

Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

EES 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)
Mon - 03/02/2020																
EES Lunch	Total	325														
Turkey Sliced, Brown Gravy MS564	1 serving	250	117	43	744	0.00	1.38	27.3	2	0.5	*0	13.37	3.99	4.75	1.71	0.00
Country Fried Steak MS136	1 patty	75	45	10	51	0.07	0.37	4.1	26	0.17	0	2.65	1.52	3.02	1.15	0.00
Sweet Potatoes, Cubes MS1129	1/2 cup	100	27	0	32	0.46	0.11	3.0	914	0.91	2	0.3	3.96	1.22	0.08	0.00
Mashed Potatoes MS1078	1/2 cup	240	66	0	49	0.75	0.16	8.9	106	0.0	0	1.49	11.17	1.55	0.63	0.00
Green Peas, Frozen MS1070	1/2 cup	72	20	0	38	1.17	0.34	5.2	168	2.1	1	1.09	3.03	0.45	0.17	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	200	123	0	160	0.62	1.11	24.6	0	2.22	3	2.46	20.92	3.08	0.62	0.00
Raw Veggies w/Dip MS1124	1/2 cup	25	2	0	11	0.11	0.02	1.1	265	1.49	0	0.07	0.52	0.01	0.00	0.00
Strawberries, Frozen MS1294	1/2 cup	100	16	0	0	0.39	0.15	2.7	6	10.36	3	0.2	3.73	0.0	0.00	0.00
Fresh Apple MS1206	1 each	200	44	0	1	2.04	0.10	5.1	46	3.91	9	0.22	11.73	0.14	0.03	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	250	85	4	162	0.00	0.00	153.8	577	0.0	14	6.15	14.62	0.0	0.00	0.00
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	50	15	2	18	0.00	0.00	46.2	77	0.18	2	1.23	1.69	0.38	0.23	0.00
Weighted Daily Average			561	59	1265	5.60	3.74	282.1	2186	21.83	*34	29.23	76.87	14.61	4.62	0.00
% of Calories											*24.1%	20.8%	54.8%	23.4%	7.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	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)
Tue - 03/03/2020																
EES Lunch	Total	325														
Macaroni and Cheese MS1338	1/2 cup	175	65	1	59	0.39	0.46	14.4	19	0.0	1	2.09	10.18	1.62	0.53	0.00
Chicken BRD Cutlet MS732	1 each	175	124	32	188	1.08	0.39	43.1	54	1.29	1	9.69	8.08	5.88	1.26	0.01
Tater Tot Casserole	1 serving	150	127	10	300	0.92	0.21	134.8	102	0.45	*0	4.9	11.42	7.47	2.63	*0.00
Green Beans, Canned, MS1036	1/2 cup	144	18	0	41	0.78	0.53	11.0	171	0.81	*0	0.57	1.97	0.79	0.09	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	72	17	0	18	1.53	0.32	17.3	1139	33.73	1	1.08	1.9	0.92	0.34	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25	3	0	13	0.16	0.02	1.8	939	0.33	0	0.05	0.77	0.01	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	144	35	0	0	0.44	0.16	0.0	133	71.78	7	0.44	8.42	0.0	0.00	0.00
Fresh Fruit Bowl Variety MS1244	1 each	150	39	0	0	1.68	0.10	9.3	55	10.68	6	0.4	10.03	0.11	0.02	0.00
Assorted Gelatin, PC Cups MS1458	1 gelatin cu	325	70	0	60	0.00	0.00	0.0	90	0.0	18	0.0	18.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	150	46	0	78	0.92	0.50	0.0	185	0.0	0	1.85	6.92	1.15	0.23	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	250	85	4	162	0.00	0.00	153.8	577	0.0	14	6.15	14.62	0.0	0.00	0.00
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	50	15	2	18	0.00	0.00	46.2	77	0.18	2	1.23	1.69	0.38	0.23	0.00
Weighted Daily Average			645	50	937	7.90	2.68	431.7	3541	119.24	*50	28.46	93.99	18.34	5.34	*0.01
% of Calories											*31.2%	17.7%	58.3%	25.6%	7.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Mar 1, 2020 thru Mar 31, 2020

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EES 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)
