

# Amory School District

Jan 1, 2019 thru Jan 31, 2019

## 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)
Tue - 01/08/2019										
EES Lunch	Total	365								
Hamburger 2 oz Patty WGMS775	1 each	240	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	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Green Peas, Frozen MS1070	1/2 cup	25	91	0	171	4.92	13.67	2.04	0.86	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	60	160	0	125	4.0	29.0	3.0	0.50	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	96	80	0	0	1.0	19.0	0.0	0.00	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	96	110	0	0	1.0	25.0	0.0	0.00	0.00
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
EAES Milk	1/2 Pint	250	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			589	51	996	28.24	86.42	15.22	3.41	0.07
% of Calories						19.2%	58.7%	23.3%	5.2%	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)
Wed - 01/09/2019										
EES Lunch	Total	350								
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	50	194	43	219	11.48	6.59	13.11	5.02	0.00
Mashed Potatoes MS1078	1/2 cup	200	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.	150	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
Fresh Apple MS1206	1 each	113	72	0	1	0.36	19.06	0.23	0.04	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	96	110	0	0	1.0	25.0	0.0	0.00	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	250	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	150	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			657	63	874	28.94	87.45	20.95	4.66	0.00
% of Calories						17.6%	53.2%	28.7%	6.4%	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

Jan 1, 2019 thru Jan 31, 2019

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 - 01/10/2019										
EES Lunch	Total	361								
Vegetable Beef Soup MS816	1 cup	300	130	20	397	6.71	12.27	6.03	2.22	0.00
Grill Cheese Sand 1 oz MS762	sandwich	300	247	27	727	10.36	28.46	10.97	5.65	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	100	90	0	260	2.0	16.0	3.0	0.00	0.00
Chicken Fajitas Pur, BUMS528.1	1 fajita	40	273	47	678	22.91	19.99	11.58	6.27	0.00
Grilled Chicken Salad MS620	1 salad	21	429	82	1390	33.33	40.01	13.7	6.94	0.00
Squash, Summer: MS1127	1/2 cup	72	42	0	166	1.05	6.26	1.96	0.81	0.00
Glazed Carrots MS1018	1/2 cup	72	56	0	93	1.03	9.28	1.87	0.82	0.00
Strawberries, Frozen MS1294	1/2 cup	96	51	0	0	0.64	12.12	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	100	105	0	1	1.29	26.95	0.39	0.13	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	96	110	0	0	1.0	25.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	250	152	8	206	9.72	26.37	0.54	0.32	0.00
Sauce, Taco, PC MS1558	1 packet	40	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			590	55	1368	27.16	81.63	18.28	8.22	0.00
% of Calories						18.4%	55.3%	27.9%	12.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 01/11/2019										
EES Lunch	Total	350								
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	100	284	53	671	18.07	31.31	10.42	3.27	0.00
Creamy Coleslaw, MS 1116	1/2 cup	25	72	6	76	0.74	11.19	3.14	0.32	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	25	132	0	194	6.3	29.99	0.55	0.10	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Mandarin Fruit Cup MS1254	1/2 cup	96	62	0	6	0.53	16.28	0.1	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	270	65	0	0	0.03	15.5	0.0	0.00	0.00
EAES Milk	1/2 Pint	250	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
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	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			630	48	1158	22.97	84.59	22.48	5.85	0.07
% of Calories						14.6%	53.7%	32.1%	8.4%	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)
Mon - 01/14/2019										
EES Lunch	Total	300								
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	150	409	55	768	20.29	39.21	19.45	2.85	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 Florets, Stm, MS1150	1/2 cup	48	78	0	79	4.88	8.55	4.14	1.71	0.00
Chilled Peach Slices MS1274	1/2 cup	192	65	0	6	0.54	17.49	0.04	0.00	0.00
Orange Smiles MS1270	1/2 cup	113	77	0	0	1.53	19.19	0.2	0.03	0.00
EAES Milk	1/2 Pint	250	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	50	5	0	85	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			675	68	1236	31.93	82.02	25.21	8.49	0.00
% of Calories						18.9%	48.6%	33.6%	11.3%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 01/15/2019										
EES Lunch	Total	370								
Chicken Mandarin MS570	1 Serving	300	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Brown MS1341	1/2 cup	300	99	0	98	2.2	21.31	0.55	0.11	0.00
Turkey & Cheese on Bun MS796	1 each	50	277	37	1103	15.58	30.11	11.51	5.66	0.00
Chef Salad, Elementary, MS601	1 salad	20	237	147	1244	16.74	16.96	11.75	4.87	0.00
Green Peas, Frozen MS1070	1/2 cup	144	91	0	171	4.92	13.67	2.04	0.86	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	145	1.18	6.03	0.12	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	210	95	0	9	0.25	23.44	0.08	0.01	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	250	152	8	206	9.72	26.37	0.54	0.32	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			627	64	983	29.76	105.62	10.04	3.01	0.00
% of Calories						19.0%	67.4%	14.4%	4.3%	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)
Wed - 01/16/2019										
EES Lunch	Total	370								
Spaghetti & MeatSace ERMS178.2	1 serving	300	450	42	586	21.32	60.62	13.55	4.79	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	20	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
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	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	210	65	0	0	0.03	15.5	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	50	72	0	1	0.5	18.87	0.1	0.01	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	300	100	0	170	4.0	15.0	2.5	0.50	0.00
EAES Milk	1/2 Pint	250	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			726	49	958	32.78	107.32	18.48	6.05	0.00
% of Calories						18.1%	59.2%	22.9%	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 <sup>1</sup> (g)
Thu - 01/17/2019										
EES Lunch	Total	380								
Hamburger 2 oz Patty WGMS775	1 each	220	225	20	526	13.22	29.15	7.04	2.01	0.00
Shepherd's Pie, MC174	2/3 cup	100	268	47	263	14.66	15.47	16.51	6.65	0.00
Fruit and Yogurt Salad MS618	1 salad	30	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
Mixed Vegetables MS1060	1/2 cup	24	77	0	215	3.04	12.18	1.79	0.81	0.00
Raw Veggies w/Dip MS1124	1/2 cup	25	32	0	141	0.86	6.76	0.16	0.02	0.00
Chilled Pears Diced MS1283	1/2 cup	72	78	0	7	0.26	20.69	0.04	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	192	65	0	6	0.54	17.49	0.04	0.00	0.00
EAES Milk	1/2 Pint	250	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			522	33	761	21.78	75.74	15.97	4.05	0.06
% of Calories						16.7%	58.0%	27.5%	7.0%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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EES Lunch

