

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

Page 1

Generated on: 7/16/2018 9:11:39 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 08/06/2018 | | | | | | | | | | |
| EES Lunch | Total | 400 | | | | | | | | |
| Chicken Wings,Bless,Brig MS540 | 5 Chunks | 300 | 284 | 54 | 996 | 23.37 | 22.44 | 10.01 | 1.46 | 0.00 |
| Ranch Dressing (Mix)MS1546 | 2 TBSP | 300 | 115 | 21 | 457 | 1.17 | 4.1 | 10.27 | 1.17 | 0.00 |
| Huntington Chicken MS558 | 3/4 cup | 100 | 296 | 90 | 863 | 26.47 | 24.66 | 10.21 | 4.00 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 135 | 0 | 20 | 2.72 | 17.69 | 6.05 | 0.27 | 0.08 |
| Green Peas, Frozen MS1070 | 1/2 cup | 24 | 91 | 0 | 171 | 4.92 | 13.67 | 2.04 | 0.86 | 0.00 |
| Fruit Juice, Assorted, MS1246 | 1 4-oz. cup | 200 | 65 | 0 | 0 | 0.03 | 15.5 | 0.0 | 0.00 | 0.00 |
| Mandarin Fruit Cup MS1254 | 1/2 cup | 144 | 62 | 0 | 6 | 0.53 | 16.28 | 0.1 | 0.01 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 80 | 160 | 0 | 125 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 300 | 10 | 0 | 85 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 688 | 85 | 1576 | 35.66 | 81.59 | 23.46 | 3.57 | 0.06 |
| % of Calories | | | | | | 20.7% | 47.4% | 30.7% | 4.7% | 0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 08/07/2018 | | | | | | | | | | |
| EES Lunch | Total | 374 | | | | | | | | |
| Beef Taco w/Soft Taco, B MS109 | 1 taco | 150 | 277 | 41 | 672 | 14.33 | 21.54 | 14.67 | 7.09 | 0.00 |
| Taco Meat with Chips MS186 | 1 serving | 150 | 315 | 41 | 481 | 13.84 | 22.19 | 19.02 | 8.00 | 0.00 |
| Steak Fingers, Baked MS180 | 4 each | 50 | 290 | 35 | 480 | 15.0 | 15.0 | 19.0 | 5.00 | 0.00 |
| Fruit and Yogurt Salad MS618 | 1 salad | 24 | 453 | 32 | 637 | 14.66 | 63.8 | 15.43 | 6.77 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 165 | 89 | 0 | 20 | 2.5 | 17.22 | 2.42 | 0.91 | 0.00 |
| Raw Veggies w/Dip MS1124 | 1/2 cup | 50 | 32 | 0 | 141 | 0.86 | 6.76 | 0.16 | 0.02 | 0.00 |
| Pinto Beans MS912 | 1/2 cup | 72 | 146 | 0 | 254 | 8.15 | 26.17 | 1.35 | 0.28 | 0.00 |
| Orange Smiles MS1270 | 1/2 cup | 113 | 77 | 0 | 0 | 1.53 | 19.19 | 0.2 | 0.03 | 0.00 |
| Rosey Applesauce MS1212 | 1/2 cup | 144 | 70 | 0 | 11 | 0.4 | 18.34 | 0.07 | 0.01 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 96 | 58 | 0 | 5 | 0.51 | 14.91 | 0.09 | 0.01 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 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 |
| Weighted Daily Average | | | 569 | 46 | 903 | 25.57 | 76.22 | 18.93 | 7.89 | 0.00 |
| % of Calories | | | | | | 18.0% | 53.6% | 30.0% | 12.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

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

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

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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

