

Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Tue - 01/08/2019										
AMS Lunch	Total	405								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	275	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	30	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	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
Apricots, FRZ, PC, MS1219	1/2 cup	50	110	0	0	1.0	25.0	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
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	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Weighted Daily Average			576	56	960	29.08	87.21	12.95	5.41	0.00
% of Calories						20.2%	60.5%	20.2%	8.4%	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)
Wed - 01/09/2019										
AMS Lunch	Total	380								
Macaroni&Cheese,w/ham pcMS412	1 serving	200	433	64	1093	22.38	32.06	23.58	12.21	0.00
Corn Dog MS744	1 each	150	271	40	647	8.79	29.18	12.9	3.47	0.02
Grilled Chicken Salad MS620	1 salad	30	429	82	1390	33.33	40.01	13.7	6.94	0.00
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	50	56	0	93	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	0	1.0	19.0	0.0	0.00	0.00
Chilled Blushing Pears, MS1276	1/2 cup	75	71	0	8	0.27	18.91	0.04	0.00	0.00
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	250	70	0	60	0.0	18.0	0.0	0.00	0.00
AMS Milk	1/2 Pint	275	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	150	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			576	62	1233	25.01	72.36	20.36	8.91	0.01
% of Calories						17.4%	50.2%	31.8%	13.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/10/2019										
AMS Lunch	Total	380								
Taco Meat with Chips MS186	1 serving	275	315	41	481	13.84	22.19	19.02	8.00	0.00
Ham & Cheese on Bun MS768	1 each	75	291	44	1073	18.7	29.9	11.99	5.98	0.00
Chef Salad, Elementary, MS601	1 salad	30	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
Strawberries, FRZ, PC, MS1295	1/2 cup	125	90	0	0	1.0	22.0	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
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	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Taco. PC MS1558	1 packet	275	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	75	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			665	58	1347	27.18	89.56	23.54	8.85	0.00
% of Calories						16.4%	53.9%	31.9%	12.0%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 01/11/2019										
AMS Lunch	Total	375								
Hamburger 2 oz Patty WGMS775	1 each	275	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
Raw Veggies w/Dip MS1124	1/2 cup	50	32	0	141	0.86	6.76	0.16	0.02	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	150	95	0	9	0.25	23.44	0.08	0.01	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	50	110	0	0	1.0	25.0	0.0	0.00	0.00
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	250	70	0	60	0.0	18.0	0.0	0.00	0.00
AMS Milk	1/2 Pint	275	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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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			591	33	908	23.10	91.70	15.64	3.46	0.07
% of Calories						15.6%	62.1%	23.8%	5.3%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 01/14/2019										
AMS Lunch	Total		380							
Chili Con Carne w/ Beans MS130	1 cup	250	159	33	264	10.15	8.05	9.79	3.62	0.00
Grill Cheese Sand 1 oz MS762	sandwich	250	247	27	727	10.36	28.46	10.97	5.65	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	100	90	0	260	2.0	16.0	3.0	0.00	0.00
Chicken Patty Sand,Fried MS734	1 each	100	409	55	768	20.29	39.21	19.45	2.85	0.00
Chef Salad, Elementary, MS601	1 salad	30	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
Broccoli w/Cheese Sauce MS1012	1/2 cup	100	43	0	231	3.27	7.67	0.58	0.02	0.00
Creamy Coleslaw, MS 1116	1/2 cup	25	72	6	76	0.74	11.19	3.14	0.32	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	11	0.4	18.34	0.07	0.01	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	25	110	0	0	1.0	25.0	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
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	300	10	0	85	0.0	3.0	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
Mustard, PC, MS1538	1 packet	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			636	74	1385	28.12	78.36	26.14	8.15	0.00
% of Calories						17.7%	49.3%	37.0%	11.5%	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 ¹ (g)
Tue - 01/15/2019										
AMS Lunch	Total	405								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	275	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	30	429	82	1390	33.33	40.01	13.7	6.94	0.00