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Fri - 01/18/2019										
EES Lunch	Total	340								
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	100	284	53	671	18.07	31.31	10.42	3.27	0.00
Creamy Coleslaw, MS 1116	1/2 cup	20	72	6	76	0.74	11.19	3.14	0.32	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	24	132	0	194	6.3	29.99	0.55	0.10	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Mandarin Fruit Cup MS1254	1/2 cup	96	62	0	6	0.53	16.28	0.1	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	210	65	0	0	0.03	15.5	0.0	0.00	0.00
EAES Milk	1/2 Pint	250	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
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	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			627	48	1167	23.29	83.38	22.58	5.85	0.07
% of Calories						14.9%	53.2%	32.4%	8.4%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 01/22/2019										
EES Lunch	Total	300								
Macaroni&Cheese,w/ham pcMS412	1 serving	150	433	64	1093	22.38	32.06	23.58	12.21	0.00
Grilled Chicken Sandwich MS764	1 each	150	296	60	838	24.29	31.21	7.05	1.51	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 Florets, Stm, MS1150	1/2 cup	48	78	0	79	4.88	8.55	4.14	1.71	0.00
Chilled Peach Slices MS1274	1/2 cup	96	65	0	6	0.54	17.49	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	210	65	0	0	0.03	15.5	0.0	0.00	0.00
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	300	70	0	60	0.0	18.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	250	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	50	5	0	85	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			684	71	1329	33.20	94.04	18.93	7.80	0.00
% of Calories						19.4%	55.0%	24.9%	10.3%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Wed - 01/23/2019										
EES Lunch	Total	402								
Beef Taco w/Soft Taco, B MS109	1 taco	150	277	41	672	14.33	21.54	14.67	7.09	0.00
Taco Salad MS628	1 serving	150	310	41	705	15.68	26.84	16.2	5.52	0.00
Ham & Cheese on Bun MS768	1 each	72	291	44	1073	18.7	29.9	11.99	5.98	0.00
Fruit and Yogurt Salad MS618	1 salad	25	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
Pinto Beans MS912	1/2 cup	72	146	0	254	8.15	26.17	1.35	0.28	0.00
Apricots, FRZ, PC, MS1219	1/2 cup	96	110	0	0	1.0	25.0	0.0	0.00	0.00
Mandarin Fruit Cup MS1254	1/2 cup	96	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
Assorted Pudding Cups MS1462	1 pudding cup	300	85	0	140	1.5	19.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	250	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
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			587	46	1127	25.60	85.04	16.71	6.89	0.00
% of Calories						17.4%	57.9%	25.6%	10.6%	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 <sup>1</sup> (g)
Thu - 01/24/2019										
EES Lunch	Total	375								
Vegetable Beef Soup MS816	1 cup	300	130	20	397	6.71	12.27	6.03	2.22	0.00
Grill Cheese Sand 1 oz MS762	sandwich	300	247	27	727	10.36	28.46	10.97	5.65	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	100	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
Fruit and Yogurt Salad MS618	1 salad	25	453	32	637	14.66	63.8	15.43	6.77	0.00
Squash, Summer: MS1127	1/2 cup	50	42	0	166	1.05	6.26	1.96	0.81	0.00
Glazed Carrots MS1018	1/2 cup	72	56	0	93	1.03	9.28	1.87	0.82	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	144	80	0	0	1.0	19.0	0.0	0.00	0.00
Banana Berry Blend with Glaze	1/2 Cup	150	290	0	86	1.78	76.25	0.54	0.18	0.00
EAES Milk	1/2 Pint	250	152	8	206	9.72	26.37	0.54	0.32	0.00
Sauce, Taco. PC MS1558	1 packet	40	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			657	52	1323	26.14	101.87	18.17	8.14	0.00
% of Calories						15.9%	62.0%	24.9%	11.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/25/2019										
EES Lunch	Total	360								
Hot Dog WG MS778	1 each	240	300	35	820	11.0	24.0	17.5	6.00	0.00
Sloppy Joe on WW Bun,MS791	1 each	120	315	41	501	15.53	33.6	13.76	4.41	0.00
Lima Beans, Frozen MS1004	1/2 cup	24	104	0	254	5.58	16.32	2.03	0.87	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	20	72	6	76	0.74	11.19	3.14	0.32	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	210	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
Assorted Gelatin,PC CupsMS1458	1 gelatin cup	300	70	0	60	0.0	18.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	250	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
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	100	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			679	44	1135	22.23	96.07	23.09	6.13	0.07
% of Calories						13.1%	56.6%	30.6%	8.1%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 01/28/2019										
EES Lunch	Total	370								
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	250	310	25	530	17.0	39.0	10.0	4.50	0.00
Chicken Spaghetti MS542	3/4 cup	120	307	58	423	26.22	37.41	5.68	1.78	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	60	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	72	56	0	93	1.03	9.28	1.87	0.82	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	60	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
Rosey Applesauce MS1212	1/2 cup	150	70	0	11	0.4	18.34	0.07	0.01	0.00
EAES Milk	1/2 Pint	250	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			523	41	750	29.07	79.08	10.69	4.18	0.00
% of Calories						22.2%	60.5%	18.4%	7.2%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