Wed - 03/04/2020																
EES Lunch	Total	350														
Vegetable Beef Soup MS816	1 cup	300	111	17	340	1.93	1.12	30.1	2316	9.57	2	5.75	10.52	5.17	1.90	0.00
Grill Cheese Sand 1 oz MS762	sandwich	300	212	23	623	1.71	1.28	35.6	236	2.06	2	8.88	24.39	9.4	4.84	0.00
Chicken Fajitas Purchas, MS528	1 fajita	50	45	12	145	0.27	0.36	46.2	78	2.24	0	4.35	3.13	1.58	0.80	0.00
Squash, Summer: MS1127	1/2 cup	72	9	0	34	0.32	0.12	4.7	93	1.6	0	0.22	1.29	0.4	0.15	0.00
Glazed Carrots MS1018	1/2 cup	48	8	0	13	0.41	0.06	3.6	2111	0.34	1	0.14	1.27	0.26	0.10	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	23	0	0	0.29	0.10	0.0	86	46.29	5	0.29	5.43	0.0	0.00	0.00
Banana Berry Blend with Glaze	1/2 Cup	125	104	0	31	1.52	0.15	2.9	97	5.07	19	0.64	27.23	0.19	0.07	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	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	42.9	71	0.17	2	1.14	1.57	0.36	0.21	0.00
Weighted Daily Average			628	59	1353	7.50	3.26	314.5	5658	73.94	47	27.36	94.61	17.43	8.09	0.00
% of Calories											29.6%	17.4%	60.3%	25.0%	11.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/05/2020																
EES Lunch	Total	325														
Chicken Nachos Pur StripsMS530	1 serving	150	163	30	517	1.60	0.67	106.7	*285	7.04	1	11.1	12.43	6.98	3.31	0.00
Buffalo Chicken Tot Bake	7/8 c	150	117	20	282	0.50	*0.01	*38.7	*70	*0.78	*0	7.13	8.22	6.23	1.35	*0.00
Fruit and Yogurt Salad MS618	1 salad	25	33	5	48	0.31	0.10	25.1	158	3.1	3	1.13	4.75	1.11	0.56	0.00
Whole Ker Corn Frz MS1031	1/2 cup	165	45	0	10	1.01	0.18	1.7	116	2.69	1	1.27	8.74	1.23	0.42	0.00
Pinto Beans MS912	1/2 cup	96	43	0	75	2.28	0.74	22.4	14	0.71	0	2.41	7.73	0.4	0.08	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	50	5	0	22	0.10	0.10	5.5	299	2.1	1	0.18	0.93	0.02	0.00	0.00
Strawberries, Frozen MS1294	1/2 cup	192	30	0	0	0.75	0.28	5.3	12	19.9	6	0.38	7.16	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	26	0	0	1.12	0.07	6.2	37	7.12	4	0.27	6.68	0.08	0.02	0.00
Toast, Garlic WW MS1351	1 slice	150	46	0	78	0.92	0.50	0.0	185	0.0	0	1.85	6.92	1.15	0.23	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	85	4	162	0.00	0.00	153.8	577	0.0	14	6.15	14.62	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	15	2	18	0.00	0.00	46.2	77	0.18	2	1.23	1.69	0.38	0.23	0.00
Sauce, Taco. PC MS1558	1 packet	100	2	0	30	0.03	0.03	0.4	0	8.44	0	0.03	0.33	0.01	0.00	0.00
Weighted Daily Average			610	62	1243	8.62	*2.67	*411.8	*1830	*52.06	*32	33.12	80.21	17.58	6.20	*0.00
% of Calories											*20.8%	21.7%	52.6%	25.9%	9.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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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)
Fri - 03/06/2020																
EES Lunch	Total	350														
Sloppy Joe on WW Bun,MS791	1 each	250	232	29	344	2.56	2.10	84.9	150	2.05	7	11.09	25.43	9.83	3.15	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, SpiceBlend MS1002	1/2 cup	24	9	0	13	0.37	0.12	3.3	14	0.07	*0	0.43	2.06	0.04	0.01	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
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	50	0	2	0.00	0.00	0.0	0	10.62	10	0.0	11.64	0.0	0.00	0.00
