

Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

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Generated on: 9/26/2018 9:47:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/01/2018										
EES Lunch	Total	360								
Pizza, WGR Cheese, Ind, BR, MS314	1 pizza	280	310	25	530	17.0	39.0	10.0	4.50	0.00
Chicken Fajitas USDA, BUMS527.1	1 fajita	80	279	79	902	24.34	20.06	11.73	7.10	0.00
Green Beans, Canned, MS1036	1/2 cup	144	41	0	91	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	48	56	0	93	1.03	9.28	1.87	0.82	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	50	43	0	231	3.27	7.67	0.58	0.02	0.00
Fresh Fruit Bowl Variety MS1244	1 each	192	84	0	1	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	148	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
Sauce, Taco. PC MS1558	1 packet	80	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			512	43	863	27.12	76.53	11.96	5.53	0.00
% of Calories						21.2%	59.7%	21.0%	9.7%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 10/02/2018										
EES Lunch	Total	440								
Nachos Grande MS168	1 serving	320	365	41	688	12.16	25.42	23.79	7.90	0.00
Burritos, Bf&Bean WG Pur MS118	1 each	96	279	16	403	15.71	38.8	8.06	2.23	0.00
Fruit & Yogurt Salad U MS618.1	1 salad	24	425	20	510	14.3	65.35	11.46	4.12	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	165	101	0	133	2.76	19.66	2.75	0.99	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
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	6	0.53	16.28	0.1	0.01	0.00
Chilled Peach Slices MS1274	1/2 cup	150	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
Sauce, Taco. PC MS1558	1 packet	320	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			539	39	895	20.91	68.64	21.23	7.04	0.00
% of Calories						15.5%	50.9%	35.4%	11.8%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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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)
Wed - 10/03/2018										
EES Lunch	Total	401								
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	40	277	37	1103	14.58	31.11	11.51	5.66	0.00
Grilled Chicken Salad MS620	1 salad	21	429	82	1390	33.33	40.01	13.7	6.94	0.00
California Vegetables MS1054	1/2 cup	100	50	0	58	2.27	5.67	1.78	0.81	0.00
Green Peas, Canned MS1071	1/2 cup	144	97	0	140	4.66	14.26	2.29	0.94	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	148	84	0	1	0.87	21.72	0.24	0.05	0.00
Chilled Peach Slices MS1274	1/2 cup	148	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
Mayonnaise PC Reduce Ft MS1534	PC Packet	40	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	20	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			532	60	869	28.40	86.77	8.59	2.86	0.00
% of Calories						21.4%	65.3%	14.5%	4.8%	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 - 10/04/2018										
EES Lunch	Total	360								
Spaghetti & MeatSace ERMS178.2	1 serving	285	450	42	586	21.32	60.62	13.55	4.79	0.00
Pizza, Fr. Bread, Cheese,MS3??	1 pizza	143	345	25	850	18.0	34.0	15.0	6.00	0.00
Steak Fingers, Baked MS180	4 each	75	290	35	480	15.0	15.0	19.0	5.00	0.00
Green Beans, Canned, MS1036	1/2 cup	144	41	0	91	1.3	4.45	1.79	0.21	0.00
Whole Ker Corn Frz MS1031	1/2 cup	115	89	0	20	2.5	17.22	2.42	0.91	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	145	1.18	6.03	0.12	0.02	0.00
Banana Berry Blend MS1224	1/2 cup	150	98	0	1	1.2	24.27	0.21	0.07	0.00
Applesauce, MS1204	1/2 cup	150	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	75	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			773	56	1114	35.89	107.79	22.63	7.86	0.00
% of Calories						18.6%	55.8%	26.4%	9.2%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 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 - 10/05/2018										
EES Lunch	Total	400								
Hamburger 2 oz Patty WGMS775	1 each	275	225	20	526	13.22	29.15	7.04	2.01	0.00
BBQ Chicken Sandwich MS714	1 each	125	265	50	688	22.92	35.19	4.15	0.72	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Lima Beans, Frozen MS1004	1/2 cup	24	104	0	254	5.58	16.32	2.03	0.87	0.00
Creamy Coleslaw, MS 1116	1/2 cup	24	72	6	76	0.74	11.19	3.14	0.32	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	148	72	0	1	0.5	18.87	0.1	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
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			515	36	891	25.03	79.05	12.42	2.22	0.06