Page 2

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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 - 08/08/2018 | | | | | | | | | | |
| EES Lunch | Total | 421 | | | | | | | | |
| Pizza,WGR Cheese,Ind,BR,MS314 | 1 pizza | 300 | 310 | 25 | 530 | 17.0 | 39.0 | 10.0 | 4.50 | 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 | 21 | 429 | 82 | 1390 | 33.33 | 40.01 | 13.7 | 6.94 | 0.00 |
| Saltine Crackers, ENR,B MS1369 | 2 4-count pack | 21 | 90 | 0 | 260 | 2.0 | 16.0 | 3.0 | 0.00 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 80 | 160 | 0 | 125 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Green Beans, Canned, MS1036 | 1/2 cup | 144 | 41 | 0 | 91 | 1.3 | 4.45 | 1.79 | 0.21 | 0.00 |
| Glazed Carrots MS1018 | 1/2 cup | 48 | 56 | 0 | 93 | 1.03 | 9.28 | 1.87 | 0.82 | 0.00 |
| Broccoli w/Cheese Sauce MS1012 | 1/2 cup | 72 | 43 | 0 | 231 | 3.27 | 7.67 | 0.58 | 0.02 | 0.00 |
| Chilled Peach Slices MS1274 | 1/2 cup | 168 | 65 | 0 | 6 | 0.54 | 17.49 | 0.04 | 0.00 | 0.00 |
| Fresh Apple MS1206 | 1 each | 113 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Raisins, Flavored, MS1291 | Packages | 72 | 140 | 0 | 5 | 1.0 | 36.0 | 0.0 | 0.00 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Weighted Daily Average | | | 555 | 42 | 816 | 29.40 | 85.91 | 11.27 | 4.48 | 0.00 |
| % of Calories | | | | | | 21.2% | 61.9% | 18.3% | 7.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 08/09/2018 | | | | | | | | | | |
| EES Lunch | Total | 400 | | | | | | | | |
| 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 | 100 | 93 | 20 | 335 | 8.0 | 3.59 | 5.32 | 2.32 | 0.00 |
| Mashed Potatoes MS1078 | 1/2 cup | 240 | 91 | 0 | 83 | 2.35 | 15.67 | 2.29 | 1.04 | 0.00 |
| Black-Eyed Peas DryCMS1006 | 1/2 cup | 72 | 165 | 0 | 196 | 12.4 | 28.9 | 0.71 | 0.01 | 0.00 |
| Turnip Greens, Southern MS1046 | 1/2 cup | 25 | 57 | 0 | 88 | 2.48 | 3.43 | 3.33 | 0.24 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 240 | 160 | 0 | 125 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Cornbread 1 WG MS1300 | 1 piece | 44 | 102 | 11 | 293 | 3.05 | 17.71 | 2.44 | 0.91 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 144 | 72 | 0 | 1 | 0.5 | 18.87 | 0.1 | 0.01 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 200 | 84 | 0 | 1 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 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 | 50 | 10 | 0 | 85 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 643 | 56 | 862 | 28.39 | 89.92 | 19.06 | 4.30 | 0.00 |
| % of Calories | | | | | | 17.7% | 56.0% | 26.7% | 6.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

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

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Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

Page 3

Generated on: 7/16/2018 9:11:40 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 08/10/2018 | | | | | | | | | | |
| EES Lunch | Total | 350 | | | | | | | | |
| Hamburger 2 oz Patty WGMS775 | 1 each | 250 | 225 | 20 | 526 | 13.22 | 29.15 | 7.04 | 2.01 | 0.00 |
| BBQ Chicken Sandwich MS714 | 1 each | 100 | 265 | 50 | 688 | 22.92 | 35.19 | 4.15 | 0.72 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 135 | 0 | 20 | 2.72 | 17.69 | 6.05 | 0.27 | 0.08 |
| Baked Beans, SpiceBlend MS1002 | 1/2 cup | 50 | 132 | 0 | 194 | 6.3 | 29.99 | 0.55 | 0.10 | 0.00 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 30 | 72 | 6 | 76 | 0.74 | 11.19 | 3.14 | 0.32 | 0.00 |
| Fruit Juice, Assorted, MS1246 | 1 4-oz. cup | 250 | 65 | 0 | 0 | 0.03 | 15.5 | 0.0 | 0.00 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 72 | 58 | 0 | 5 | 0.51 | 14.91 | 0.09 | 0.01 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 500 | 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 |
| Weighted Daily Average | | | 593 | 38 | 973 | 27.75 | 92.87 | 13.37 | 2.33 | 0.07 |
| % of Calories | | | | | | 18.7% | 62.7% | 20.3% | 3.5% | 0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| | | | | | | | | | | |
|--------------------------------|-----------|-----|---------|----|------|-------|-------|-------|--------|------|
| Mon - 08/13/2018 | | | | | | | | | | |
| EES Lunch | Total | 350 | | | | | | | | |
| Chicken Patty Sand,Fried MS734 | 1 each | 250 | 409 | 55 | 768 | 20.29 | 39.21 | 19.45 | 2.85 | 0.00 |
| Chicken Spaghetti MS542 | 3/4 cup | 100 | 307 | 58 | 423 | 26.22 | 37.41 | 5.68 | 1.78 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 72 | 100 | 0 | 170 | 4.0 | 15.0 | 2.5 | 0.50 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 165 | 89 | 0 | 20 | 2.5 | 17.22 | 2.42 | 0.91 | 0.00 |
| Green Peas, Frozen MS1070 | 1/2 cup | 72 | 91 | 0 | 171 | 4.92 | 13.67 | 2.04 | 0.86 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 144 | 72 | 0 | 1 | 0.5 | 18.87 | 0.1 | 0.01 | 0.00 |
| Mandarin Fruit Cup MS1254 | 1/2 cup | 168 | 62 | 0 | 6 | 0.53 | 16.28 | 0.1 | 0.01 | 0.00 |
| Raisins, Flavored, MS1291 | Packages | 50 | 140 | 0 | 5 | 1.0 | 36.0 | 0.0 | 0.00 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 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 |
| Weighted Daily Average | | | 689 | 65 | 1001 | 33.93 | 97.03 | 19.64 | 3.68 | 0.00 |
| % of Calories | | | | | | 19.7% | 56.3% | 25.7% | 4.8% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