Assorted Gelatin,PC CupsMS1458	1 gelatin cu	300	60	0	51	0.00	0.00	0.0	77	0.0	15	0.0	15.43	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	42.9	71	0.17	2	1.14	1.57	0.36	0.21	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
Weighted Daily Average			653	52	959	4.84	3.14	308.2	916	23.75	*57	27.49	100.06	15.88	4.13	0.00
% of Calories											*34.8%	16.8%	61.3%	21.9%	5.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/16/2020																
EES Lunch	Total	350														
Macaroni and Cheese MS1338	1/2 cup	200	69	1	62	0.41	0.49	15.2	20	0.0	1	2.22	10.81	1.72	0.56	0.00
Chicken BRD Cutlet MS732	1 each	200	132	34	200	1.14	0.41	45.7	57	1.37	1	10.29	8.57	6.24	1.34	0.01
Tater Tot Casserole	1serving	150	118	9	278	0.85	0.19	125.2	95	0.41	*0	4.55	10.61	6.93	2.44	*0.00
Green Beans, Canned, MS1036	1/2 cup	144	17	0	38	0.73	0.50	10.2	159	0.75	*0	0.53	1.83	0.74	0.09	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	72	16	0	16	1.42	0.29	16.1	1058	31.32	1	1.0	1.76	0.85	0.32	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25	3	0	12	0.15	0.02	1.7	872	0.31	0	0.05	0.71	0.01	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	144	33	0	0	0.41	0.15	0.0	123	66.65	7	0.41	7.82	0.0	0.00	0.00
Applesauce, MS1204	1/2 cup	150	25	0	1	0.73	0.07	1.9	17	0.73	5	0.1	6.69	0.03	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	42.9	71	0.17	2	1.14	1.57	0.36	0.21	0.00
Weighted Daily Average			506	51	775	5.84	2.11	401.8	3008	101.71	*30	26.00	63.94	16.88	4.97	*0.01
% of Calories											*23.7%	20.6%	50.6%	30.1%	8.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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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)
Tue - 03/17/2020																
EES Lunch	Total	348														
Vegetable Beef Soup MS816	1 cup	288	107	17	329	1.86	1.08	29.0	2236	9.24	2	5.55	10.16	4.99	1.84	0.00
Grill Cheese Sand 1 oz MS762	sandwich	288	205	23	602	1.65	1.23	34.4	228	1.99	2	8.57	23.55	9.08	4.68	0.00
Chicken Fajitas Purchas, MS528	1 fajita	30	27	7	87	0.17	0.22	27.9	47	1.35	0	2.62	1.89	0.95	0.48	0.00
Fruit and Yogurt Salad MS618	1 salad	30	36	6	54	0.34	0.11	28.1	177	3.47	3	1.26	5.33	1.24	0.63	0.00
Squash, Summer: MS1127	1/2 cup	72	9	0	34	0.33	0.12	4.7	93	1.61	0	0.22	1.29	0.4	0.15	0.00
Glazed Carrots MS1018	1/2 cup	48	8	0	13	0.42	0.06	3.6	2123	0.34	1	0.14	1.28	0.26	0.10	0.00
Banana Berry Blend with Glaze	1/2 Cup	100	83	0	25	1.22	0.12	2.3	78	4.08	15	0.51	21.91	0.15	0.05	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	24	0	0	1.05	0.06	5.8	34	6.65	4	0.25	6.24	0.07	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	151	0.00	0.00	143.7	539	0.0	13	5.75	13.65	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	43.1	72	0.17	2	1.15	1.58	0.36	0.22	0.00
Sauce, Taco. PC MS1558	1 packet	15	0	0	4	0.00	0.00	0.1	0	1.18	0	0.0	0.05	0.0	0.00	0.00
Weighted Daily Average			593	58	1316	7.04	3.02	322.7	5627	30.08	42	26.03	86.93	17.52	8.16	0.00
% of Calories											28.0%	17.6%	58.6%	26.6%	12.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Wed - 03/18/2020																
EES Lunch	Total	350														
Beef Taco w/ Crispy Taco MS108	1 taco	175	142	20	216	1.56	1.07	60.0	*250	4.19	2	6.93	10.06	8.33	3.55	0.00
