1.37 | 0.25 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 76 | 0 | 18 | 0.00 | 0.18 | 0.0 | 0 | 3.42 | 0 | 1.01 | 9.11 | 3.51 | 0.40 | 0.00 |
| Baked Beans, SpiceBlend MS1002 | 1/2 cup | 100 | 33 | 0 | 48 | 1.36 | 0.43 | 12.1 | 50 | 0.24 | *1 | 1.58 | 7.5 | 0.14 | 0.02 | 0.00 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 25 | 5 | 0 | 5 | 0.08 | 0.02 | 1.5 | 12 | 1.05 | 1 | 0.05 | 0.7 | 0.2 | 0.02 | 0.00 |
| Fruit Juice, Frozen Cup,MS1247 | 1/2 cup | 150 | 22 | 0 | 4 | 0.00 | 0.00 | 0.0 | 0 | 22.5 | 5 | 0.0 | 5.62 | 0.01 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 21 | 0 | 0 | 0.91 | 0.06 | 5.0 | 30 | 5.78 | 3 | 0.22 | 5.43 | 0.06 | 0.01 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 41 | 2 | 79 | 0.00 | 0.00 | 75.0 | 281 | 0.0 | 7 | 3.0 | 7.13 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 9 | 0 | 8 | 0.00 | 0.00 | 15.0 | 56 | 0.0 | 2 | 0.6 | 1.65 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 6 | 0 | 5 | 0.00 | 0.00 | 10.0 | 38 | 0.0 | 1 | 0.4 | 1.1 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,PFMS1708 | 1/2 pint | 75 | 19 | 3 | 22 | 0.00 | 0.00 | 56.3 | 94 | 0.22 | 2 | 1.5 | 2.06 | 0.47 | 0.28 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 500 | 12 | 0 | 106 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.75 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 562 | 52 | 865 | 5.79 | 3.46 | 289.0 | 748 | 35.66 | *34 | 26.74 | 79.03 | 16.08 | 4.30 | 0.00 |
| % of Calories | | | | | | | | | | | *24.5% | 19.0% | 56.3% | 25.8% | 6.9% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | | <10.00 |

| Mon - 03/30/2020 | | | | | | | | | | | | | | | | |
|--------------------------------|----------|-----|-----|----|-----|------|------|-------|-----|------|---|-------|-------|-------|------|------|
| AMS Lunch | Total | 405 | | | | | | | | | | | | | | |
| Pizza, Stuffed Crust MS304 | 1 slice | 275 | 231 | 14 | 604 | 2.04 | 1.36 | 129.0 | 0 | 0.0 | 2 | 10.19 | 24.44 | 10.19 | 3.06 | 0.00 |
| Chicken with Alfredo Sau MS556 | 3/4 cup | 100 | 60 | 20 | 165 | 0.16 | 0.32 | 58.4 | 86 | 0.13 | 1 | 5.14 | 5.38 | 1.97 | 1.04 | 0.00 |
| Chef Salad, MS600 | 1 salad | 30 | 15 | 3 | 93 | 0.16 | 0.15 | 7.9 | 356 | 1.65 | 1 | 1.12 | 1.33 | 0.65 | 0.29 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 200 | 44 | 0 | 10 | 0.98 | 0.17 | 1.6 | 113 | 2.62 | 1 | 1.23 | 8.5 | 1.19 | 0.41 | 0.00 |
| Lima Beans, Frozen MS1004 | 1/2 cup | 50 | 13 | 0 | 31 | 0.62 | 0.20 | 2.9 | 32 | 0.6 | 0 | 0.69 | 2.01 | 0.25 | 0.10 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 25 | 2 | 0 | 9 | 0.04 | 0.04 | 2.2 | 120 | 0.84 | 0 | 0.07 | 0.37 | 0.01 | 0.00 | 0.00 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | 100 | 20 | 0 | 0 | 0.25 | 0.09 | 0.0 | 74 | 40.0 | 4 | 0.25 | 4.69 | 0.0 | 0.00 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 75 | 11 | 0 | 1 | 0.26 | 0.07 | 1.9 | 55 | 0.71 | 2 | 0.09 | 2.76 | 0.02 | 0.00 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 100 | 25 | 0 | 42 | 0.49 | 0.27 | 0.0 | 99 | 0.0 | 0 | 0.99 | 3.7 | 0.62 | 0.12 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 41 | 2 | 78 | 0.00 | 0.00 | 74.1 | 278 | 0.0 | 7 | 2.96 | 7.04 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van,1/2 pt.PF MS1704 | 1/2 pint | 30 | 9 | 0 | 7 | 0.00 | 0.00 | 14.8 | 56 | 0.0 | 2 | 0.59 | 1.63 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr,1/2 pt.PFMS1702 | 1/2 pint | 20 | 6 | 0 | 5 | 0.00 | 0.00 | 9.9 | 37 | 0.0 | 1 | 0.4 | 1.09 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,PFMS1708 | 1/2 pint | 75 | 19 | 3 | 22 | 0.00 | 0.00 | 55.6 | 93 | 0.22 | 2 | 1.48 | 2.04 | 0.46 | 0.28 | 0.00 |

