

# Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES 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 <sup>1</sup> (g)
Mon - 04/02/2018										
EES Lunch	Total	375								
Hamburger 2 oz Patty WGMS775	1 each	275	225	20	526	13.22	29.15	7.04	2.01	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	288	135	0	20	2.72	17.69	6.05	0.27	0.08
Garden Salad w/Dressing MS1118	1/2 cup	15	25	0	131	0.68	4.94	0.12	0.02	0.00
Green Beans, Canned, MS1036	1/2 cup	24	41	0	91	1.3	4.45	1.79	0.21	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	150	80	0	0	1.0	19.0	0.0	0.00	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	11	0.4	18.34	0.07	0.01	0.00
Toast, Garlic WW MS1351	1 slice	100	100	0	170	4.0	15.0	2.5	0.50	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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			574	47	1001	27.90	83.88	15.10	3.44	0.06
% of Calories						19.4%	58.4%	23.7%	5.4%	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 <sup>1</sup> (g)
Tue - 04/03/2018										
EES Lunch	Total	397								
Chicken Nachos Pur StripsMS530	1 serving	300	346	44	1086	22.21	26.61	15.85	7.47	0.00
Turkey & Cheese Sand.	1 each	72	277	37	1103	14.58	31.11	11.51	5.66	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Whole Ker Corn Frz MS1031	1/2 cup	165	89	0	20	2.5	17.22	2.42	0.91	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	50	78	0	79	4.88	8.55	4.14	1.71	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
Fresh Apple MS1206	1 each	113	72	0	1	0.36	19.06	0.23	0.04	0.00
Pineapple Tidbits MS1286	1/2 cup	150	72	0	1	0.5	18.87	0.1	0.01	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	138	9	185	9.15	22.99	0.86	0.52	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
Sauce, Taco. PC MS1558	1 packet	300	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			576	52	1370	30.62	74.65	17.73	8.17	0.00
% of Calories						21.3%	51.8%	27.7%	12.8%	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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# Amory School District

Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Wed - 04/04/2018										
EES Lunch	Total	414								
Nachos Grande MS168	1 serving	325	365	41	688	12.16	25.42	23.79	7.90	0.00
Quesadilla, Purchased, MS170	1 portion	65	260	10	690	15.0	30.0	10.0	3.00	0.00
Fruit and Yogurt Salad MS618	1 salad	24	453	32	637	14.66	63.8	15.43	6.77	0.00
Parsley Btr New Pot MS1082	1/2 cup	48	92	0	391	1.54	13.51	3.8	1.67	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	24	31	0	145	1.18	6.03	0.12	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
Fresh Fruit Bowl VarietyMS1244	1 each	113	84	0	1	0.87	21.72	0.24	0.05	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Sauce, Taco. PC MS1558	1 packet	300	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			551	42	952	21.05	66.35	23.28	8.01	0.00
% of Calories						15.3%	48.2%	38.0%	13.1%	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 <sup>1</sup> (g)
Thu - 04/05/2018										
EES Lunch	Total	350								
Country Fried Steak MS136	1 patty	175	194	43	219	11.48	6.59	13.11	5.02	0.00
Turkey Sliced,Brown GravyMS564	1 serving	175	152	55	967	17.37	5.18	6.18	2.23	0.00
Mashed Potatoes MS1078	1/2 cup	240	91	0	83	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	25	57	0	88	2.48	3.43	3.33	0.24	0.00
Lima Beans, Frozen MS1004	1/2 cup	48	104	0	254	5.58	16.32	2.03	0.87	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	200	160	0	125	4.0	29.0	3.0	0.50	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	113	84	0	1	0.87	21.72	0.24	0.05	0.00
Sliced Apples, MS1214	1/2 CUP	48	32	0	12	0.4	8.07	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	150	72	0	1	0.5	18.87	0.1	0.01	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Weighted Daily Average			526	57	924	27.67	71.60	14.30	5.22	0.00
% of Calories						21.0%	54.4%	24.4%	8.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Base Menu Spreadsheet

EES 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 <sup>1</sup> (g)
Fri - 04/06/2018										
EES Lunch	Total	400								
Hot Dog WG MS778	1 each	280	300	35	820	11.0	24.0	17.5	6.00	0.00
BBQ Chicken Sandwich MS714	1 each	120	265	50	688	22.92	35.19	4.15	0.72	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	20	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	72	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	280	65	0	0	0.03	15.5	0.0	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	72	80	0	0	1.0	19.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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	200	5	0	85	0.0	1.0	0.0	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			600	48	1135	24.79	82.21	19.33	5.10	0.06