Chicken Spaghetti MS542	3/4 cup	150	128	25	177	1.09	1.05	11.5	225	2.68	1	11.08	15.96	2.28	0.76	0.00
Chef Salad, Elementary, MS601	1 salad	25	14	3	89	0.13	0.12	6.2	251	1.31	1	1.04	1.21	0.62	0.28	0.00
Green Beans, Canned, MS1036	1/2 cup	144	17	0	38	0.73	0.50	10.2	159	0.75	*0	0.53	1.83	0.74	0.09	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	72	9	0	47	0.59	0.12	15.3	199	7.86	0	0.67	1.58	0.12	0.00	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	27	0	2	0.55	0.17	4.3	206	3.81	6	0.23	6.98	0.04	0.01	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	150	34	0	0	0.43	0.15	0.0	129	69.43	7	0.43	8.14	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	42.9	71	0.17	2	1.14	1.57	0.36	0.21	0.00
Sauce, Taco. PC MS1558	1 packet	50	1	0	14	0.01	0.01	0.2	0	3.92	0	0.01	0.15	0.0	0.00	0.00
Weighted Daily Average			464	54	750	5.09	3.20	293.5	*2026	94.11	*32	27.78	61.05	12.50	4.90	0.00
% of Calories											*27.2%	23.9%	52.6%	24.2%	9.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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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)
Thu - 03/19/2020																
EES Lunch	Total	330														
Turkey Sliced,Brown GravyMS564	1 serving	250	115	42	733	0.00	1.36	26.9	2	0.49	*0	13.16	3.93	4.68	1.69	0.00
Country Fried Steak MS136	1 patty	50	29	7	33	0.05	0.24	2.7	17	0.11	0	1.74	1.0	1.99	0.75	0.00
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
Mashed Potatoes MS1078	1/2 cup	240	65	0	48	0.74	0.16	8.7	104	0.0	0	1.47	11.0	1.53	0.62	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	72	36	0	43	1.50	0.54	6.0	0	0.36	*0	2.71	6.31	0.16	0.00	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	9	0	13	0.33	0.13	13.4	295	0.81	0	0.38	0.52	0.5	0.04	0.00
Cornbread 1 WG MS1300	1 piece	40	12	1	35	0.15	0.10	11.8	24	0.02	0	0.37	2.15	0.3	0.10	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	200	121	0	158	0.61	1.09	24.2	0	2.18	3	2.42	20.61	3.03	0.61	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	144	35	0	0	0.44	0.16	0.0	131	70.69	7	0.44	8.29	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	38	0	0	1.66	0.10	9.2	55	10.51	6	0.4	9.87	0.11	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	83	4	159	0.00	0.00	151.5	568	0.0	14	6.06	14.39	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	15	2	18	0.00	0.00	45.5	76	0.18	2	1.21	1.67	0.38	0.23	0.00
Weighted Daily Average			578	60	1354	5.62	4.03	307.9	1592	87.03	*33	31.67	81.26	13.45	4.42	0.00
% of Calories											*22.6%	21.9%	56.3%	21.0%	6.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/20/2020																
EES Lunch	Total	325														
Sloppy Joe on WW Bun,MS791	1 each	150	150	19	222	1.66	1.36	54.8	97	1.33	5	7.17	16.43	6.35	2.03	0.00
BBQ Pork Sandwich Pur MS716	1 each	150	136	28	386	1.38	1.05	46.2	55	0.52	*4	12.44	15.27	2.53	0.46	0.00
Fruit and Yogurt Salad MS618	1 salad	25	33	5	48	0.31	0.10	25.1	158	3.1	3	1.13	4.75	1.11	0.56	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	93	0	22	0.00	0.22	0.0	0	4.21	0	1.25	11.22	4.32	0.50	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	144	59	0	86	2.41	0.76	21.4	88	0.42	*3	2.79	13.29	0.24	0.04	0.00