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 494 | 42 | 1067 | 5.01 | 2.67 | 358.3 | 1398 | 46.77 | 23 | 25.20 | 65.00 | 15.35 | 5.30 | 0.00 |
| % of Calories | | | | | | | | | | | 18.9% | 20.4% | 52.6% | 28.0% | 9.7% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| Tue - 03/31/2020 | | | | | | | | | | | | | | | | |
|---------------------------------|-----------|-----|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|------|
| AMS Lunch | Total | 330 | | | | | | | | | | | | | | |
| Spaghetti & MeatSauce Amory | 1 serving | 250 | 262 | 32 | 462 | 2.44 | 2.95 | 39.1 | 697 | 11.96 | 5 | 13.38 | 30.38 | 9.78 | 3.54 | 0.00 |
| Grilled Chicken Sandwich MS764 | 1 each | 50 | 46 | 9 | 124 | 0.50 | 0.35 | 19.0 | 148 | 0.48 | 1 | 3.68 | 5.03 | 1.07 | 0.23 | 0.00 |
| Chef Salad, MS600 | 1 salad | 30 | 19 | 4 | 114 | 0.20 | 0.19 | 9.7 | 437 | 2.02 | 1 | 1.38 | 1.64 | 0.79 | 0.35 | 0.00 |
| Green Beans, Canned, MS1036 | 1/2 cup | 200 | 25 | 0 | 55 | 1.07 | 0.73 | 15.1 | 234 | 1.1 | *0 | 0.79 | 2.7 | 1.08 | 0.13 | 0.00 |
| Glazed Carrots MS1018 | 1/2 cup | 50 | 8 | 0 | 14 | 0.46 | 0.07 | 4.0 | 2332 | 0.37 | 1 | 0.16 | 1.41 | 0.28 | 0.11 | 0.00 |
| Garden Salad w/Dressing MS1118 | 1/2 cup | 20 | 1 | 0 | 8 | 0.05 | 0.03 | 1.2 | 161 | 0.28 | 0 | 0.04 | 0.3 | 0.01 | 0.00 | 0.00 |
| Mandarin Fruit Cup MS1254 | 1/2 cup | 125 | 24 | 0 | 2 | 0.49 | 0.15 | 3.8 | 182 | 3.37 | 6 | 0.2 | 6.17 | 0.04 | 0.01 | 0.00 |
| Chilled Blushing Pears, MS1276 | 1/2 cup | 50 | 11 | 0 | 1 | 0.29 | 0.05 | 0.9 | 9 | 0.2 | 2 | 0.04 | 2.87 | 0.01 | 0.00 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 100 | 25 | 0 | 0 | 1.11 | 0.07 | 6.1 | 36 | 7.01 | 4 | 0.26 | 6.58 | 0.07 | 0.02 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 250 | 76 | 0 | 129 | 1.52 | 0.82 | 0.0 | 303 | 0.0 | 0 | 3.03 | 11.36 | 1.89 | 0.38 | 0.00 |
| Milk, FF Choc 1/2 pt.PF MS1700 | 1/2 pint | 150 | 50 | 2 | 95 | 0.00 | 0.00 | 90.9 | 341 | 0.0 | 8 | 3.64 | 8.64 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Van, 1/2 pt.PF MS1704 | 1/2 pint | 30 | 11 | 0 | 9 | 0.00 | 0.00 | 18.2 | 68 | 0.0 | 2 | 0.73 | 2.0 | 0.0 | 0.00 | 0.00 |
| Milk, FFStrwbr, 1/2 pt.PFMS1702 | 1/2 pint | 20 | 7 | 0 | 6 | 0.00 | 0.00 | 12.1 | 45 | 0.0 | 1 | 0.48 | 1.33 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,PFMS1708 | 1/2 pint | 75 | 23 | 3 | 27 | 0.00 | 0.00 | 68.2 | 114 | 0.27 | 2 | 1.82 | 2.5 | 0.57 | 0.34 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 25 | 0 | 0 | 5 | 0.01 | 0.01 | 0.3 | 0 | 0.0 | 0 | 0.01 | 0.02 | 0.02 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 50 | 6 | 1 | 14 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.15 | 0.61 | 0.08 | 0.00 |
| Weighted Daily Average | | | 594 | 52 | 1066 | 8.13 | 5.41 | 288.6 | 5108 | 27.06 | *33 | 29.64 | 83.07 | 16.22 | 5.18 | 0.00 |
| % of Calories | | | | | | | | | | | *22.5% | 19.9% | 55.9% | 24.6% | 7.8% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|------|------|-------|--------|-------|--------|--------|-------|-------|-------|------|------|
| Weighted Average | | | 629 | 57 | 1207 | 6.78 | *3.79 | *349.1 | *2194 | *38.95 | *34 | 29.57 | 85.59 | 19.24 | 6.32 | 0.00 |
| | | | | | | | | | | | *48.3% | 18.8% | 54.4% | 27.5% | 9.0% | 0.0% |

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Lunch

Weighted Values - Detailed

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Generated on: 2/26/2020 10:08:20 AM

| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---------------------------------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 629 | | 600 - 700 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 57 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1207 | | 1360 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1207 | | 1035 | | | | | | 172 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 6.78 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.79 | | | | | Missing | | | | | | | | | | | |
| Calcium (mg) | 349.1 | | | | | Missing | | | | | | | | | | | |
| Vitamin A (IU) | 2194 | | | | | Missing | | | | | | | | | | | |
| Sugars (g) | 34 | 21.47% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 38.95 | | | | | Missing | | | | | | | | | | | |
| Protein (g) | 29.57 | 18.79% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 85.59 | 54.41% | | | | | | | | | | | | | | | |
| Total Fat (g) | 19.24 | 27.53% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.32 | 9.04% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |

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