

Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WES 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 - 01/08/2019										
WES Lunch	Total	375								
Beef Taco w/Soft Taco, B MS109	1 taco	230	277	41	672	14.33	21.54	14.67	7.09	0.00
Ham & Cheese Sandwich MS770	1 each	120	274	45	1084	21.2	31.89	8.41	3.46	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	175	101	0	133	2.76	19.66	2.75	0.99	0.00
Refried Beans, MS1038	1/2 cup	30	142	4	305	8.02	21.33	2.97	1.47	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	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
Mandarin Fruit Cup MS1254	1/2 cup	200	62	0	6	0.53	16.28	0.1	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	108	16	129	8.61	11.83	2.69	1.61	0.00
Sauce, Taco. PC MS1558	1 packet	50	5	0	95	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	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			521	52	1118	27.16	72.98	14.98	6.82	0.00
% of Calories						20.8%	56.0%	25.9%	11.8%	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)
Wed - 01/09/2019										
WES Lunch	Total	355								
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	80	160	0	125	4.0	29.0	3.0	0.50	0.00
Hamburger 2 oz Patty WGMS775	1 each	230	225	20	526	13.22	29.15	7.04	2.01	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	350	135	0	20	2.72	17.69	6.05	0.27	0.08
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	45	0	170	0.67	9.95	0.17	0.03	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	30	43	0	231	3.27	7.67	0.58	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	100	65	0	6	0.54	17.49	0.04	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	75	72	0	1	0.5	18.87	0.1	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	108	16	129	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	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
Ketchup PC MS1528	1 packet	300	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

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Base Menu Spreadsheet

WES 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 Daily Average			596	51	1018	29.71	85.73	15.89	3.61	0.08
% of Calories						19.9%	57.5%	24.0%	5.4%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Thu - 01/10/2019										
WES Lunch	Total	350								
Country Fried Steak MS136	1 patty	50	194	43	219	11.48	6.59	13.11	5.02	0.00
Chicken Nuggets,Fried MS534	5 nuggets	250	278	55	429	15.97	15.97	15.89	2.89	0.00
Turkey Sliced,Brown GravyMS564	1 serving	50	152	55	967	17.37	5.18	6.18	2.23	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	240	160	0	125	4.0	29.0	3.0	0.50	0.00
Mashed Potatoes MS1078	1/2 cup	280	91	0	83	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	30	57	0	88	2.48	3.43	3.33	0.24	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	50	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
Fresh Fruit Bowl VarietyMS1244	1 each	150	84	0	1	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	11	0.4	18.34	0.07	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	108	16	129	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	50	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			657	60	865	30.01	89.54	19.82	4.68	0.00
% of Calories						18.3%	54.5%	27.1%	6.4%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Base Menu Spreadsheet

WES Lunch

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Fri - 01/11/2019										
WES Lunch	Total	350								
Beef Ravioli MS102	1 cup	150	280	29	663	17.07	30.3	9.54	4.52	0.00
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	200	300	10	740	14.0	34.0	12.0	4.00	0.00
Sauce, Marinara PC MS1554	1 packet	200	15	0	140	0.0	4.0	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	100	100	0	170	4.0	15.0	2.5	0.50	0.00
Green Peas, Canned MS1071	1/2 cup	50	97	0	140	4.66	14.26	2.29	0.94	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	101	0	133	2.76	19.66	2.75	0.99	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	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
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	6	0.53	16.28	0.1	0.01	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	50	80	0	0	1.0	19.0	0.0	0.00	0.00
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Weighted Daily Average			581	25	1088	26.54	89.54	13.98	5.30	0.00
% of Calories						18.3%	61.7%	21.7%	8.2%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 01/14/2019										
WES Lunch	Total	375								
Pizza, Stuffed Crust MS304	1 slice	320	330	20	870	17.0	35.0	14.0	4.50	0.00
Chicken Fajitas USDA, MS527	1 fajita	30	284	79	1110	25.34	21.06	11.23	6.60	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Glazed Carrots MS1018	1/2 cup	40	56	0	93	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	145	1.18	6.03	0.12	0.02	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	101	0	133	2.76	19.66	2.75	0.99	0.00
Applesauce, MS1204	1/2 cup	200	59	0	2	0.24	15.62	0.07	0.01	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	96	51	0	0	0.64	12.12	0.0	0.00	0.00
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Weighted Daily Average			570	35	1150	27.60	82.88	15.82	5.67	0.00
% of Calories						19.4%	58.1%	25.0%	8.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Base Menu Spreadsheet