% of Calories						16.5%	54.8%	29.0%	7.7%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 04/09/2018										
EES Lunch	Total	400								
Chicken and Dumplings, Scratch	8 oz.	150	350	68	409	28.05	29.9	12.5	4.36	0.00
Hamburger 2 oz Patty WGMS775	1 each	250	225	20	526	13.22	29.15	7.04	2.01	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	20	2.72	17.69	6.05	0.27	0.08
Pinto Beans MS912	1/2 cup	48	146	0	254	8.15	26.17	1.35	0.28	0.00
Cornbread 1 WG MS1300	1 piece	40	102	11	293	3.05	17.71	2.44	0.91	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	11	0.4	18.34	0.07	0.01	0.00
Raisins, Flavored, MS1291	Packages	150	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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			603	47	852	29.41	88.94	15.52	3.72	0.06
% of Calories						19.5%	59.0%	23.2%	5.6%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Base Menu Spreadsheet

EES 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 <sup>1</sup> (g)
Tue - 04/10/2018										
EES Lunch	Total	370								
Chicken with Alfredo Sau MS556	3/4 cup	100	247	79	667	20.8	21.81	8.2	4.22	0.00
Chili Cheese Corn Chips MS128	Serving	250	408	62	600	20.73	20.02	28.11	12.03	0.00
Fruit and Yogurt Salad MS618	1 salad	20	453	32	637	14.66	63.8	15.43	6.77	0.00
Green Beans, Canned, MS1036	1/2 cup	144	41	0	91	1.3	4.45	1.79	0.21	0.00
Yam Patties MS1135	1/2 Cup	50	120	0	160	1.8	28.0	0.0	0.00	0.00
California Vegetables MS1054	1/2 cup	50	50	0	58	2.27	5.67	1.78	0.81	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	150	65	0	6	0.54	17.49	0.04	0.00	0.00
Chilled Pears Diced MS1283	1/2 cup	72	78	0	7	0.26	20.69	0.04	0.00	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Sauce, Taco, PC MS1558	1 packet	200	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			584	72	891	29.27	65.26	23.77	10.26	0.00
% of Calories						20.0%	44.7%	36.6%	15.8%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 04/11/2018										
EES Lunch	Total	425								
Macaroni&Cheese,w/ham pcMS412	1 serving	150	433	64	1093	22.38	32.06	23.58	12.21	0.00
Chicken Patty Sand,Fried MS734	1 each	250	409	55	768	20.29	39.21	19.45	2.85	0.00
Chicken Salad Salad MS612	1 salad	25	289	228	782	26.91	17.53	12.4	2.85	0.00
Green Peas, Frozen MS1070	1/2 cup	96	91	0	171	4.92	13.67	2.04	0.86	0.00
Glazed Carrots MS1018	1/2 cup	50	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
Orange Smiles MS1270	1/2 cup	113	77	0	0	1.53	19.19	0.2	0.03	0.00
Raisins, Flavored, MS1291	Packages	72	140	0	5	1.0	36.0	0.0	0.00	0.00
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	225	70	0	60	0.0	18.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	200	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			644	77	1198	30.24	78.55	23.82	7.06	0.00
% of Calories						18.8%	48.8%	33.3%	9.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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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 <sup>1</sup> (g)
Thu - 04/12/2018										
EES Lunch	Total	370								
Hot Dog WG MS778	1 each	250	300	35	820	11.0	24.0	17.5	6.00	0.00
BBQ Pork Sandwich MS716	1 each	120	284	53	671	18.07	31.31	10.42	3.27	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	20	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	72	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 Slush, FRZ,Pouch,MS1296	1/2 cup	300	60	0	0	0.0	17.0	0.0	0.00	0.00
Applesauce, MS1204	1/2 cup	72	59	0	2	0.24	15.62	0.07	0.01	0.00
Grandma's Choco Chip Cookie	bag	320	160	0	160	2.0	25.0	6.0	1.50	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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	200	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			769	50	1306	25.89	108.83	27.25	7.22	0.06
% of Calories						13.5%	56.6%	31.9%	8.4%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 04/16/2018										
EES Lunch	Total	375								
Hamburger 2 oz Patty WGMS775	1 each	250	225	20	526	13.22	29.15	7.04	2.01	0.00
Huntington Chicken MS558	3/4 cup	125	296	90	863	26.47	24.66	10.21	4.00	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	20	2.72	17.69	6.05	0.27	0.08
Green Beans, Canned, MS1036	1/2 cup	25	41	0	91	1.3	4.45	1.79	0.21	0.00
Garden Salad w/Dressing MS1118	1/2 cup	15	25	0	131	0.68	4.94	0.12	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	120	80	0	0	1.0	19.0	0.0	0.00	0.00
Applesauce, MS1204	1/2 cup	96	59	0	2	0.24	15.62	0.07	0.01	0.00