% of Calories						19.4%	61.4%	21.7%	3.9%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 10/09/2018										
EES Lunch	Total	400								
Chicken Patty Sand,Fried MS734	1 each	250	409	55	768	20.29	39.21	19.45	2.85	0.00
Macaroni&Cheese,w/ham pcMS412	1 serving	150	433	64	1093	22.38	32.06	23.58	12.21	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	100	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
Broccoli w/Cheese Sauce MS1012	1/2 cup	50	43	0	231	3.27	7.67	0.58	0.02	0.00
Glazed Carrots MS1018	1/2 cup	48	56	0	93	1.03	9.28	1.87	0.82	0.00
Chilled Peach Slices MS1274	1/2 cup	196	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	250	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			658	67	1182	29.85	78.55	25.60	7.19	0.00
% of Calories						18.1%	47.7%	35.0%	9.8%	0.0%
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/10/2018										
EES Lunch	Total	399								
Quesadilla, Purchased, MS170	1 portion	275	260	10	690	15.0	30.0	10.0	3.00	0.00
Chicken Fajitas USDA,BUMS527.1	1 fajita	100	279	79	902	24.34	20.06	11.73	7.10	0.00
Fruit and Yogurt Salad MS618	1 salad	24	453	32	637	14.66	63.8	15.43	6.77	0.00
Pinto Beans MS912	1/2 cup	72	146	0	254	8.15	26.17	1.35	0.28	0.00
Whole Ker Corn Frz MS1031	1/2 cup	165	89	0	20	2.5	17.22	2.42	0.91	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	192	62	0	6	0.53	16.28	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	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
Weighted Daily Average			492	34	1008	26.45	72.44	12.46	4.90	0.00
% of Calories						21.5%	58.9%	22.8%	9.0%	0.0%
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)
Thu - 10/11/2018										
EES Lunch	Total	390								
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	150	315	41	501	15.53	33.6	13.76	4.41	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	24	41	0	91	1.3	4.45	1.79	0.21	0.00
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	300	65	0	0	0.03	15.5	0.0	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	96	65	0	6	0.54	17.49	0.04	0.00	0.00
EAES Milk	1/2 Pint	250	152	8	206	9.72	26.37	0.54	0.32	0.00
Ketchup PC MS1528	1 packet	600	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
Weighted Daily Average			597	43	1030	21.34	80.40	21.34	5.83	0.06
% of Calories						14.3%	53.9%	32.2%	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)
Fri - 10/12/2018										
EES Lunch	Total	372								
Fish Nuggets, Fried MS204	5 nuggets	300	265	30	310	15.0	20.0	13.52	1.96	0.00
Turkey & Cheese Sand.	1 each	72	277	37	1103	14.58	31.11	11.51	5.66	0.00
Hushpuppies-Purchase MS1332	2 each	100	105	3	199	1.57	14.02	4.96	0.72	*N/A*
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
Fresh Apple MS1206	1 each	113	72	0	1	0.36	19.06	0.23	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	300	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	600	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	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			607	39	837	24.24	81.90	20.48	3.40	0.07
% of Calories						16.0%	54.0%	30.4%	5.0%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 10/15/2018										
EES Lunch	Total	376								
Chicken Wings,Bless,Brig MS540	5 Chunks	320	284	54	996	23.37	22.44	10.01	1.46	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	320	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	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Lima Beans, Frozen MS1004	1/2 cup	24	104	0	254	5.58	16.32	2.03	0.87	0.00
Pineapple Tidbits MS1286	1/2 cup	100	72	0	1	0.5	18.87	0.1	0.01	0.00
Fruit Cocktail MS1248	1/2 cup	100	58	0	5	0.51	14.91	0.09	0.01	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	5	1.0	36.0	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	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			674	76	1597	32.58	78.73	24.87	3.64	0.07
% of Calories						19.3%	46.7%	33.2%	4.9%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Tue - 10/16/2018										
EES Lunch	Total	349								
Taco Meat w/ Chips USDAMS186.1	1 serving	125	315	41	415	13.96	22.24	19.04	8.00	0.00
Beef Taco w/Soft Taco, B MS109	1 taco	125	277	41	672	14.33	21.54	14.67	7.09	0.00
Steak Fingers, Baked MS180	4 each	75	290	35	480	15.0	15.0	19.0	5.00	0.00
Fruit & Yogurt Salad U MS618.1	1 salad	24	425	20	510	14.3	65.35	11.46	4.12	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
Rosey Applesauce MS1212	1/2 cup	148	70	0	11	0.4	18.34	0.07	0.01	0.00