WES 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 - 01/15/2019										
WES Lunch	Total	330								
Beef Taco w/Soft Taco, B MS109	1 taco	225	277	41	672	14.33	21.54	14.67	7.09	0.00
Ham & Cheese on Bun US MS768.1	1 each	80	264	34	1090	16.98	32.07	8.0	3.33	0.01
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	130	101	0	133	2.76	19.66	2.75	0.99	0.00
Refried Beans, MS1038	1/2 cup	30	142	4	305	8.02	21.33	2.97	1.47	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	145	1.18	6.03	0.12	0.02	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	45	0	170	0.67	9.95	0.17	0.03	0.00
Fresh Fruit Bowl VarietyMS1244	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
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Sauce, Taco. PC MS1558	1 packet	50	5	0	95	0.0	1.0	0.0	0.00	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	10	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			540	50	1148	26.74	75.75	15.51	7.08	0.00
% of Calories						19.8%	56.1%	25.8%	11.8%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 01/16/2019										
WES Lunch	Total	325								
Spaghetti & MeatSace ERMS178.2	1 serving	150	450	42	586	21.32	60.62	13.55	4.79	0.00
Toast, Garlic WW MS1351	1 slice	120	100	0	170	4.0	15.0	2.5	0.50	0.00
Chicken Patty Sand Baked MS732	1 each	150	360	55	768	20.29	39.21	14.28	2.24	0.02
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Potato Rounds, Fried MS1096	1/2 cup	250	209	0	330	1.27	20.32	13.33	1.59	0.00
California Vegetables MS1054	1/2 cup	12	50	0	58	2.27	5.67	1.78	0.81	0.00
Green Peas, Canned MS1071	1/2 cup	50	97	0	140	4.66	14.26	2.29	0.94	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	0.00
Raisins, Flavored, MS1291	Packages	120	140	0	5	1.0	36.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	220	95	0	9	0.25	23.44	0.08	0.01	0.00
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	40	40	5	90	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	250	10	0	85	0.0	3.0	0.0	0.00	0.00

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Base Menu Spreadsheet

WES 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)
Weighted Daily Average			885	58	1331	33.50	128.75	26.59	5.74	0.01
% of Calories						15.1%	58.2%	27.0%	5.8%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Thu - 01/17/2019										
WES Lunch	Total	350								
Country Fried Steak MS136	1 patty	75	194	43	219	11.48	6.59	13.11	5.02	0.00
Chicken Nuggets,Fried MS534	5 nuggets	200	278	55	429	15.97	15.97	15.89	2.89	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	210	160	0	125	4.0	29.0	3.0	0.50	0.00
Chicken Baked BBQ MS 512	1 serving	75	282	100	220	31.0	3.07	15.0	4.50	0.00
Mashed Potatoes MS1078	1/2 cup	250	91	0	83	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	20	57	0	88	2.48	3.43	3.33	0.24	0.00
Lima Beans, Frozen MS1004	1/2 cup	30	104	0	254	5.58	16.32	2.03	0.87	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	30	89	0	104	0.99	12.87	3.96	0.25	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	11	0.4	18.34	0.07	0.01	0.00
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Sauce, Variety,DippingPCMS1562	1 packet	50	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			617	69	708	30.62	77.58	20.09	5.19	0.00
% of Calories						19.9%	50.3%	29.3%	7.6%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 01/18/2019										
WES Lunch	Total	325								
BBQ Pork Sandwich US MS7??	1 each	50	415	100	1283	27.0	39.28	12.0	4.00	2.00
Hot Dog WG MS778	1 each	275	300	35	820	11.0	24.0	17.5	6.00	0.00
Quick Baked Potato MS1084	1/2 potato	80	91	0	177	2.16	18.29	1.2	0.14	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	100	132	0	194	6.3	29.99	0.55	0.10	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	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	150	84	0	1	0.87	21.72	0.24	0.05	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	8	0.27	18.91	0.04	0.00	0.00
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Mustard, PC, MS1538	1 packet	25	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	250	10	0	85	0.0	3.0	0.0	0.00	0.00