Assorted Pudding CupsMS1462	1 pudding cup	250	85	0	140	1.5	19.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	75	100	0	170	4.0	15.0	2.5	0.50	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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	200	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			620	53	1126	29.34	90.67	16.21	3.67	0.06
% of Calories						18.9%	58.5%	23.5%	5.3%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Tue - 04/17/2018										
EES Lunch	Total	365								
Chicken Nachos Pur StripsMS530	1 serving	250	346	44	1086	22.21	26.61	15.85	7.47	0.00
Quesadilla, Purchased, MS170	1 portion	100	260	10	690	15.0	30.0	10.0	3.00	0.00
Chicken Fajita Salad Pur MS604	SERVING	15	430	58	1147	29.4	30.31	20.6	8.87	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	15	31	0	145	1.18	6.03	0.12	0.02	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	15	45	0	170	0.67	9.95	0.17	0.03	0.00
Chilled Peach Slices MS1274	1/2 cup	96	65	0	6	0.54	17.49	0.04	0.00	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	72	140	0	5	1.0	36.0	0.0	0.00	0.00
Assorted Pudding CupsMS1462	1 pudding cup	250	85	0	140	1.5	19.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Sauce, Taco, PC MS1558	1 packet	350	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			620	43	1347	30.87	88.19	16.31	7.14	0.00
% of Calories						19.9%	56.9%	23.7%	10.4%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 04/18/2018										
EES Lunch	Total	350								
Turkey Sliced,Brown GravyMS564	1 serving	150	152	55	967	17.37	5.18	6.18	2.23	0.00
Country Fried Steak MS136	1 patty	200	194	43	219	11.48	6.59	13.11	5.02	0.00
Mashed Potatoes MS1078	1/2 cup	240	91	0	83	2.35	15.67	2.29	1.04	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	25	89	0	104	0.99	12.87	3.96	0.25	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
Fresh Fruit Bowl VarietyMS1244	1 each	113	84	0	1	0.87	21.72	0.24	0.05	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	6	0.53	16.28	0.1	0.01	0.00
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	250	70	0	60	0.0	18.0	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
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Weighted Daily Average			597	56	927	29.06	86.97	14.94	5.32	0.00
% of Calories						19.5%	58.3%	22.5%	8.0%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES 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 <sup>1</sup> (g)
Thu - 04/19/2018										
EES Lunch	Total	427								
Chicken Mandarin MS570	1 Serving	340	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Brown MS1341	1/2 cup	340	99	0	98	2.2	21.31	0.55	0.11	0.00
Turkey & Cheese Sand.	1 each	72	277	37	1103	14.58	31.11	11.51	5.66	0.00
Chicken Fajita Salad Pur MS604	SERVING	15	430	58	1147	29.4	30.31	20.6	8.87	0.00
Green Peas, Frozen MS1070	1/2 cup	25	91	0	171	4.92	13.67	2.04	0.86	0.00
California Vegetables MS1054	1/2 cup	50	50	0	58	2.27	5.67	1.78	0.81	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	118	84	0	1	0.87	21.72	0.24	0.05	0.00
Chilled Peach Slices MS1274	1/2 cup	150	65	0	6	0.54	17.49	0.04	0.00	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	138	9	185	9.15	22.99	0.86	0.52	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			511	59	855	26.52	84.15	8.49	2.91	0.00
% of Calories						20.8%	65.9%	15.0%	5.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 04/20/2018										
EES Lunch	Total	434								
Hot Dog WG MS778	1 each	290	300	35	820	11.0	24.0	17.5	6.00	0.00
BBQ Chicken Sandwich MS714	1 each	120	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	288	135	0	20	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	24	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	280	65	0	0	0.03	15.5	0.0	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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	200	5	0	85	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	150	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			584	48	1099	23.27	77.82	19.93	5.32	0.05
% of Calories						16.0%	53.3%	30.7%	8.2%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Mon - 04/23/2018										
EES Lunch	Total	400								
Macaroni&Cheese,w/ham pcMS412	1 serving	150	433	64	1093	22.38	32.06	23.58	12.21	0.00
Chicken Patty Sand,Fried MS734	1 each	250	409	55	768	20.29	39.21	19.45	2.85	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 Beans, Canned, MS1036	1/2 cup	144	41	0	91	1.3	4.45	1.79	0.21	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	72	43	0	231	3.27	7.67	0.58	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	144	62	0	6	0.53	16.28	0.1	0.01	0.00
Pineapple Tidbits MS1286	1/2 cup	144	72	0	1	0.5	18.87	0.1	0.01	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Weighted Daily Average			630	65	1114	30.40	76.51	23.46	7.21	0.00