Chilled Peach Slices MS1274	1/2 cup	148	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
Sauce, Taco, PC MS1558	1 packet	250	5	0	95	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	75	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			547	44	831	24.56	72.38	18.79	7.49	0.00
% of Calories						18.0%	52.9%	30.9%	12.3%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 10/17/2018										
EES Lunch	Total	375								
Spaghetti & MeatSace ERMS178.2	1 serving	300	450	42	586	21.32	60.62	13.55	4.79	0.00
Toast, Garlic WW MS1351	1 slice	300	100	0	170	4.0	15.0	2.5	0.50	0.00
Steak Fingers, Baked MS180	4 each	75	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	165	41	0	91	1.3	4.45	1.79	0.21	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	150	84	0	1	0.87	21.72	0.24	0.05	0.00
Applesauce, MS1204	1/2 cup	150	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	75	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			717	46	913	31.91	106.46	18.98	5.97	0.00
% of Calories						17.8%	59.4%	23.8%	7.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

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)
Thu - 10/18/2018										
EES Lunch	Total	374								
Turkey Sliced,Brown GravyMS564	1 serving	150	152	55	967	17.37	5.18	6.18	2.23	0.00
Beef Ravioli MS102	1 cup	200	280	29	663	17.07	30.3	9.54	4.52	0.00
Grilled Chicken Salad MS620	1 salad	24	429	82	1390	33.33	40.01	13.7	6.94	0.00
Mashed Potatoes MS1078	1/2 cup	240	91	0	83	2.35	15.67	2.29	1.04	0.00
Whole Ker Corn Frz MS1031	1/2 cup	165	89	0	20	2.5	17.22	2.42	0.91	0.00
Green Peas, Canned MS1071	1/2 cup	48	97	0	140	4.66	14.26	2.29	0.94	0.00
Fresh Apple MS1206	1 each	113	72	0	1	0.36	19.06	0.23	0.04	0.00
Fresh Fruit Cup MS1250	1/2 cup	148	64	0	3	0.58	16.48	0.17	0.04	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	300	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
Weighted Daily Average			625	49	1151	31.49	93.50	14.19	5.59	0.00
% of Calories						20.2%	59.9%	20.4%	8.0%	0.0%
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)
Fri - 10/19/2018										
EES Lunch	Total	350								
Corn Dog Nuggets MS406	6 nuggets	250	282	45	716	9.08	27.23	15.13	11.09	0.00
Sloppy Joe on WW Bun,MS791	1 each	100	315	41	501	15.53	33.6	13.76	4.41	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	24	41	0	91	1.3	4.45	1.79	0.21	0.00
Raw Veggies w/Dip MS1124	1/2 cup	20	32	0	141	0.86	6.76	0.16	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	113	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	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	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	250	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			615	50	1040	20.64	87.68	20.52	9.68	0.07
% of Calories						13.4%	57.1%	30.0%	14.2%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 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 - 10/23/2018										
EES Lunch	Total	375								
Hamburger 2 oz. USDA F MS775.1	1 each	225	275	45	616	16.22	31.15	10.04	3.01	0.00
Chicken Spaghetti MS542	3/4 cup	150	307	58	423	26.22	37.41	5.68	1.78	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	24	41	0	91	1.3	4.45	1.79	0.21	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
Chilled Peach Slices MS1274	1/2 cup	148	65	0	6	0.54	17.49	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	148	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	250	152	8	206	9.72	26.37	0.54	0.32	0.00
Ketchup PC MS1528	1 packet	600	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			594	57	920	29.85	86.86	15.07	3.17	0.07
% of Calories						20.1%	58.5%	22.8%	4.8%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/24/2018										
EES Lunch	Total	370								
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	70	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	50	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 Fruit Cup MS1250	1/2 cup	200	64	0	3	0.58	16.48	0.17	0.04	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	50	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			612	62	831	28.23	76.93	20.99	4.81	0.00
% of Calories						18.4%	50.3%	30.9%	7.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 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 - 10/25/2018										
EES Lunch	Total	424								
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
