

Amory School District

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Thu - 02/01/2018										
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
Mexicali Corn MS1030	1/2 cup	144	143	0	187	4.29	30.26	2.85	0.88	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
Strawberries, Frozen MS1294	1/2 cup	96	51	0	0	0.64	12.12	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	300	5	0	95	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
Mustard, PC, MS1538	1 packet	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			578	52	1434	31.11	74.94	17.75	8.11	0.00
% of Calories						21.5%	51.9%	27.6%	12.6%	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)
Fri - 02/02/2018										
EES Lunch	Total	360								
Hot Dog WG MS778	1 each	240	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	300	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	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	100	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
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			641	50	1166	24.75	87.74	21.83	5.86	0.07
% of Calories						15.5%	54.8%	30.7%	8.2%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/05/2018										
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
Huntington Chicken MS558	3/4 cup	150	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
Garden Salad w/Dressing MS1118	1/2 cup	30	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
Chilled Peach Slices MS1274	1/2 cup	150	65	0	6	0.54	17.49	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	150	59	0	2	0.24	15.62	0.07	0.01	0.00
Toast, Garlic WW MS1351	1 slice	50	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	50	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			543	54	986	28.01	77.02	14.88	3.55	0.06
% of Calories						20.6%	56.7%	24.7%	5.9%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/06/2018										
EES Lunch	Total	405								
Nachos Grande MS168	1 serving	325	365	41	688	12.16	25.42	23.79	7.90	0.00
Quesadilla, Purchased, MS170	1 portion	50	260	10	690	15.0	30.0	10.0	3.00	0.00
Fruit and Yogurt Salad MS618	1 salad	30	453	32	637	14.66	63.8	15.43	6.77	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	144	101	0	133	2.76	19.66	2.75	0.99	0.00
Parsley Btr New Pot MS1082	1/2 cup	48	92	0	391	1.54	13.51	3.8	1.67	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25	45	0	170	0.67	9.95	0.17	0.03	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	150	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			568	43	998	21.20	69.87	23.68	8.17	0.00
% of Calories						14.9%	49.2%	37.5%	12.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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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 - 02/07/2018										
EES Lunch	Total	400								
Vegetable Beef Soup MS816	1 cup	325	130	20	397	6.71	12.27	6.03	2.22	0.00
Grill Cheese Sand 1 oz MS762	sandwich	325	247	27	727	10.36	28.46	10.97	5.65	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	325	90	0	260	2.0	16.0	3.0	0.00	0.00
Chicken Fajitas Purchas, MS528	1 fajita	50	307	55	967	27.99	21.47	12.04	6.01	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	50	78	0	79	4.88	8.55	4.14	1.71	0.00
Glazed Carrots MS1018	1/2 cup	72	56	0	93	1.03	9.28	1.87	0.82	0.00
Fresh Bananas MS1220	1 each	150	105	0	1	1.29	26.95	0.39	0.13	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
Sauce, Taco. PC MS1558	1 packet	50	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			661	58	1512	29.59	94.99	20.26	8.38	0.00
% of Calories						17.9%	57.5%	27.6%	11.4%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Thu - 02/08/2018										
EES Lunch	Total	350								
Turkey Sliced,Brown GravyMS564	1 serving	175	152	55	967	17.37	5.18	6.18	2.23	0.00
Country Fried Steak MS136	1 patty	175	194	43	219	11.48	6.59	13.11	5.02	0.00
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	50	57	0	88	2.48	3.43	3.33	0.24	0.00
Lima Beans Dried CanMS1005	1/2 cup	96	145	0	185	7.24	21.65	1.96	0.61	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	150	84	0	1	0.87	21.72	0.24	0.05	0.00
Strawberries, Frozen MS1294	1/2 cup	125	51	0	0	0.64	12.12	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	100	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			568	57	944	29.26	78.37	14.81	5.29	0.00
% of Calories						20.6%	55.2%	23.5%	8.4%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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EES Lunch

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Fri - 02/09/2018										
EES Lunch	Total	370								
Hamburger 2 oz Patty WGMS775	1 each	240	225	20	526	13.22	29.15	7.04	2.01	0.00
BBQ Pork Sandwich MS716	1 each	130	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
Pinto Beans MS912	1/2 cup	24	146	0	254	8.15	26.17	1.35	0.28	0.00
Creamy Coleslaw, MS 1116	1/2 cup	40	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
Chilled Peach Slices MS1274	1/2 cup	100	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
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			572	41	932	25.33	85.59	15.35	3.27	0.07
% of Calories						17.7%	59.8%	24.1%	5.1%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 02/12/2018										
EES Lunch	Total	395								
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	120	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
Pinto Beans MS912	1/2 cup	24	146	0	254	8.15	26.17	1.35	0.28	0.00
Sweet Potatoes, Cubes MS1129	1/2 cup	25	89	0	104	0.99	12.87	3.96	0.25	0.00