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Weighted Daily Average			590	52	1246	24.47	84.12	17.79	6.09	0.31
% of Calories						16.6%	57.0%	27.1%	9.3%	0.5%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 01/22/2019										
WES Lunch	Total	345								
Nachos Grande MS168	1 serving	250	365	41	688	12.16	25.42	23.79	7.90	0.00
Turkey & Cheese Sand.	1 each	70	277	37	1103	14.58	31.11	11.51	5.66	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	133	2.76	19.66	2.75	0.99	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	50	31	0	145	1.18	6.03	0.12	0.02	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	45	0	170	0.67	9.95	0.17	0.03	0.00
Chilled Peach Slices MS1274	1/2 cup	150	65	0	6	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	200	84	0	1	0.87	21.72	0.24	0.05	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	60	108	16	129	8.61	11.83	2.69	1.61	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			606	55	1126	22.92	80.18	23.28	8.19	0.00
% of Calories						15.1%	52.9%	34.6%	12.2%	0.0%
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)
Wed - 01/23/2019										
WES Lunch	Total	368								
Vegetable Beef Soup MS816	1 cup	230	130	20	397	6.71	12.27	6.03	2.22	0.00
Grill Cheese Sand 1 oz MS762	sandwich	230	247	27	727	10.36	28.46	10.97	5.65	0.00
Chicken Patty Sand Baked MS732	1 each	120	360	55	768	20.29	39.21	14.28	2.24	0.02
Grilled Chicken Salad MS620	1 salad	18	429	82	1390	33.33	40.01	13.7	6.94	0.00
California Vegetables MS1054	1/2 cup	15	50	0	58	2.27	5.67	1.78	0.81	0.00
Green Beans, Canned, MS1036	1/2 cup	150	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
Raisins, Flavored, MS1291	Packages	100	140	0	5	1.0	36.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	84	0	1	0.87	21.72	0.24	0.05	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	108	16	129	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	90	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	10	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	25	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			576	58	1231	27.06	79.81	17.57	6.43	0.01
% of Calories						18.8%	55.4%	27.5%	10.0%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Thu - 01/24/2019										
WES Lunch	Total	345								
Chicken Nuggets,Fried MS534	5 nuggets	175	278	55	429	15.97	15.97	15.89	2.89	0.00
Chicken Bakd,Lemon Peppr MS504	1 serving	100	270	100	179	31.0	0.0	15.0	4.50	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	250	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	250	26	0	430	0.0	5.18	0.65	0.65	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	30	89	0	104	0.99	12.87	3.96	0.25	0.00
Turnip Greens, Southern MS1046	1/2 cup	30	57	0	88	2.48	3.43	3.33	0.24	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	50	165	0	196	12.4	28.9	0.71	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	175	70	0	11	0.4	18.34	0.07	0.01	0.00
Raisins, Flavored, MS1291	Packages	120	140	0	5	1.0	36.0	0.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	180	160	0	125	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	108	16	129	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	100	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