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Portion Values - Detailed

Aug 1, 2018 thru Aug 31, 2018

EES Lunch

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 08/14/2018 | | | | | | | | | | |
| EES Lunch | Total | 374 | | | | | | | | |
| Chicken with Alfredo Sau MS556 | 3/4 cup | 200 | 247 | 79 | 667 | 20.8 | 21.81 | 8.2 | 4.22 | 0.00 |
| Turkey Sliced,Brown GravyMS564 | 1 serving | 150 | 152 | 55 | 967 | 17.37 | 5.18 | 6.18 | 2.23 | 0.00 |
| Fruit and Yogurt Salad MS618 | 1 salad | 24 | 453 | 32 | 637 | 14.66 | 63.8 | 15.43 | 6.77 | 0.00 |
| Mashed Potatoes MS1078 | 1/2 cup | 240 | 91 | 0 | 83 | 2.35 | 15.67 | 2.29 | 1.04 | 0.00 |
| Black-Eyed Peas DryCMS1006 | 1/2 cup | 72 | 165 | 0 | 196 | 12.4 | 28.9 | 0.71 | 0.01 | 0.00 |
| Turnip Greens, Southern MS1046 | 1/2 cup | 25 | 57 | 0 | 88 | 2.48 | 3.43 | 3.33 | 0.24 | 0.00 |
| Yam Patties MS1135 | 1/2 Cup | 50 | 120 | 0 | 160 | 1.8 | 28.0 | 0.0 | 0.00 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 200 | 160 | 0 | 125 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Fresh Apple MS1206 | 1 each | 113 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Chilled Peach Slices MS1274 | 1/2 cup | 188 | 65 | 0 | 6 | 0.54 | 17.49 | 0.04 | 0.00 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Weighted Daily Average | | | 594 | 73 | 1139 | 33.65 | 88.64 | 11.80 | 4.81 | 0.00 |
| % of Calories | | | | | | 22.7% | 59.7% | 17.9% | 7.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

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|--------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 08/15/2018 | | | | | | | | | | |
| EES Lunch | Total | 371 | | | | | | | | |
| Spaghetti & MeatSauce ENRMS178 | 1 serving | 300 | 342 | 42 | 610 | 17.51 | 39.26 | 12.89 | 4.67 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 300 | 100 | 0 | 170 | 4.0 | 15.0 | 2.5 | 0.50 | 0.00 |
| Steak Fingers, Baked MS180 | 4 each | 50 | 290 | 35 | 480 | 15.0 | 15.0 | 19.0 | 5.00 | 0.00 |
| Grilled Chicken Salad MS620 | 1 salad | 21 | 429 | 82 | 1390 | 33.33 | 40.01 | 13.7 | 6.94 | 0.00 |
| Saltine Crackers, ENR,B MS1369 | 2 4-count pack | 21 | 90 | 0 | 260 | 2.0 | 16.0 | 3.0 | 0.00 | 0.00 |
| Green Beans, Canned, MS1036 | 1/2 cup | 144 | 41 | 0 | 91 | 1.3 | 4.45 | 1.79 | 0.21 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 165 | 89 | 0 | 20 | 2.5 | 17.22 | 2.42 | 0.91 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 20 | 31 | 0 | 145 | 1.18 | 6.03 | 0.12 | 0.02 | 0.00 |
| Orange Smiles MS1270 | 1/2 cup | 113 | 77 | 0 | 0 | 1.53 | 19.19 | 0.2 | 0.03 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 144 | 58 | 0 | 5 | 0.51 | 14.91 | 0.09 | 0.01 | 0.00 |
| Fresh Bananas MS1220 | 1 each | 90 | 105 | 0 | 1 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 50 | 10 | 0 | 85 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 678 | 50 | 1021 | 31.94 | 98.67 | 18.35 | 6.04 | 0.00 |
| % of Calories | | | | | | 18.8% | 58.2% | 24.4% | 8.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