Chilled Peach Slices MS1274	1/2 cup	150	65	0	6	0.54	17.49	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	150	59	0	2	0.24	15.62	0.07	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	40	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
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	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			550	49	947	27.52	80.58	14.44	3.36	0.06
% of Calories						20.0%	58.6%	23.6%	5.5%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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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 - 02/13/2018										
EES Lunch	Total	400								
Vegetable Beef Soup MS816	1 cup	325	130	20	397	6.71	12.27	6.03	2.22	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	325	90	0	260	2.0	16.0	3.0	0.00	0.00
Chicken Fajitas Pur, BUMS528.1	1 fajita	50	273	47	678	22.91	19.99	11.58	6.27	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	50	78	0	79	4.88	8.55	4.14	1.71	0.00
Glazed Carrots MS1018	1/2 cup	72	56	0	93	1.03	9.28	1.87	0.82	0.00
Fresh Bananas MS1220	1 each	150	105	0	1	1.29	26.95	0.39	0.13	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
Sauce, Taco. PC MS1558	1 packet	50	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			456	34	885	20.54	71.68	11.29	3.82	0.00
% of Calories						18.0%	62.9%	22.3%	7.5%	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)
Wed - 02/14/2018										
EES Lunch	Total	381								
Chicken Hot Wings Bone MS538	3 Wings	325	240	120	615	22.5	1.5	16.5	3.75	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	325	115	21	457	1.17	4.1	10.27	1.17	0.00
Turkey & Cheese Sand.	1 each	56	277	37	1103	14.58	31.11	11.51	5.66	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	320	135	0	20	2.72	17.69	6.05	0.27	0.08
Pinto Beans MS912	1/2 cup	96	146	0	254	8.15	26.17	1.35	0.28	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25	45	0	170	0.67	9.95	0.17	0.03	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	288	65	0	0	0.03	15.5	0.0	0.00	0.00
Strawberries, Frozen MS1294	1/2 cup	96	51	0	0	0.64	12.12	0.0	0.00	0.00
Cookie, Sugar, Pur WGR, MS1436	1 cookie	350	120	5	100	1.0	17.0	5.0	2.00	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
Weighted Daily Average			784	138	1424	35.03	80.14	35.75	7.63	0.07
% of Calories						17.9%	40.9%	41.0%	8.8%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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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)
Thu - 02/15/2018										
EES Lunch	Total	375								
Spaghetti & MeatSace ERMS178.2	1 serving	325	450	42	586	21.32	60.62	13.55	4.79	0.00
Toast, Garlic WW MS1351	1 slice	325	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
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	92	41	0	91	1.3	4.45	1.79	0.21	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Fresh Bananas MS1220	1 each	110	105	0	1	1.29	26.95	0.39	0.13	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	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
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Ketchup PC MS1528	1 packet	50	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			761	48	923	33.54	116.72	18.79	6.16	0.00
% of Calories						17.6%	61.3%	22.2%	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)
Fri - 02/16/2018										
EES Lunch	Total	448								
Hot Dog WG MS778	1 each	280	300	35	820	11.0	24.0	17.5	6.00	0.00
Chicken Spaghetti MS542	3/4 cup	120	307	58	423	26.22	37.41	5.68	1.78	0.00
Fruit and Yogurt Salad MS618	1 salad	48	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
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	72	132	0	194	6.3	29.99	0.55	0.10	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	288	65	0	0	0.03	15.5	0.0	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	100	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
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			602	48	1007	24.62	81.91	19.74	5.61	0.05
% of Calories						16.4%	54.4%	29.5%	8.4%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Mon - 02/19/2018										
EES Lunch	Total	375								
Chicken Nachos Pur StripsMS530	1 serving	300	346	44	1086	22.21	26.61	15.85	7.47	0.00
Quesadilla, Purchased, MS170	1 portion	75	260	10	690	15.0	30.0	10.0	3.00	0.00
Whole Ker Corn Frz MS1031	1/2 cup	165	89	0	20	2.5	17.22	2.42	0.91	0.00
Lima Beans Dried CanMS1005	1/2 cup	48	145	0	185	7.24	21.65	1.96	0.61	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
Mandarin Fruit Cup MS1254	1/2 cup	144	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
Chilled Peach Slices MS1274	1/2 cup	144	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, Taco. PC MS1558	1 packet	300	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			573	44	1282	30.71	75.38	16.75	7.47	0.00
% of Calories						21.5%	52.7%	26.3%	11.7%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 02/20/2018										
EES Lunch	Total	400								
Chili Cheese Corn Chips MS128	Serving	300	408	62	600	20.73	20.02	28.11	12.03	0.00
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	0.00
Toast, Garlic WW MS1351	1 slice	50	100	0	170	4.0	15.0	2.5	0.50	0.00
Pinto Beans MS912	1/2 cup	72	146	0	254	8.15	26.17	1.35	0.28	0.00
Mexicali Corn MS1030	1/2 cup	144	143	0	187	4.29	30.26	2.85	0.88	0.00
Fresh Apple MS1206	1 each	150	72	0	1	0.36	19.06	0.23	0.04	0.00
Raisins, Flavored, MS1291	Packages	50	140	0	5	1.0	36.0	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	100	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