Creamy Coleslaw, MS 1116	1/2 cup	25	6	0	6	0.09	0.02	1.9	15	1.29	1	0.06	0.86	0.24	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	53	0	3	0.00	0.00	0.0	0	11.44	11	0.0	12.54	0.0	0.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	150	29	0	1	0.85	0.13	3.8	78	2.5	6	0.27	7.61	0.08	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	85	4	162	0.00	0.00	153.8	577	0.0	14	6.15	14.62	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	15	2	18	0.00	0.00	46.2	77	0.18	2	1.23	1.69	0.38	0.23	0.00
Ketchup PC MS1528	1 packet	300	9	0	78	0.00	0.00	0.0	0	0.0	2	0.0	2.77	0.0	0.00	0.00
Weighted Daily Average			668	58	1032	6.70	3.65	353.0	1145	25.00	*50	32.48	101.05	15.27	3.87	0.00
% of Calories											*29.6%	19.4%	60.5%	20.6%	5.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

EES 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 - 03/23/2020																
EES Lunch	Total	350														
Chicken Quesadillas, MS541	1 each	150	99	19	250	1.54	0.75	56.9	*143	4.69	0	9.3	10.2	2.48	1.44	0.00
Hamburger 2 oz Patty WGMS775	1 each	200	180	22	332	2.80	1.95	76.1	128	1.35	4	10.47	19.11	7.45	2.54	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
Pinto Beans Amory MS912	1/2 cup	144	60	0	104	3.18	1.02	31.2	20	0.99	0	3.35	10.77	0.55	0.11	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	27	0	2	0.55	0.17	4.3	206	3.81	6	0.23	6.98	0.04	0.01	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
Fresh Apple MS1206	1 each	200	41	0	1	1.89	0.09	4.7	43	3.63	8	0.21	10.89	0.13	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	42.9	71	0.17	2	1.14	1.57	0.36	0.21	0.00
Sauce, Taco. PC MS1558	1 packet	100	1	0	27	0.02	0.02	0.4	0	7.84	0	0.02	0.3	0.01	0.00	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
Mustard, PC, MS1538	1 packet	100	1	0	19	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	26	0.00	0.00	0.0	0	0.0	0	0.0	0.29	1.14	0.14	0.00
Weighted Daily Average			619	48	1090	10.22	4.30	362.4	*1638	29.14	37	31.77	89.43	16.27	4.95	0.00
% of Calories											24.0%	20.5%	57.8%	23.6%	7.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/24/2020																
EES Lunch	Total	325														
Chicken with Alfredo Sau MS556	3/4 cup	150	112	36	308	0.30	0.60	109.1	161	0.24	2	9.6	10.06	3.69	1.95	0.00
Hot Dog WG MS778	1 each	150	83	16	282	0.00	0.17	9.2	2	0.0	0	2.77	0.92	7.38	2.77	0.00
Fruit and Yogurt Salad MS618	1 salad	25	33	5	48	0.31	0.10	25.1	158	3.1	3	1.13	4.75	1.11	0.56	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	93	0	22	0.00	0.22	0.0	0	4.21	0	1.25	11.22	4.32	0.50	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	48	20	0	29	0.80	0.25	7.1	29	0.14	*1	0.93	4.43	0.08	0.01	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	2	0	12	0.07	0.05	1.9	245	0.43	0	0.06	0.46	0.01	0.00	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	72	17	0	18	1.53	0.32	17.3	1139	33.73	1	1.08	1.9	0.92	0.34	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	200	51	0	1	2.25	0.14	12.4	74	14.23	8	0.54	13.37	0.15	0.03	0.00
Fruit Cocktail MS1248	1/2 cup	100	18	0	2	0.43	0.12	3.2	92	1.18	4	0.16	4.59	0.03	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	85	4	162	0.00	0.00	153.8	577	0.0	14	6.15	14.62	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	15	2	18	0.00	0.00	46.2	77	0.18	2	1.23	1.69	0.38	0.23	0.00