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|--------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 08/16/2018 | | | | | | | | | | |
| EES Lunch | Total | 396 | | | | | | | | |
| Grilled Chicken Sandwich MS764 | 1 each | 125 | 296 | 60 | 838 | 24.29 | 31.21 | 7.05 | 1.51 | 0.00 |
| Chips | Bag | 125 | 140 | 0 | 210 | 2.0 | 18.0 | 6.0 | 1.00 | 0.00 |
| Bread/Mozz. Cheese St 2 MS926 | 2 breadsticks | 250 | 300 | 10 | 740 | 14.0 | 34.0 | 12.0 | 4.00 | 0.00 |
| Sauce, Marinara PC MS1554 | 1 packet | 250 | 15 | 0 | 140 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Grilled Chicken Salad MS620 | 1 salad | 21 | 429 | 82 | 1390 | 33.33 | 40.01 | 13.7 | 6.94 | 0.00 |
| Saltine Crackers, ENR,B MS1369 | 2 4-count pack | 21 | 90 | 0 | 260 | 2.0 | 16.0 | 3.0 | 0.00 | 0.00 |
| Lima Beans, Frozen MS1004 | 1/2 cup | 96 | 104 | 0 | 254 | 5.58 | 16.32 | 2.03 | 0.87 | 0.00 |
| Carrots, Baby w/ Dip, MS#1017 | 1/2 cup | 96 | 45 | 0 | 170 | 0.67 | 9.95 | 0.17 | 0.03 | 0.00 |
| Parsley Btr New Pot MS1082 | 1/2 cup | 72 | 92 | 0 | 391 | 1.54 | 13.51 | 3.8 | 1.67 | 0.00 |
| Banana Berry Blend with Glaze | 1/2 Cup | 100 | 290 | 0 | 86 | 1.78 | 76.25 | 0.54 | 0.18 | 0.00 |
| Fresh Grapes MS1226 | 1/2 cup | 200 | 61 | 0 | 2 | 0.57 | 15.56 | 0.32 | 0.10 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 50 | 72 | 0 | 1 | 0.5 | 18.87 | 0.1 | 0.01 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Mayonnaise PC Chipolte,MS1570 | PC Packet | 25 | 35 | 4 | 150 | 0.0 | 3.0 | 2.5 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 50 | 40 | 5 | 90 | 0.0 | 1.0 | 4.0 | 0.50 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 50 | 5 | 0 | 85 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 653 | 37 | 1358 | 28.97 | 101.23 | 15.19 | 4.61 | 0.00 |
| % of Calories | | | | | | 17.8% | 62.0% | 20.9% | 6.4% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| | | | | | | | | | | |
|--------------------------------|-------------|-----|-----|----|------|------|-------|-------|------|-------|
| Fri - 08/17/2018 | | | | | | | | | | |
| EES Lunch | Total | 372 | | | | | | | | |
| Fish Nuggets, Fried MS204 | 5 nuggets | 300 | 265 | 30 | 310 | 15.0 | 20.0 | 13.52 | 1.96 | 0.00 |
| Ham & Cheese Sandwich MS770 | 1 each | 72 | 274 | 45 | 1084 | 21.2 | 31.89 | 8.41 | 3.46 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 135 | 0 | 20 | 2.72 | 17.69 | 6.05 | 0.27 | 0.08 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 30 | 72 | 6 | 76 | 0.74 | 11.19 | 3.14 | 0.32 | 0.00 |
| Hushpuppies-Purchase MS1332 | 2 each | 100 | 105 | 3 | 199 | 1.57 | 14.02 | 4.96 | 0.72 | *N/A* |
| Fruit Slush, FRZ,Pouch,MS1296 | 1/2 cup | 170 | 60 | 0 | 0 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit Juice, Assorted, MS1246 | 1 4-oz. cup | 200 | 65 | 0 | 0 | 0.03 | 15.5 | 0.0 | 0.00 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 500 | 10 | 0 | 85 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Sauce, Tartar, PC MS1560 | 1 packet | 100 | 25 | 5 | 115 | 0.0 | 2.0 | 2.5 | 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 |
| Mustard, PC, MS1538 | 1 packet | 50 | 5 | 0 | 85 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |

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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