Sauce, Taco. PC MS1558	1 packet	300	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			641	76	1012	32.93	73.01	25.97	10.85	0.00
% of Calories						20.6%	45.6%	36.5%	15.2%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 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 - 02/21/2018										
EES Lunch	Total	372								
Chicken Baked Seasoned MS508	1 serving	300	271	100	95	31.03	0.17	15.02	4.50	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	96	165	0	196	12.4	28.9	0.71	0.01	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	50	89	0	104	0.99	12.87	3.96	0.25	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	88	2.48	3.43	3.33	0.24	0.00
Cornbread 1 WG MS1300	1 piece	40	102	11	293	3.05	17.71	2.44	0.91	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	200	160	0	125	4.0	29.0	3.0	0.50	0.00
Chilled Peach Slices MS1274	1/2 cup	168	65	0	6	0.54	17.49	0.04	0.00	0.00
Orange Smiles MS1270	1/2 cup	144	77	0	0	1.53	19.19	0.2	0.03	0.00
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Weighted Daily Average			645	98	500	43.13	72.53	19.95	6.14	0.00
% of Calories						26.8%	45.0%	27.8%	8.6%	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 - 02/22/2018										
EES Lunch	Total	400								
Spaghetti & MeatSace ERMS178.2	1 serving	325	450	42	586	21.32	60.62	13.55	4.79	0.00
Toast, Garlic WW MS1351	1 slice	325	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	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	144	101	0	133	2.76	19.66	2.75	0.99	0.00
Green Beans, Canned, MS1036	1/2 cup	92	41	0	91	1.3	4.45	1.79	0.21	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Fresh Bananas MS1220	1 each	110	105	0	1	1.29	26.95	0.39	0.13	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	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
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Ketchup PC MS1528	1 packet	50	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			740	50	992	33.49	111.90	18.47	6.19	0.00
% of Calories						18.1%	60.5%	22.5%	7.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Fri - 02/23/2018										
EES Lunch	Total	394								
Hamburger 2 oz Patty WGMS775	1 each	240	225	20	526	13.22	29.15	7.04	2.01	0.00
BBQ Pork Sandwich MS716	1 each	130	284	53	671	18.07	31.31	10.42	3.27	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
Lima Beans Dried CanMS1005	1/2 cup	24	145	0	185	7.24	21.65	1.96	0.61	0.00
Creamy Coleslaw, MS 1116	1/2 cup	40	72	6	76	0.74	11.19	3.14	0.32	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	25	45	0	170	0.67	9.95	0.17	0.03	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	100	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
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			568	40	921	24.66	84.62	15.40	3.51	0.06
% of Calories						17.4%	59.6%	24.4%	5.6%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 02/26/2018										
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
Huntington Chicken MS558	3/4 cup	150	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 Beans, Canned, MS1036	1/2 cup	72	41	0	91	1.3	4.45	1.79	0.21	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	150	65	0	6	0.54	17.49	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	150	59	0	2	0.24	15.62	0.07	0.01	0.00
Toast, Garlic WW MS1351	1 slice	50	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	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	54	1007	28.17	77.68	15.10	3.57	0.06
% of Calories						20.5%	56.6%	24.8%	5.9%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Tue - 02/27/2018										
EES Lunch	Total	394								
Beef Taco w/Soft Taco, B MS109	1 taco	160	277	41	672	14.33	21.54	14.67	7.09	0.00
Taco Meat with Chips MS186	1 serving	160	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	144	89	0	20	2.5	17.22	2.42	0.91	0.00
Pinto Beans MS912	1/2 cup	48	146	0	254	8.15	26.17	1.35	0.28	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
Raisins, Flavored, MS1291	Packages	100	140	0	5	1.0	36.0	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	100	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
Sauce, Taco, PC MS1558	1 packet	320	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			543	46	851	23.65	71.88	18.84	7.95	0.00
% of Calories						17.4%	52.9%	31.2%	13.2%	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)
Wed - 02/28/2018										
EES Lunch	Total	350								
Turkey Sliced, Brown Gravy MS564	1 serving	175	152	55	967	17.37	5.18	6.18	2.23	0.00
Country Fried Steak MS136	1 patty	175	194	43	219	11.48	6.59	13.11	5.02	0.00
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 Dry CMS1006	1/2 cup	96	165	0	196	12.4	28.9	0.71	0.01	0.00
Turnip Greens, Southern MS1046	1/2 cup	48	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
Fresh Fruit Bowl Variety MS1244	1 each	150	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
EAES Milk	1/2 Pint	300	138	9	185	9.15	22.99	0.86	0.52	0.00
Weighted Daily Average			568	57	956	30.59	78.51	14.74	5.14	0.00
% of Calories						21.5%	55.3%	23.4%	8.2%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Weighted Average			606	57	1034	28.89 19.1%	82.25 54.3%	18.69 27.8%	6.00 8.9%	0.03 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	606		550 - 650	100%				
Cholesterol (mg)	57							
Sodium (mg)	1034		1230					
Protein (g)	28.89	19.09%						
Carbohydrate (g)	82.25	54.34%						
Total Fat (g)	18.69	27.78%						
Saturated Fat (g)	6.00	8.92%	<10.00%					
Trans Fat ¹ (g)	0.03	0.04%						

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