Ketchup PC MS1528	1 packet	450	14	0	118	0.00	0.00	0.0	0	0.0	3	0.0	4.15	0.0	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	0.62	0.08	0.00
Mustard, PC, MS1538	1 packet	100	1	0	20	0.04	0.03	1.2	0	0.01	0	0.06	0.09	0.07	0.00	0.00
Weighted Daily Average			550	65	1052	5.73	2.00	386.5	2554	57.46	*38	24.95	72.40	18.76	6.48	0.00
% of Calories											*27.4%	18.1%	52.6%	30.7%	10.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

EES 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 - 03/25/2020																
EES Lunch	Total	350														
Nachos Grande MS168	1 serving	250	261	29	491	1.29	1.17	86.0	159	2.04	2	8.68	18.15	17.0	5.64	0.00
Chicken Bacon Ranch Casserole	serving	75	105	23	410	0.29	*0.27	*88.8	*97	*0.01	1	8.51	7.81	4.24	1.98	0.00
Chicken Salad w/Crackers MS610	1 salad	25	17	4	37	0.05	0.17	0.8	36	0.36	0	1.47	1.51	0.7	0.09	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	3	0	12	0.05	0.05	3.1	167	1.17	0	0.1	0.52	0.01	0.00	0.00
Green Peas, Frozen MS1070	1/2 cup	144	37	0	71	2.17	0.63	9.7	312	3.89	2	2.02	5.62	0.84	0.32	0.00
Glazed Carrots MS1018	1/2 cup	72	11	0	19	0.62	0.09	5.4	3166	0.5	1	0.21	1.91	0.38	0.15	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	144	33	0	0	0.41	0.15	0.0	123	66.65	7	0.41	7.82	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	36	0	0	1.56	0.09	8.6	51	9.91	5	0.37	9.31	0.1	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	42.9	71	0.17	2	1.14	1.57	0.36	0.21	0.00
Sauce, Taco. PC MS1558	1 packet	100	1	0	27	0.02	0.02	0.4	0	7.84	0	0.02	0.3	0.01	0.00	0.00
Weighted Daily Average			597	62	1235	6.48	*2.66	*388.4	*4718	*92.55	33	28.67	68.10	23.64	8.42	0.00
% of Calories											22.4%	19.2%	45.6%	35.6%	12.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/27/2020																
EES Lunch	Total	370														
Sloppy Joe on WW Bun,MS791	1 each	240	211	27	312	2.33	1.91	77.1	136	1.87	7	10.08	23.09	8.93	2.86	0.00
BBQ Chicken Sandwich MS714	1 each	100	72	14	180	0.81	0.66	27.0	49	0.85	3	6.19	10.05	1.02	0.19	0.00
Fruit and Yogurt Salad MS618	1 salad	30	34	5	51	0.32	0.10	26.4	166	3.27	3	1.19	5.01	1.17	0.59	0.00
Chips	Bag	300	114	0	170	1.62	0.29	0.0	8	0.0	2	1.62	14.59	4.86	0.81	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	144	52	0	75	2.11	0.66	18.8	77	0.37	*2	2.45	11.67	0.21	0.04	0.00
Creamy Coleslaw, MS 1116	1/2 cup	15	3	0	3	0.05	0.01	1.0	8	0.68	1	0.03	0.45	0.13	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	270	51	0	3	0.00	0.00	0.0	0	10.85	11	0.0	11.9	0.0	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	80	17	0	0	0.22	0.08	0.0	65	35.03	3	0.22	4.11	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	74	3	142	0.00	0.00	135.1	507	0.0	12	5.41	12.84	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	50	14	2	16	0.00	0.00	40.5	68	0.16	1	1.08	1.49	0.34	0.20	0.00
Weighted Daily Average			641	51	953	7.46	3.72	325.9	1084	53.07	*45	28.26	95.20	16.67	4.71	0.00
% of Calories											*28.2%	17.6%	59.4%	23.4%	6.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

EES 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)
Mon - 03/30/2020																
EES Lunch	Total	350														
Macaroni and Cheese MS1338	1/2 cup	200	69	1	62	0.41	0.49	15.2	20	0.0	1	2.22	10.81	1.72	0.56	0.00