% of Calories						19.3%	48.6%	33.5%	10.3%	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 <sup>1</sup> (g)
Tue - 04/24/2018										
EES Lunch	Total	372								
Chicken Nuggets,Fried MS534	5 nuggets	300	278	55	429	15.97	15.97	15.89	2.89	0.00
Country Fried Steak MS136	1 patty	72	194	43	219	11.48	6.59	13.11	5.02	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.	200	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
Raisins, Flavored, MS1291	Packages	150	140	0	5	1.0	36.0	0.0	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	168	65	0	6	0.54	17.49	0.04	0.00	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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			690	64	864	29.69	94.99	21.39	5.04	0.00
% of Calories						17.2%	55.1%	27.9%	6.6%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES 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 <sup>1</sup> (g)
Wed - 04/25/2018										
EES Lunch	Total	397								
Pizza, Fr. Bread, Cheese,MS3??	1 pizza	300	345	25	850	18.0	34.0	15.0	6.00	0.00
Turkey & Cheese Sand.	1 each	72	277	37	1103	14.58	31.11	11.51	5.66	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	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
Garden Salad w/Dressing MS1118	1/2 cup	15	25	0	131	0.68	4.94	0.12	0.02	0.00
Fresh Apple MS1206	1 each	113	72	0	1	0.36	19.06	0.23	0.04	0.00
Fresh Bananas MS1220	1 each	100	105	0	1	1.29	26.95	0.39	0.13	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	138	9	185	9.15	22.99	0.86	0.52	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			531	38	1138	26.43	70.15	16.51	6.68	0.00
% of Calories						19.9%	52.8%	28.0%	11.3%	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 <sup>1</sup> (g)
Thu - 04/26/2018										
EES Lunch	Total	404								
Chicken Hot Wings Bone MS538	3 Wings	320	240	120	615	22.5	1.5	16.5	3.75	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	320	115	21	457	1.17	4.1	10.27	1.17	0.00
Chicken Fajitas Purchas, MS528	1 fajita	60	307	55	967	27.99	21.47	12.04	6.01	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
Pinto Beans MS912	1/2 cup	25	146	0	254	8.15	26.17	1.35	0.28	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Raisins, Flavored, MS1291	Packages	150	140	0	5	1.0	36.0	0.0	0.00	0.00
Rosey Applesauce MS1212	1/2 cup	168	70	0	11	0.4	18.34	0.07	0.01	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Sauce, Taco, PC MS1558	1 packet	50	5	0	95	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
Weighted Daily Average			658	129	1291	33.70	67.09	29.16	5.80	0.06
% of Calories						20.5%	40.8%	39.9%	7.9%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Apr 2, 2018 thru Apr 30, 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 <sup>1</sup> (g)
Fri - 04/27/2018										
EES 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	25	132	0	194	6.3	29.99	0.55	0.10	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	280	65	0	0	0.03	15.5	0.0	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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			549	41	897	24.60	82.00	14.53	3.20	0.06
% of Calories						17.9%	59.7%	23.8%	5.2%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 04/30/2018										
EES Lunch	Total	404								
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	130	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	288	135	0	20	2.72	17.69	6.05	0.27	0.08
Whole Ker Corn Frz MS1031	1/2 cup	165	89	0	20	2.5	17.22	2.42	0.91	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	15	45	0	170	0.67	9.95	0.17	0.03	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	11	0.4	18.34	0.07	0.01	0.00
Fresh Apple MS1206	1 each	113	72	0	1	0.36	19.06	0.23	0.04	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	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			558	38	904	26.45	86.58	13.64	2.96	0.06
% of Calories						19.0%	62.0%	22.0%	4.8%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Weighted Average			599	56	1059	27.86	81.27	18.73	5.67	0.03
						18.6%	54.3%	28.2%	8.5%	0.0%

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# Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES 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<sup>1</sup> (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	599		550 - 650	100%				
Cholesterol (mg)	56							
Sodium (mg)	1059		1230					
Protein (g)	27.86	18.61%						
Carbohydrate (g)	81.27	54.29%						
Total Fat (g)	18.73	28.16%						
Saturated Fat (g)	5.67	8.52%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.04%						

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