

Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/01/2018										
AMS Lunch	Total	380								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	250	310	25	530	17.0	39.0	10.0	4.50	0.00
Spaghetti & MeatSace ERMS178.2	1 serving	100	450	42	586	21.32	60.62	13.55	4.79	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
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			544	45	817	27.27	79.83	13.90	5.68	0.00
% of Calories						20.0%	58.6%	23.0%	9.4%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 10/03/2018										
AMS Lunch	Total	405								
Spaghetti & MeatSace ERMS178.2	1 serving	300	450	42	586	21.32	60.62	13.55	4.79	0.00
Grilled Chicken Sandwich MS764	1 each	75	296	60	838	24.29	31.21	7.05	1.51	0.00
Chef Salad, Elementary, MS601	1 salad	30	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
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
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
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	275	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
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	25	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			645	60	1003	31.02	92.93	16.56	5.17	0.00
% of Calories						19.2%	57.6%	23.1%	7.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/04/2018										
AMS Lunch	Total	380								
Chicken Nuggets,Fried MS534	5 nuggets	300	278	55	429	15.97	15.97	15.89	2.89	0.00
Hamburger Steak W/GravyMS144	1 steak	50	93	20	335	8.0	3.59	5.32	2.32	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	75	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
Fruit Juice, Frozen Cup,MS1247	1/2 cup	150	95	0	9	0.25	23.44	0.08	0.01	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
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
Sauce, Variety,DippingPCMS1562	1 packet	300	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			711	66	1276	29.12	99.64	21.70	5.36	0.00
% of Calories						16.4%	56.1%	27.5%	6.8%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 10/05/2018										
AMS Lunch	Total	350								
Cheeseburger 2 oz., US MS728.1	1 each	300	316	53	692	19.28	32.23	12.56	4.51	0.00
Chicken Tetrazzini, ENR, MS550	6 ounces	50	330	62	358	28.32	39.01	6.5	2.94	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Green Peas, Frozen MS1070	1/2 cup	50	91	0	171	4.92	13.67	2.04	0.86	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	100	65	0	6	0.54	17.49	0.04	0.00	0.00
Fruit Cocktail MS1248	1/2 cup	75	58	0	5	0.51	14.91	0.09	0.01	0.00
Fresh 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.	50	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	600	10	0	85	0.0	3.0	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
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			654	62	1039	31.19	91.10	19.47	5.24	0.07
% of Calories						19.1%	55.7%	26.8%	7.2%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 10/09/2018										
AMS Lunch	Total	405								
Pizza, Stuffed Crust MS304	1 slice	275	330	20	870	17.0	35.0	14.0	4.50	0.00
Beef Stroganoff w/ Noodles	1 serving	100	279	54	336	15.56	16.56	16.45	5.53	0.01
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
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
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 CupsMS1462	1 pudding cup	300	85	0	140	1.5	19.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	100	100	0	170	4.0	15.0	2.5	0.50	0.00
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Weighted Daily Average			587	39	1097	28.00	80.90	17.35	6.00	0.00
% of Calories						19.1%	55.2%	26.6%	9.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/10/2018										
AMS Lunch	Total	360								
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	30	277	37	1103	15.58	30.11	11.51	5.66	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	100	142	4	305	8.02	21.33	2.97	1.47	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	100	43	0	231	3.27	7.67	0.58	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	75	78	0	7	0.26	20.69	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
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
Sauce, Taco. PC MS1558	1 packet	300	5	0	95	0.0	1.0	0.0	0.00	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
Weighted Daily Average			713	75	1209	30.30	85.39	31.01	12.17	0.00
% of Calories						17.0%	47.9%	39.1%	15.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/11/2018										
AMS Lunch	Total	380								
Beef Ravioli MS102	1 cup	300	280	29	663	17.07	30.3	9.54	4.52	0.00
Corn Dog MS744	1 each	50	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
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	11	0.4	18.34	0.07	0.01	0.00
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
Banana Berry Blend with Glaze	1/2 Cup	125	290	0	86	1.78	76.25	0.54	0.18	0.00
Toast, Garlic WW MS1351	1 slice	250	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
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	50	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	25	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			629	41	1140	27.72	99.40	14.00	5.54	0.00
% of Calories						17.6%	63.2%	20.0%	7.9%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Fri - 10/12/2018										
AMS Lunch	Total	375								
Hamburger 2 oz. USDA F MS775.1	1 each	275	275	45	616	16.22	31.15	10.04	3.01	0.00
BBQ Pork Sandwich MS716	1 each	100	284	53	671	18.07	31.31	10.42	3.27	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	75	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
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	0	1.0	19.0	0.0	0.00	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	150	95	0	9	0.25	23.44	0.08	0.01	0.00
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	600	10	0	85	0.0	3.0	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
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00