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WES 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)
Weighted Daily Average			706	73	1006	33.46	96.90	20.67	5.72	0.00
% of Calories						19.0%	54.9%	26.4%	7.3%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 01/25/2019										
WES Lunch	Total	350								
Fish Nuggets, Fried MS204	5 nuggets	100	265	30	310	15.0	20.0	13.52	1.96	0.00
Hot Dog WG MS778	1 each	250	300	35	820	11.0	24.0	17.5	6.00	0.00
Hushpuppies-Purchase MS1332	2 each	50	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	30	72	6	76	0.74	11.19	3.14	0.32	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	150	132	0	194	6.3	29.99	0.55	0.10	0.00
Pineapple Tidbits MS1286	1/2 cup	50	72	0	1	0.5	18.87	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
Orange Smiles MS1270	1/2 cup	144	77	0	0	1.53	19.19	0.2	0.03	0.00
WAES Milk	1/2 Pint	300	126	7	170	8.12	21.64	0.52	0.31	0.00
Ketchup PC MS1528	1 packet	300	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			672	41	1054	25.37	92.04	23.94	5.61	0.07
% of Calories						15.1%	54.8%	32.0%	7.5%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WES 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)
Mon - 01/28/2019										
WES Lunch	Total	375								
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	80	160	0	125	4.0	29.0	3.0	0.50	0.00
Hamburger 2 oz Patty WGMS775	1 each	250	225	20	526	13.22	29.15	7.04	2.01	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	375	135	0	20	2.72	17.69	6.05	0.27	0.08
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	45	0	170	0.67	9.95	0.17	0.03	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	25	43	0	231	3.27	7.67	0.58	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	96	65	0	6	0.54	17.49	0.04	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	50	72	0	1	0.5	18.87	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
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	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
Ketchup PC MS1528	1 packet	300	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			613	49	990	29.28	91.03	15.91	3.56	0.08
% of Calories						19.1%	59.4%	23.4%	5.2%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 01/29/2019										
WES Lunch	Total	378								
Beef Taco w/Soft Taco, B MS109	1 taco	260	277	41	672	14.33	21.54	14.67	7.09	0.00
Ham & Cheese Sandwich MS770	1 each	100	274	45	1084	21.2	31.89	8.41	3.46	0.00
Grilled Chicken Salad MS620	1 salad	18	429	82	1390	33.33	40.01	13.7	6.94	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	101	0	133	2.76	19.66	2.75	0.99	0.00
Refried Beans, MS1038	1/2 cup	30	142	4	305	8.02	21.33	2.97	1.47	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	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
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	6	0.53	16.28	0.1	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	108	16	129	8.61	11.83	2.69	1.61	0.00
Sauce, Taco. PC MS1558	1 packet	50	5	0	95	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	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

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WES 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)
Weighted Daily Average			508	51	1079	26.27	69.53	15.31	7.01	0.00
% of Calories						20.7%	54.7%	27.1%	12.4%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 01/30/2019										
WES Lunch	Total	350								
Country Fried Steak MS136	1 patty	50	194	43	219	11.48	6.59	13.11	5.02	0.00
Chicken Nuggets,Fried MS534	5 nuggets	250	278	55	429	15.97	15.97	15.89	2.89	0.00
Turkey Sliced,Brown GravyMS564	1 serving	50	152	55	967	17.37	5.18	6.18	2.23	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	240	160	0	125	4.0	29.0	3.0	0.50	0.00
Mashed Potatoes MS1078	1/2 cup	280	91	0	83	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	30	57	0	88	2.48	3.43	3.33	0.24	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	50	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
Fresh Fruit Bowl VarietyMS1244	1 each	150	84	0	1	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	11	0.4	18.34	0.07	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	108	16	129	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	50	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			657	60	865	30.01	89.54	19.82	4.68	0.00
% of Calories						18.3%	54.5%	27.1%	6.4%	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

WES 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 - 01/31/2019										
WES Lunch										
	Total	375								
Chicken and Dumplings, Scratch	8 oz.	120	350	68	409	28.05	29.9	12.5	4.36	0.00
Hamburger 2 oz Patty WGMS775	1 each	230	225	20	526	13.22	29.15	7.04	2.01	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	360	135	0	20	2.72	17.69	6.05	0.27	0.08
Black-Eyed Peas DryCMS1006	1/2 cup	50	165	0	196	12.4	28.9	0.71	0.01	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	75	45	0	170	0.67	9.95	0.17	0.03	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	40	43	0	231	3.27	7.67	0.58	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	96	65	0	6	0.54	17.49	0.04	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	50	72	0	1	0.5	18.87	0.1	0.01	0.00
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Mustard, PC, MS1538	1 packet	25	5	0	85	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	90	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	275	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			584	46	867	30.97	80.98	15.95	3.64	0.08
% of Calories						21.2%	55.4%	24.6%	5.6%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Weighted Average			617	52	1052	28.34	86.29	18.41	5.59	0.04
						18.4%	56.0%	26.9%	8.2%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		550 - 650	100%				
Cholesterol (mg)	52							
Sodium (mg)	1052		1230					
Protein (g)	28.34	18.38%						
Carbohydrate (g)	86.29	55.98%						
Total Fat (g)	18.41	26.87%						
Saturated Fat (g)	5.59	8.16%	<10.00%					
Trans Fat ¹ (g)	0.04	0.05%						

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