Whole Ker Corn Frz MS1031	1/2 cup	200	89	0	20	2.5	17.22	2.42	0.91	0.00
Green Peas, Frozen MS1070	1/2 cup	50	91	0	171	4.92	13.67	2.04	0.86	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	0	1.0	19.0	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Fruit Cocktail MS1248	1/2 cup	50	58	0	5	0.51	14.91	0.09	0.01	0.00
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	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Weighted Daily Average			509	48	818	28.01	72.91	12.47	5.62	0.00
% of Calories						22.0%	57.3%	22.0%	9.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 01/16/2019										
AMS Lunch	Total	405								
Chicken Fried MS552	1 serving	300	350	100	360	31.9	6.6	20.01	5.01	0.00
Country Fried Steak MS136	1 patty	75	194	43	219	11.48	6.59	13.11	5.02	0.00
Chef Salad, Elementary, MS601	1 salad	30	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
Carrots, Baby w/ Dip, MS#1017	1/2 cup	30	45	0	170	0.67	9.95	0.17	0.03	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	50	110	0	0	1.0	25.0	0.0	0.00	0.00
Strawberries, FRZ, PC, MS1295	1/2 cup	100	90	0	0	1.0	22.0	0.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	300	160	0	125	4.0	29.0	3.0	0.50	0.00
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	25	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Hot, PC MS1552	1 packet	25	0	0	65	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			669	99	1037	39.51	71.52	23.57	6.98	0.00
% of Calories						23.6%	42.7%	31.7%	9.4%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Thu - 01/17/2019										
AMS Lunch	Total	405								
Chicken Mandarin MS570	1 Serving	300	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	300	119	0	324	3.32	25.28	0.58	0.11	0.00
Ham & Cheese on Bun MS768	1 each	75	291	44	1073	18.7	29.9	11.99	5.98	0.00
Grilled Chicken Salad MS620	1 salad	30	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
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
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			522	61	1165	28.56	83.91	8.70	3.11	0.00
% of Calories						21.9%	64.3%	15.0%	5.4%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 01/18/2019										
AMS Lunch	Total	325								
Cheeseburger 2.5 oz PattyMS728	1 each	150	280	34	668	16.53	29.52	11.55	4.83	0.00
Nachos Grande MS168	1 serving	175	365	41	688	12.16	25.42	23.79	7.90	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
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	0	1.0	19.0	0.0	0.00	0.00
Chilled Pears MS1282	1/2 cup	75	69	0	6	0.23	18.23	0.04	0.00	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	25	110	0	0	1.0	25.0	0.0	0.00	0.00
AMS Milk	1/2 Pint	275	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
Sauce, BBQ, PC MS1550	1 packet	175	15	0	85	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average			687	46	1128	26.04	90.26	26.04	7.34	0.08
% of Calories						15.2%	52.5%	34.1%	9.6%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

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Tue - 01/22/2019										
AMS Lunch	Total	430								
Vegetable Beef Soup MS816	1 cup	300	130	20	397	6.71	12.27	6.03	2.22	0.00
Grill Cheese Sand 1 oz MS762	sandwich	300	247	27	727	10.36	28.46	10.97	5.65	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	30	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
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	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
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
AMS Milk	1/2 Pint	275	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 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	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			554	64	1350	25.32	74.18	19.30	7.08	0.00
% of Calories						18.3%	53.5%	31.3%	11.5%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Wed - 01/23/2019										
AMS Lunch	Total	405								
Spaghetti & MeatSace ERMS178.2	1 serving	300	450	42	586	21.32	60.62	13.55	4.79	0.00
Ham & Cheese on Bun MS768	1 each	75	291	44	1073	18.7	29.9	11.99	5.98	0.00
Grilled Chicken Salad MS620	1 salad	30	429	82	1390	33.33	40.01	13.7	6.94	0.00
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	50	56	0	93	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	0	1.0	19.0	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	25	110	0	0	1.0	25.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	275	100	0	170	4.0	15.0	2.5	0.50	0.00
Banana Berry Blend with Glaze	1/2 Cup	125	290	0	86	1.78	76.25	0.54	0.18	0.00
AMS Milk	1/2 Pint	275	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