Chicken Fajitas USDA,BUMS527.1	1 fajita	100	279	79	902	24.34	20.06	11.73	7.10	0.00
Fruit and Yogurt Salad MS618	1 salad	24	453	32	637	14.66	63.8	15.43	6.77	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
Chilled Peach Slices MS1274	1/2 cup	100	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Bananas MS1220	1 each	100	105	0	1	1.29	26.95	0.39	0.13	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	5	1.0	36.0	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	100	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			538	59	1235	25.40	74.55	16.74	8.12	0.00
% of Calories						18.9%	55.4%	28.0%	13.6%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 10/26/2018										
EES Lunch	Total	372								
Fish Nuggets, Fried MS204	5 nuggets	300	265	30	310	15.0	20.0	13.52	1.96	0.00
Turkey & Cheese Sand.	1 each	72	277	37	1103	14.58	31.11	11.51	5.66	0.00
Hushpuppies-Purchase MS1332	2 each	100	105	3	199	1.57	14.02	4.96	0.72	*N/A*
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
Fresh Apple MS1206	1 each	113	72	0	1	0.36	19.06	0.23	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	300	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	600	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	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			607	39	837	24.24	81.90	20.48	3.40	0.07
% of Calories						16.0%	54.0%	30.4%	5.0%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

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Mon - 10/29/2018										
EES Lunch	Total	375								
Hamburger 2 oz. USDA F MS775.1	1 each	225	275	45	616	16.22	31.15	10.04	3.01	0.00
Chicken Spaghetti MS542	3/4 cup	150	307	58	423	26.22	37.41	5.68	1.78	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	24	41	0	91	1.3	4.45	1.79	0.21	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
Chilled Peach Slices MS1274	1/2 cup	148	65	0	6	0.54	17.49	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	148	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	250	152	8	206	9.72	26.37	0.54	0.32	0.00
Ketchup PC MS1528	1 packet	600	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			594	57	920	29.85	86.86	15.07	3.17	0.07
% of Calories						20.1%	58.5%	22.8%	4.8%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 10/30/2018										
EES Lunch	Total	336								
BBQ Rib Sandwich Brush MS720	1 each	144	398	40	1141	20.0	44.83	17.0	5.00	0.00
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	192	300	10	740	14.0	34.0	12.0	4.00	0.00
Sauce, Marinara PC MS1554	1 packet	192	15	0	140	0.0	4.0	0.0	0.00	0.00
Green Beans, Canned, MS1036	1/2 cup	144	41	0	91	1.3	4.45	1.79	0.21	0.00
Parsley Btr New Pot MS1082	1/2 cup	96	92	0	391	1.54	13.51	3.8	1.67	0.00
Broccoli Florets, Stm, MS1150	1/2 cup	30	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 Fruit Cup MS1250	1/2 cup	200	64	0	3	0.58	16.48	0.17	0.04	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	5	1.0	36.0	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
Weighted Daily Average			598	29	1321	25.94	88.49	16.88	5.42	0.00
% of Calories						17.4%	59.2%	25.4%	8.2%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

EES Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/31/2018										
EES Lunch	Total	375								
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 on Bun MS796	1 each	50	277	37	1103	15.58	30.11	11.51	5.66	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, Frozen MS1004	1/2 cup	24	104	0	254	5.58	16.32	2.03	0.87	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	300	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Apple MS1206	1 each	113	72	0	1	0.36	19.06	0.23	0.04	0.00
Grandma's Choco Chip Cookie	bag	325	160	0	160	2.0	25.0	6.0	1.50	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	25	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			779	134	1403	33.47	81.65	35.87	6.88	0.07
% of Calories						17.2%	41.9%	41.5%	8.0%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Weighted Average			606	53	1033	27.50	83.24	18.82	5.44	0.03
						18.2%	55.0%	28.0%	8.1%	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)	53							
Sodium (mg)	1033		1230					
Protein (g)	27.50	18.15%						
Carbohydrate (g)	83.24	54.96%						
Total Fat (g)	18.82	27.95%						
Saturated Fat (g)	5.44	8.07%	<10.00%					
Trans Fat ¹ (g)	0.03	0.04%						

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