Page 6

Generated on: 7/16/2018 9:11:40 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 623 | 43 | 881 | 26.73 | 83.64 | 20.81 | 3.01 | 0.07 |
| % of Calories | | | | | | 17.2% | 53.7% | 30.1% | 4.3% | 0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Mon - 08/20/2018 | | | | | | | | | | |
|--------------------------------|--------------|-----|---------|----|------|-------|-------|-------|--------|------|
| EES Lunch | Total | 400 | | | | | | | | |
| Chicken Wings,Bless,Brig MS540 | 5 Chunks | 300 | 284 | 54 | 996 | 23.37 | 22.44 | 10.01 | 1.46 | 0.00 |
| Ranch Dressing (Mix)MS1546 | 2 TBSP | 300 | 115 | 21 | 457 | 1.17 | 4.1 | 10.27 | 1.17 | 0.00 |
| Huntington Chicken MS558 | 3/4 cup | 100 | 296 | 90 | 863 | 26.47 | 24.66 | 10.21 | 4.00 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 135 | 0 | 20 | 2.72 | 17.69 | 6.05 | 0.27 | 0.08 |
| Green Peas, Frozen MS1070 | 1/2 cup | 24 | 91 | 0 | 171 | 4.92 | 13.67 | 2.04 | 0.86 | 0.00 |
| Fruit Juice, Assorted, MS1246 | 1 4-oz. cup | 200 | 65 | 0 | 0 | 0.03 | 15.5 | 0.0 | 0.00 | 0.00 |
| Mandarin Fruit Cup MS1254 | 1/2 cup | 144 | 62 | 0 | 6 | 0.53 | 16.28 | 0.1 | 0.01 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 80 | 160 | 0 | 125 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 300 | 10 | 0 | 85 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 688 | 85 | 1576 | 35.66 | 81.59 | 23.46 | 3.57 | 0.06 |
| % of Calories | | | | | | 20.7% | 47.4% | 30.7% | 4.7% | 0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Tue - 08/21/2018 | | | | | | | | | | |
|--------------------------------|-----------|-----|-----|----|-----|-------|-------|-------|------|------|
| EES Lunch | Total | 374 | | | | | | | | |
| Beef Taco w/Soft Taco, B MS109 | 1 taco | 150 | 277 | 41 | 672 | 14.33 | 21.54 | 14.67 | 7.09 | 0.00 |
| Taco Meat with Chips MS186 | 1 serving | 150 | 315 | 41 | 481 | 13.84 | 22.19 | 19.02 | 8.00 | 0.00 |
| Steak Fingers, Baked MS180 | 4 each | 50 | 290 | 35 | 480 | 15.0 | 15.0 | 19.0 | 5.00 | 0.00 |
| Fruit and Yogurt Salad MS618 | 1 salad | 24 | 453 | 32 | 637 | 14.66 | 63.8 | 15.43 | 6.77 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 165 | 89 | 0 | 20 | 2.5 | 17.22 | 2.42 | 0.91 | 0.00 |
| Raw Veggies w/Dip MS1124 | 1/2 cup | 50 | 32 | 0 | 141 | 0.86 | 6.76 | 0.16 | 0.02 | 0.00 |
| Pinto Beans MS912 | 1/2 cup | 72 | 146 | 0 | 254 | 8.15 | 26.17 | 1.35 | 0.28 | 0.00 |
| Orange Smiles MS1270 | 1/2 cup | 113 | 77 | 0 | 0 | 1.53 | 19.19 | 0.2 | 0.03 | 0.00 |
| Rosey Applesauce MS1212 | 1/2 cup | 144 | 70 | 0 | 11 | 0.4 | 18.34 | 0.07 | 0.01 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 96 | 58 | 0 | 5 | 0.51 | 14.91 | 0.09 | 0.01 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 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 |

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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

Page 7

Generated on: 7/16/2018 9:11:40 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 569 | 46 | 903 | 25.57 | 76.22 | 18.93 | 7.89 | 0.00 |
| % of Calories | | | | | | 18.0% | 53.6% | 30.0% | 12.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Wed - 08/22/2018 | | | | | | | | | | |
|-----------------------------------|----------------|-----|---------|----|------|-------|-------|-------|--------|------|
| EES Lunch | Total | 421 | | | | | | | | |
| Pizza, WGR Cheese, Ind, BR, MS314 | 1 pizza | 300 | 310 | 25 | 530 | 17.0 | 39.0 | 10.0 | 4.50 | 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 | 21 | 429 | 82 | 1390 | 33.33 | 40.01 | 13.7 | 6.94 | 0.00 |
| Saltine Crackers, ENR, B MS1369 | 2 4-count pack | 21 | 90 | 0 | 260 | 2.0 | 16.0 | 3.0 | 0.00 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 80 | 160 | 0 | 125 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Green Beans, Canned, MS1036 | 1/2 cup | 144 | 41 | 0 | 91 | 1.3 | 4.45 | 1.79 | 0.21 | 0.00 |
| Glazed Carrots MS1018 | 1/2 cup | 48 | 56 | 0 | 93 | 1.03 | 9.28 | 1.87 | 0.82 | 0.00 |
| Broccoli w/Cheese Sauce MS1012 | 1/2 cup | 72 | 43 | 0 | 231 | 3.27 | 7.67 | 0.58 | 0.02 | 0.00 |
| Chilled Peach Slices MS1274 | 1/2 cup | 168 | 65 | 0 | 6 | 0.54 | 17.49 | 0.04 | 0.00 | 0.00 |
| Fresh Apple MS1206 | 1 each | 113 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Raisins, Flavored, MS1291 | Packages | 72 | 140 | 0 | 5 | 1.0 | 36.0 | 0.0 | 0.00 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Weighted Daily Average | | | 555 | 42 | 816 | 29.40 | 85.91 | 11.27 | 4.48 | 0.00 |
| % of Calories | | | | | | 21.2% | 61.9% | 18.3% | 7.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Thu - 08/23/2018 | | | | | | | | | | |
|----------------------------------|--------------|-----|-----|----|-----|-------|-------|-------|------|------|
| EES Lunch | Total | 400 | | | | | | | | |
| Chicken Nuggets, Fried MS534 | 5 nuggets | 300 | 278 | 55 | 429 | 15.97 | 15.97 | 15.89 | 2.89 | 0.00 |
| Hamburger Steak W/Gravy MS144 | 1 steak | 100 | 93 | 20 | 335 | 8.0 | 3.59 | 5.32 | 2.32 | 0.00 |
| Mashed Potatoes MS1078 | 1/2 cup | 240 | 91 | 0 | 83 | 2.35 | 15.67 | 2.29 | 1.04 | 0.00 |
| Black-Eyed Peas Dry CMS1006 | 1/2 cup | 72 | 165 | 0 | 196 | 12.4 | 28.9 | 0.71 | 0.01 | 0.00 |
| Turnip Greens, Southern MS1046 | 1/2 cup | 25 | 57 | 0 | 88 | 2.48 | 3.43 | 3.33 | 0.24 | 0.00 |
| Roll, Enriched, 2oz MS1358 | Roll - 2 oz. | 240 | 160 | 0 | 125 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Cornbread 1 WG MS1300 | 1 piece | 40 | 102 | 11 | 293 | 3.05 | 17.71 | 2.44 | 0.91 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 144 | 72 | 0 | 1 | 0.5 | 18.87 | 0.1 | 0.01 | 0.00 |
| Fresh Fruit Bowl Variety MS1244 | 1 each | 200 | 84 | 0 | 1 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Sauce, Variety, Dipping PCMS1562 | 1 packet | 300 | 45 | 3 | 127 | 0.0 | 7.0 | 2.0 | 0.33 | 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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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