Weighted Daily Average			736	52	1076	31.79	114.73	17.46	6.16	0.00
% of Calories						17.3%	62.3%	21.3%	7.5%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 01/25/2019										
AMS Lunch	Total	400								
Hamburger 2 oz Patty WGMS775	1 each	250	225	20	526	13.22	29.15	7.04	2.01	0.00
BBQ Pork Sandwich MS716	1 each	150	284	53	671	18.07	31.31	10.42	3.27	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	100	132	0	194	6.3	29.99	0.55	0.10	0.00
Creamy Coleslaw, MS 1116	1/2 cup	25	72	6	76	0.74	11.19	3.14	0.32	0.00
Strawberries, FRZ, PC, MS1295	1/2 cup	125	90	0	0	1.0	22.0	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
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			534	40	908	24.73	79.30	14.74	3.18	0.06
% of Calories						18.5%	59.4%	24.9%	5.4%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Mon - 01/28/2019										
AMS Lunch	Total	350								
Pizza, Stuffed Crust MS304	1 slice	200	330	20	870	17.0	35.0	14.0	4.50	0.00
Chicken and Dumplings, Scratch	8 oz.	150	350	68	409	28.05	29.9	12.5	4.36	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
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	0	1.0	19.0	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	25	110	0	0	1.0	25.0	0.0	0.00	0.00
Cornbread 1 WG MS1300	1 piece	125	102	11	293	3.05	17.71	2.44	0.91	0.00
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Weighted Daily Average			586	51	952	31.90	79.00	16.56	5.78	0.00
% of Calories						21.8%	53.9%	25.4%	8.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 01/29/2019										
AMS Lunch	Total	355								
Turkey Sliced, Brown Gravy MS564	1 serving	150	152	55	967	17.37	5.18	6.18	2.23	0.00
Country Fried Steak MS136	1 patty	175	194	43	219	11.48	6.59	13.11	5.02	0.00
Chef Salad, Elementary, MS601	1 salad	30	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 Dry CMS1006	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
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
Fresh Fruit Bowl Variety MS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	300	160	0	125	4.0	29.0	3.0	0.50	0.00
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Weighted Daily Average			609	80	1343	29.25	83.94	17.52	6.75	*0.00
% of Calories						19.2%	55.1%	25.9%	10.0%	*0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Wed - 01/30/2019										
AMS Lunch	Total	380								
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	30	237	147	1244	16.74	16.96	11.75	4.87	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	75	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
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	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Sauce, Taco. PC MS1558	1 packet	250	5	0	95	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	50	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			573	62	1204	24.38	70.72	21.53	6.72	0.00
% of Calories						17.0%	49.4%	33.8%	10.6%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Thu - 01/31/2019										
AMS Lunch	Total	330								
Spaghetti & MeatSace ERMS178.2	1 serving	200	450	42	586	21.32	60.62	13.55	4.79	0.00
Chicken Patty Sand,Fried MS734	1 each	100	409	55	768	20.29	39.21	19.45	2.85	0.00
Grilled Chicken Salad MS620	1 salad	30	429	82	1390	33.33	40.01	13.7	6.94	0.00
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	50	56	0	93	1.03	9.28	1.87	0.82	0.00
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
Apricots, FRZ, PC, MS1219	1/2 cup	30	110	0	0	1.0	25.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Toast, Garlic WW MS1351	1 slice	200	100	0	170	4.0	15.0	2.5	0.50	0.00
AMS Milk	1/2 Pint	275	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 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	50	10	0	85	0.0	3.0	0.0	0.00	0.00

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Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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Weighted Daily Average			713	59	1104	32.99	98.72	20.57	5.52	0.00
% of Calories						18.5%	55.4%	25.9%	7.0%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Weighted Average			609	59	1120	28.44	83.65	18.57	6.19	*0.01
						18.7%	55.0%	27.5%	9.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	609		600 - 700	100%				
Cholesterol (mg)	59							
Sodium (mg)	1120		1360					
Protein (g)	28.44	18.69%						
Carbohydrate (g)	83.65	54.98%						
Total Fat (g)	18.57	27.46%						
Saturated Fat (g)	6.19	9.15%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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