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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 ¹ (g)
Weighted Daily Average			610	55	994	26.63	90.92	17.00	3.82	0.07
% of Calories						17.4%	59.6%	25.1%	5.6%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Mon - 10/15/2018										
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
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
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
Chilled Blushing Pears, MS1276	1/2 cup	75	71	0	8	0.27	18.91	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Toast, Garlic WW MS1351	1 slice	100	100	0	170	4.0	15.0	2.5	0.50	0.00
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Weighted Daily Average			511	53	834	27.12	75.23	12.50	5.53	0.00
% of Calories						21.2%	58.9%	22.0%	9.7%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 10/16/2018										
AMS Lunch	Total	380								
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	250	300	10	740	14.0	34.0	12.0	4.00	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	250	115	21	457	1.17	4.1	10.27	1.17	0.00
Chicken Spaghetti MS542	3/4 cup	100	307	58	423	26.22	37.41	5.68	1.78	0.00
Grilled Chicken Salad MS620	1 salad	30	429	82	1390	33.33	40.01	13.7	6.94	0.00
Quick Baked Potato MS1084	1/2 potato	220	91	0	177	2.16	18.29	1.2	0.14	0.00
Cheesy Califor Veggies MS1058	1/2 cup	100	50	0	127	2.75	7.73	0.49	0.24	0.00
Raw Veggies w/Dip MS1124	1/2 cup	50	32	0	141	0.86	6.76	0.16	0.02	0.00
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
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	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Ketchup PC MS1528	1 packet	220	10	0	85	0.0	3.0	0.0	0.00	0.00