Page 8

Generated on: 7/16/2018 9:11:40 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 643 | 56 | 862 | 28.39 | 89.92 | 19.06 | 4.30 | 0.00 |
| % of Calories | | | | | | 17.7% | 56.0% | 26.7% | 6.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Fri - 08/24/2018 | | | | | | | | | | |
|--------------------------------|-------------|-----|---------|----|------|-------|-------|-------|--------|------|
| EES Lunch | Total | 350 | | | | | | | | |
| Hamburger 2 oz Patty WGMS775 | 1 each | 250 | 225 | 20 | 526 | 13.22 | 29.15 | 7.04 | 2.01 | 0.00 |
| BBQ Chicken Sandwich MS714 | 1 each | 100 | 265 | 50 | 688 | 22.92 | 35.19 | 4.15 | 0.72 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 135 | 0 | 20 | 2.72 | 17.69 | 6.05 | 0.27 | 0.08 |
| Baked Beans, SpiceBlend MS1002 | 1/2 cup | 50 | 132 | 0 | 194 | 6.3 | 29.99 | 0.55 | 0.10 | 0.00 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 30 | 72 | 6 | 76 | 0.74 | 11.19 | 3.14 | 0.32 | 0.00 |
| Fruit Juice, Assorted, MS1246 | 1 4-oz. cup | 250 | 65 | 0 | 0 | 0.03 | 15.5 | 0.0 | 0.00 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 72 | 58 | 0 | 5 | 0.51 | 14.91 | 0.09 | 0.01 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 500 | 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 |
| Weighted Daily Average | | | 593 | 38 | 973 | 27.75 | 92.87 | 13.37 | 2.33 | 0.07 |
| % of Calories | | | | | | 18.7% | 62.7% | 20.3% | 3.5% | 0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Mon - 08/27/2018 | | | | | | | | | | |
|---------------------------------|-----------|-----|-----|----|-----|-------|-------|-------|------|------|
| EES Lunch | Total | 350 | | | | | | | | |
| Chicken Patty Sand, Fried MS734 | 1 each | 250 | 409 | 55 | 768 | 20.29 | 39.21 | 19.45 | 2.85 | 0.00 |
| Chicken Spaghetti MS542 | 3/4 cup | 100 | 307 | 58 | 423 | 26.22 | 37.41 | 5.68 | 1.78 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 72 | 100 | 0 | 170 | 4.0 | 15.0 | 2.5 | 0.50 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 165 | 89 | 0 | 20 | 2.5 | 17.22 | 2.42 | 0.91 | 0.00 |
| Green Peas, Frozen MS1070 | 1/2 cup | 72 | 91 | 0 | 171 | 4.92 | 13.67 | 2.04 | 0.86 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 144 | 72 | 0 | 1 | 0.5 | 18.87 | 0.1 | 0.01 | 0.00 |
| Mandarin Fruit Cup MS1254 | 1/2 cup | 168 | 62 | 0 | 6 | 0.53 | 16.28 | 0.1 | 0.01 | 0.00 |
| Raisins, Flavored, MS1291 | Packages | 50 | 140 | 0 | 5 | 1.0 | 36.0 | 0.0 | 0.00 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 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 |

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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