Chicken BRD Cutlet MS732	1 each	200	132	34	200	1.14	0.41	45.7	57	1.37	1	10.29	8.57	6.24	1.34	0.01
Tater Tot Casserole	1serving	150	118	9	278	0.85	0.19	125.2	95	0.41	*0	4.55	10.61	6.93	2.44	*0.00
Green Beans, Canned, MS1036	1/2 cup	144	17	0	38	0.73	0.50	10.2	159	0.75	*0	0.53	1.83	0.74	0.09	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	72	16	0	16	1.42	0.29	16.1	1058	31.32	1	1.0	1.76	0.85	0.32	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25	3	0	12	0.15	0.02	1.7	872	0.31	0	0.05	0.71	0.01	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	144	33	0	0	0.41	0.15	0.0	123	66.65	7	0.41	7.82	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	36	0	0	1.56	0.09	8.6	51	9.91	5	0.37	9.31	0.1	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	42.9	71	0.17	2	1.14	1.57	0.36	0.21	0.00
Weighted Daily Average			516	51	774	6.67	2.14	408.5	3042	110.90	*30	26.28	66.56	16.96	4.99	*0.01
% of Calories											*23.5%	20.4%	51.6%	29.6%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/31/2020																
EES Lunch	Total	350														
Beef Taco w/ Crispy Taco MS108	1 taco	175	142	20	216	1.56	1.07	60.0	*250	4.19	2	6.93	10.06	8.33	3.55	0.00
Chicken Spaghetti MS542	3/4 cup	150	128	25	177	1.09	1.05	11.5	225	2.68	1	11.08	15.96	2.28	0.76	0.00
Chef Salad, Elementary, MS601	1 salad	25	14	3	89	0.13	0.12	6.2	251	1.31	1	1.04	1.21	0.62	0.28	0.00
Green Beans, Canned, MS1036	1/2 cup	144	17	0	38	0.73	0.50	10.2	159	0.75	*0	0.53	1.83	0.74	0.09	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	72	9	0	47	0.59	0.12	15.3	199	7.86	0	0.67	1.58	0.12	0.00	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	27	0	2	0.55	0.17	4.3	206	3.81	6	0.23	6.98	0.04	0.01	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	150	34	0	0	0.43	0.15	0.0	129	69.43	7	0.43	8.14	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	50	14	2	17	0.00	0.00	42.9	71	0.17	2	1.14	1.57	0.36	0.21	0.00
Sauce, Taco. PC MS1558	1 packet	50	1	0	14	0.01	0.01	0.2	0	3.92	0	0.01	0.15	0.0	0.00	0.00
Weighted Daily Average			464	54	750	5.09	3.20	293.5	*2026	94.11	*32	27.78	61.05	12.50	4.90	0.00
% of Calories											*27.2%	23.9%	52.6%	24.2%	9.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			581	56	1052	6.65	*3.09	*349.5	*2662	*66.62	*39	28.58	80.79	16.52	5.57	*0.00
											*60.0%	19.7%	55.6%	25.6%	8.6%	*0.0%

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Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

EES Lunch

Weighted Values - Detailed

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	581		550 - 650	100%													
Cholesterol (mg)	56																
Sodium 1 (mg)	1052		1230														
Sodium 2 (mg)	1052		935						117	Correction Required - Sodium too High							
Fiber (g)	6.65																
Iron (mg)	3.09					Missing											
Calcium (mg)	349.5					Missing											
Vitamin A (IU)	2662					Missing											
Sugars (g)	39	26.68%				Missing											
Vitamin C (mg)	66.62					Missing											
Protein (g)	28.58	19.68%															
Carbohydrate (g)	80.79	55.64%															
Total Fat (g)	16.52	25.59%															
Saturated Fat (g)	5.57	8.63%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.