## 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)
Tue - 01/29/2019										
EES Lunch	Total	405								
Chicken and Dumplings, Scratch	8 oz.	175	350	68	409	28.05	29.9	12.5	4.36	0.00
Hamburger 2 oz Patty WGMS775	1 each	200	225	20	526	13.22	29.15	7.04	2.01	0.00
Fruit and Yogurt Salad MS618	1 salad	30	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	72	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
Applesauce, MS1204	1/2 cup	200	59	0	2	0.24	15.62	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	250	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			598	49	850	29.71	85.05	16.40	4.05	0.06
% of Calories						19.9%	56.9%	24.7%	6.1%	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)
Wed - 01/30/2019										
EES Lunch	Total	375								
Spaghetti & MeatSace ERMS178.2	1 serving	300	450	42	586	21.32	60.62	13.55	4.79	0.00
Turkey & Cheese on Bun MS796	1 each	50	277	37	1103	15.58	30.11	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
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	25	31	0	145	1.18	6.03	0.12	0.02	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	210	65	0	0	0.03	15.5	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	48	72	0	1	0.5	18.87	0.1	0.01	0.00
Raisins, Flavored, MS1291	Packages	24	140	0	5	1.0	36.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	300	100	0	170	4.0	15.0	2.5	0.50	0.00
EAES Milk	1/2 Pint	250	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			719	50	1047	32.86	108.24	17.42	6.15	0.00
% of Calories						18.3%	60.2%	21.8%	7.7%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Thu - 01/31/2019										
EES Lunch	Total	375								
Vegetable Beef Soup MS816	1 cup	300	130	20	397	6.71	12.27	6.03	2.22	0.00
Grill Cheese Sand 1 oz MS762	sandwich	300	247	27	727	10.36	28.46	10.97	5.65	0.00
Saltine Crackers, ENR,B MS1369	2 4-count pack	100	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
Fruit and Yogurt Salad MS618	1 salad	25	453	32	637	14.66	63.8	15.43	6.77	0.00
Squash, Summer: MS1127	1/2 cup	50	42	0	166	1.05	6.26	1.96	0.81	0.00
Glazed Carrots MS1018	1/2 cup	72	56	0	93	1.03	9.28	1.87	0.82	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	144	80	0	0	1.0	19.0	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	100	105	0	1	1.29	26.95	0.39	0.13	0.00
EAES Milk	1/2 Pint	250	152	8	206	9.72	26.37	0.54	0.32	0.00
Sauce, Taco. PC MS1558	1 packet	40	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			569	52	1289	25.77	78.55	18.06	8.10	0.00
% of Calories						18.1%	55.2%	28.6%	12.8%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Weighted Average			627	52	1079	27.73 17.7%	89.53 57.1%	18.16 26.1%	5.94 8.5%	0.02 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	627		550 - 650	100%				
Cholesterol (mg)	52							
Sodium (mg)	1079		1230					
Protein (g)	27.73	17.69%						
Carbohydrate (g)	89.53	57.11%						
Total Fat (g)	18.16	26.06%						
Saturated Fat (g)	5.94	8.53%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.02	0.03%						

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