Page 9

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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 | | | 689 | 65 | 1001 | 33.93 | 97.03 | 19.64 | 3.68 | 0.00 |
| % of Calories | | | | | | 19.7% | 56.3% | 25.7% | 4.8% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Tue - 08/28/2018 | | | | | | | | | | |
|--------------------------------|-----------|-----|---------|----|------|-------|-------|-------|--------|------|
| EES Lunch | Total | 374 | | | | | | | | |
| Hamburger 2 oz Patty WGMS775 | 1 each | 250 | 225 | 20 | 526 | 13.22 | 29.15 | 7.04 | 2.01 | 0.00 |
| BBQ Chicken Sandwich MS714 | 1 each | 100 | 265 | 50 | 688 | 22.92 | 35.19 | 4.15 | 0.72 | 0.00 |
| Fruit and Yogurt Salad MS618 | 1 salad | 24 | 453 | 32 | 637 | 14.66 | 63.8 | 15.43 | 6.77 | 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 | 50 | 132 | 0 | 194 | 6.3 | 29.99 | 0.55 | 0.10 | 0.00 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 30 | 72 | 6 | 76 | 0.74 | 11.19 | 3.14 | 0.32 | 0.00 |
| Orange Smiles MS1270 | 1/2 cup | 113 | 77 | 0 | 0 | 1.53 | 19.19 | 0.2 | 0.03 | 0.00 |
| Fresh Apple MS1206 | 1 each | 113 | 72 | 0 | 1 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Chilled Peach Slices MS1274 | 1/2 cup | 96 | 65 | 0 | 6 | 0.54 | 17.49 | 0.04 | 0.00 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 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 | 500 | 10 | 0 | 85 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 591 | 37 | 952 | 27.50 | 93.82 | 13.62 | 2.63 | 0.07 |
| % of Calories | | | | | | 18.6% | 63.5% | 20.8% | 4.0% | 0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES 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 - 08/29/2018 | | | | | | | | | | |
| EES Lunch | Total | 371 | | | | | | | | |
| Spaghetti & MeatSauce ENRMS178 | 1 serving | 300 | 342 | 42 | 610 | 17.51 | 39.26 | 12.89 | 4.67 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 300 | 100 | 0 | 170 | 4.0 | 15.0 | 2.5 | 0.50 | 0.00 |
| Steak Fingers, Baked MS180 | 4 each | 50 | 290 | 35 | 480 | 15.0 | 15.0 | 19.0 | 5.00 | 0.00 |
| Grilled Chicken Salad MS620 | 1 salad | 21 | 429 | 82 | 1390 | 33.33 | 40.01 | 13.7 | 6.94 | 0.00 |
| Saltine Crackers, ENR,B MS1369 | 2 4-count pack | 21 | 90 | 0 | 260 | 2.0 | 16.0 | 3.0 | 0.00 | 0.00 |
| Green Beans, Canned, MS1036 | 1/2 cup | 144 | 41 | 0 | 91 | 1.3 | 4.45 | 1.79 | 0.21 | 0.00 |
| Whole Ker Corn Frz MS1031 | 1/2 cup | 165 | 89 | 0 | 20 | 2.5 | 17.22 | 2.42 | 0.91 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 20 | 31 | 0 | 145 | 1.18 | 6.03 | 0.12 | 0.02 | 0.00 |
| Orange Smiles MS1270 | 1/2 cup | 113 | 77 | 0 | 0 | 1.53 | 19.19 | 0.2 | 0.03 | 0.00 |
| Fruit Cocktail MS1248 | 1/2 cup | 144 | 58 | 0 | 5 | 0.51 | 14.91 | 0.09 | 0.01 | 0.00 |
| Fresh Bananas MS1220 | 1 each | 90 | 105 | 0 | 1 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 50 | 10 | 0 | 85 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 678 | 50 | 1021 | 31.94 | 98.67 | 18.35 | 6.04 | 0.00 |
| % of Calories | | | | | | 18.8% | 58.2% | 24.4% | 8.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Thu - 08/30/2018 | | | | | | | | | | |
|--------------------------------|----------------|-----|-----|----|------|-------|-------|------|------|------|
| EES Lunch | Total | 396 | | | | | | | | |
| Grilled Chicken Sandwich MS764 | 1 each | 125 | 296 | 60 | 838 | 24.29 | 31.21 | 7.05 | 1.51 | 0.00 |
| Chips | Bag | 125 | 140 | 0 | 210 | 2.0 | 18.0 | 6.0 | 1.00 | 0.00 |
| Bread/Mozz. Cheese St 2 MS926 | 2 breadsticks | 250 | 300 | 10 | 740 | 14.0 | 34.0 | 12.0 | 4.00 | 0.00 |
| Sauce, Marinara PC MS1554 | 1 packet | 250 | 15 | 0 | 140 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Grilled Chicken Salad MS620 | 1 salad | 21 | 429 | 82 | 1390 | 33.33 | 40.01 | 13.7 | 6.94 | 0.00 |
| Saltine Crackers, ENR,B MS1369 | 2 4-count pack | 21 | 90 | 0 | 260 | 2.0 | 16.0 | 3.0 | 0.00 | 0.00 |
| Lima Beans, Frozen MS1004 | 1/2 cup | 96 | 104 | 0 | 254 | 5.58 | 16.32 | 2.03 | 0.87 | 0.00 |
| Carrots, Baby w/ Dip, MS#1017 | 1/2 cup | 96 | 45 | 0 | 170 | 0.67 | 9.95 | 0.17 | 0.03 | 0.00 |
| Parsley Btr New Pot MS1082 | 1/2 cup | 72 | 92 | 0 | 391 | 1.54 | 13.51 | 3.8 | 1.67 | 0.00 |
| Banana Berry Blend with Glaze | 1/2 Cup | 100 | 290 | 0 | 86 | 1.78 | 76.25 | 0.54 | 0.18 | 0.00 |
| Fresh Grapes MS1226 | 1/2 cup | 200 | 61 | 0 | 2 | 0.57 | 15.56 | 0.32 | 0.10 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 50 | 72 | 0 | 1 | 0.5 | 18.87 | 0.1 | 0.01 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Mayonnaise PC Chipolte,MS1570 | PC Packet | 25 | 35 | 4 | 150 | 0.0 | 3.0 | 2.5 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 50 | 40 | 5 | 90 | 0.0 | 1.0 | 4.0 | 0.50 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 50 | 5 | 0 | 85 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |

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

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Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

Page 11

Generated on: 7/16/2018 9:11:40 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 653 | 37 | 1358 | 28.97 | 101.23 | 15.19 | 4.61 | 0.00 |
| % of Calories | | | | | | 17.8% | 62.0% | 20.9% | 6.4% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| Fri - 08/31/2018 | | | | | | | | | | |
|--------------------------------|-------------|-----|---------|----|------|-------|-------|-------|--------|-------|
| EES Lunch | Total | 372 | | | | | | | | |
| Fish Nuggets, Fried MS204 | 5 nuggets | 300 | 265 | 30 | 310 | 15.0 | 20.0 | 13.52 | 1.96 | 0.00 |
| Ham & Cheese Sandwich MS770 | 1 each | 72 | 274 | 45 | 1084 | 21.2 | 31.89 | 8.41 | 3.46 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 300 | 135 | 0 | 20 | 2.72 | 17.69 | 6.05 | 0.27 | 0.08 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 30 | 72 | 6 | 76 | 0.74 | 11.19 | 3.14 | 0.32 | 0.00 |
| Hushpuppies-Purchase MS1332 | 2 each | 100 | 105 | 3 | 199 | 1.57 | 14.02 | 4.96 | 0.72 | *N/A* |
| Fruit Slush, FRZ,Pouch,MS1296 | 1/2 cup | 170 | 60 | 0 | 0 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit Juice, Assorted, MS1246 | 1 4-oz. cup | 200 | 65 | 0 | 0 | 0.03 | 15.5 | 0.0 | 0.00 | 0.00 |
| EAES Milk | 1/2 Pint | 300 | 152 | 8 | 206 | 9.72 | 26.37 | 0.54 | 0.32 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 500 | 10 | 0 | 85 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Sauce, Tartar, PC MS1560 | 1 packet | 100 | 25 | 5 | 115 | 0.0 | 2.0 | 2.5 | 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 |
| Mustard, PC, MS1538 | 1 packet | 50 | 5 | 0 | 85 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 623 | 43 | 881 | 26.73 | 83.64 | 20.81 | 3.01 | 0.07 |
| % of Calories | | | | | | 17.2% | 53.7% | 30.1% | 4.3% | 0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | <10.00 | |

| | | | | | | | | | | |
|------------------|--|--|-----|----|------|-------|-------|-------|------|------|
| Weighted Average | | | 628 | 52 | 1044 | 29.89 | 89.83 | 17.28 | 4.36 | 0.02 |
| | | | | | | 19.0% | 57.2% | 24.8% | 6.3% | 0.0% |

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Aug 1, 2018 thru Aug 31, 2018

EES Lunch

Generated on: 7/16/2018 9:11:40 AM

| Nutrient | Menu AVG | % of Cals | Portion Size Weekly Target | Reimb Qty % of Target | Cals (kcal) Miss Data | Cholst (mg) Shortfall | Sodm (mg) Shortfall | Protn (g) Overage | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | Error Messages (if any) |
|----------------------------|----------|-----------|-------------------------------|--------------------------|--------------------------|--------------------------|------------------------|----------------------|----------|-----------|-----------|-------------------------|-------------------------|
| Calories | 628 | | 550 - 650 | 100% | | | | | | | | | |
| Cholesterol (mg) | 52 | | | | | | | | | | | | |
| Sodium (mg) | 1044 | | 1230 | | | | | | | | | | |
| Protein (g) | 29.89 | 19.03% | | | | | | | | | | | |
| Carbohydrate (g) | 89.83 | 57.20% | | | | | | | | | | | |
| Total Fat (g) | 17.28 | 24.75% | | | | | | | | | | | |
| Saturated Fat (g) | 4.36 | 6.25% | <10.00% | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.02 | 0.03% | | | | | | | | | | | |

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

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