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	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			650	48	1360	29.17	89.31	19.52	5.06	0.00
% of Calories						18.0%	55.0%	27.0%	7.0%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Thu - 10/18/2018										
AMS Lunch	Total	380								
Chicken Nuggets, Fried MS534	5 nuggets	300	278	55	429	15.97	15.97	15.89	2.89	0.00
Hamburger Steak W/GravyMS144	1 steak	50	93	20	335	8.0	3.59	5.32	2.32	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
Pineapple Tidbits MS1286	1/2 cup	100	72	0	1	0.5	18.87	0.1	0.01	0.00
Mandarin Fruit Cup MS1254	1/2 cup	125	62	0	6	0.53	16.28	0.1	0.01	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
Sauce, Variety, DippingPCMS1562	1 packet	300	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			666	66	1261	28.18	89.37	21.60	5.34	0.00
% of Calories						16.9%	53.7%	29.2%	7.2%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/19/2018										
AMS Lunch	Total	375								
Cheeseburger 2 oz., US MS728.1	1 each	275	316	53	692	19.28	32.23	12.56	4.51	0.00
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	75	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
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
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
Ketchup PC MS1528	1 packet	600	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			622	57	1021	28.23	84.87	19.87	5.37	0.07
% of Calories						18.2%	54.6%	28.8%	7.8%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 10/23/2018										
AMS Lunch	Total	380								
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	0.00
Spicy Chicken Sand MS736	1 each	250	330	30	778	20.27	40.17	11.29	2.24	0.02
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
Cheesy Califor Veggies MS1058	1/2 cup	150	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
Pineapple Tidbits MS1286	1/2 cup	100	72	0	1	0.5	18.87	0.1	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	75	71	0	8	0.27	18.91	0.04	0.00	0.00
Fresh 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	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	50	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	100	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	300	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			600	63	1237	30.59	86.41	17.39	4.05	0.01
% of Calories						20.4%	57.6%	26.1%	6.1%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 10/24/2018										
AMS Lunch	Total	355								
Taco Soup MS812	1 cup	250	259	41	441	15.65	22.71	12.13	4.43	0.00
Tortilla Chips	1/2 cup	250	70	0	70	1.0	9.0	3.5	1.25	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
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
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
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
Mayonnaise PC Chipolte,MS1570	PC Packet	25	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	25	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			506	58	920	24.82	65.16	17.27	6.37	0.00
% of Calories						19.6%	51.5%	30.7%	11.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/25/2018										
AMS Lunch	Total	375								
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
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	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
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
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			648	90	983	38.92	77.14	20.13	6.95	0.00
% of Calories						24.0%	47.6%	28.0%	9.7%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/26/2018										
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	75	104	0	254	5.58	16.32	2.03	0.87	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	0	1.0	19.0	0.0	0.00	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	150	95	0	9	0.25	23.44	0.08	0.01	0.00
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	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	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			606	34	927	24.55	93.01	16.47	3.64	0.07
% of Calories						16.2%	61.4%	24.4%	5.4%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/29/2018										
AMS Lunch	Total	350								
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	25	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
Glazed Carrots MS1018	1/2 cup	50	56	0	93	1.03	9.28	1.87	0.82	0.00
Green Peas, Frozen MS1070	1/2 cup	50	91	0	171	4.92	13.67	2.04	0.86	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
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
Mayonnaise PC Chipolte,MS1570	PC Packet	10	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	20	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	10	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			582	63	1129	30.12	97.43	8.78	2.81	0.00
% of Calories						20.7%	67.0%	13.6%	4.3%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Tue - 10/30/2018										
AMS Lunch	Total	375								
Chili Con Carne w/ Beans MS130	1 cup	300	159	33	264	10.15	8.05	9.79	3.62	0.00
Grill Cheese Sand 2 oz. MS760	1 each	250	357	55	1163	16.84	28.92	20.12	11.41	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	50	90	0	260	2.0	16.0	3.0	0.00	0.00
Grilled Chicken Sandwich MS764	1 each	50	296	60	838	24.29	31.21	7.05	1.51	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
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
Rosey Applesauce MS1212	1/2 cup	100	70	0	11	0.4	18.34	0.07	0.01	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
AMS Milk	1/2 Pint	275	123	8	158	8.18	20.3	0.79	0.47	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	20	35	4	150	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	15	5	0	85	0.0	1.0	0.0	0.00	0.00

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			651	88	1479	31.70	73.66	28.22	11.89	0.00
% of Calories						19.5%	45.2%	39.0%	16.4%	0.0%
Nutrient Guideline			600-700		1360				<10.00	

Wed - 10/31/2018										
AMS Lunch	Total	350								
Chicken Tenders, Fried MS548	3 tenders	300	301	60	690	22.0	17.0	16.12	2.52	0.00
Hamburger Steak W/GravyMS144	1 steak	50	93	20	335	8.0	3.59	5.32	2.32	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	325	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
Carrots, Baby w/ Dip, MS#1017	1/2 cup	50	45	0	170	0.67	9.95	0.17	0.03	0.00
Strawberries, Frozen MS1294	1/2 cup	125	51	0	0	0.64	12.12	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
Brownies, Mix, Enriched MS1400	1 piece	350	140	4	130	1.0	26.01	4.0	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	275	65	0	0	0.03	15.5	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
Sauce, Variety,DippingPCMS1562	1 packet	300	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			827	68	1247	32.35	117.32	26.78	4.45	0.08
% of Calories						15.7%	56.8%	29.2%	4.8%	0.1%
Nutrient Guideline			600-700		1360				<10.00	

Weighted Average			630	59	1104	29.32	87.84	18.92	5.81	0.02
						18.6%	55.8%	27.0%	8.3%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	630		600 - 700	100%				
Cholesterol (mg)	59							
Sodium (mg)	1104		1360					
Protein (g)	29.32	18.62%						
Carbohydrate (g)	87.84	55.81%						
Total Fat (g)	18.92	27.05%						
Saturated Fat (g)	5.81	8.31%	<10.00%					
Trans Fat ¹ (g)	0.02	0.03%						

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