

Amory School District

Apr 2, 2018 thru Apr 30, 2018

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)
Mon - 04/02/2018										
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
Fresh Fruit Bowl VarietyMS1244	1 each	150	84	0	1	0.87	21.72	0.24	0.05	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
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 - 04/03/2018										
WES Lunch	Total	378								
Nachos Grande MS168	1 serving	260	365	41	688	12.16	25.42	23.79	7.90	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	45	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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			575	50	1102	25.10	73.04	21.71	7.63	0.00
% of Calories						17.5%	50.8%	34.0%	11.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 04/04/2018										
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.	200	160	0	125	4.0	29.0	3.0	0.50	0.00
Mashed Potatoes MS1078	1/2 cup	370	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	280	26	0	430	0.0	5.18	0.65	0.65	0.00
Pinto Beans MS912	1/2 cup	50	146	0	254	8.15	26.17	1.35	0.28	0.00
Turnip Greens, Southern MS1046	1/2 cup	30	57	0	88	2.48	3.43	3.33	0.24	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
Strawberries, Frozen MS1294	1/2 cup	96	51	0	0	0.64	12.12	0.0	0.00	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			695	60	1224	29.73	97.34	20.68	5.45	0.00
% of Calories						17.1%	56.1%	26.8%	7.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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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)
Thu - 04/05/2018										
WES Lunch	Total	350								
Spaghetti & MeatSauce MS178	1 serving	125	339	42	607	17.37	38.53	12.76	4.49	0.00
Chicken Patty Sand Baked MS732	1 each	50	360	55	768	20.29	39.21	14.28	2.24	0.02
Spicy Chicken Sand MS736	1 each	75	330	30	778	20.27	40.17	11.29	2.24	0.02
Fruit and Yogurt Salad MS618	1 salad	100	453	32	637	14.66	63.8	15.43	6.77	0.00
Toast, Garlic WW MS1351	1 slice	125	100	0	170	4.0	15.0	2.5	0.50	0.00
California Vegetables MS1054	1/2 cup	20	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	35	25	0	131	0.68	4.94	0.12	0.02	0.00
Raisins, Flavored, MS1291	Packages	75	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
Fruit Juice, Frozen Cup,MS1247	1/2 cup	275	95	0	9	0.25	23.44	0.08	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	10	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			687	45	972	27.79	109.42	16.11	5.00	0.01
% of Calories						16.2%	63.7%	21.1%	6.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 04/06/2018										
WES Lunch	Total	350								
Sloppy Joe on WW Bun,MS791	1 each	50	315	41	501	15.53	33.6	13.76	4.41	0.00
Hot Dog WG MS778	1 each	300	300	35	820	11.0	24.0	17.5	6.00	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	150	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
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	8	0.27	18.91	0.04	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
Mustard, PC, MS1538	1 packet	75	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	200	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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Weighted Daily Average			552	42	1091	22.28	78.83	17.83	6.12	0.00
% of Calories						16.1%	57.1%	29.0%	10.0%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 04/09/2018										
WES Lunch	Total	350								
Chicken Mandarin MS570	1 Serving	225	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	30	119	0	324	3.32	25.28	0.58	0.11	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	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	30	43	0	231	3.27	7.67	0.58	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
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	0.00
Glazed Carrots MS1018	1/2 cup	30	56	0	93	1.03	9.28	1.87	0.82	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	125	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	95	0	9	0.25	23.44	0.08	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	30	71	0	8	0.27	18.91	0.04	0.00	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	25	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			642	61	1090	31.52	107.56	11.07	3.50	0.00
% of Calories						19.6%	67.0%	15.5%	4.9%	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)
Tue - 04/10/2018										
WES Lunch	Total	345								
Beef Taco w/Soft Taco, B MS109	1 taco	250	277	41	672	14.33	21.54	14.67	7.09	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
Refried Beans, MS1038	1/2 cup	45	142	4	305	8.02	21.33	2.97	1.47	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	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
Sauce, Taco. PC MS1558	1 packet	25	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			558	55	1149	25.54	80.08	16.77	7.76	0.00
% of Calories						18.3%	57.4%	27.1%	12.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 04/11/2018										
WES Lunch	Total	345								
Chicken Nuggets,Fried MS534	5 nuggets	175	278	55	429	15.97	15.97	15.89	2.89	0.00
Roasted Chicken USDA	2 ounces	100	440	204	676	44.0	4.0	24.0	8.00	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	200	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	75	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	25	45	3	127	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	25	10	0	85	0.0	3.0	0.0	0.00	0.00

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Weighted Daily Average			723	102	1053	37.10	90.87	22.75	6.57	0.00
% of Calories						20.5%	50.3%	28.3%	8.2%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Thu - 04/12/2018										
WES Lunch	Total	350								
Hot Dog WG MS778	1 each	150	300	35	820	11.0	24.0	17.5	6.00	0.00
Hamburger 2 oz Patty WGMS775	1 each	150	225	20	526	13.22	29.15	7.04	2.01	0.00
BBQ Pork Sandwich MS716	1 each	50	284	53	671	18.07	31.31	10.42	3.27	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	75	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
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	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
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
Ice Cream Variety Luvel MS	Cup 3 Oz.	325	67	10	45	2.0	11.67	1.0	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
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
Ketchup PC MS1528	1 packet	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			671	48	1013	26.35	100.46	19.43	4.99	0.07
% of Calories						15.7%	59.9%	26.1%	6.7%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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)
Mon - 04/16/2018										
WES Lunch	Total	368								
Chicken Fajitas Purchas, MS528	1 fajita	75	307	55	967	27.99	21.47	12.04	6.01	0.00
Pizza, WGR Cheese, Ind, BR, MS314	1 pizza	275	310	25	530	17.0	39.0	10.0	4.50	0.00
Grilled Chicken Salad MS620	1 salad	18	429	82	1390	33.33	40.01	13.7	6.94	0.00
Quick Baked Potato MS1084	1/2 potato	160	91	0	177	2.16	18.29	1.2	0.14	0.00
Green Beans, Canned, MS1036	1/2 cup	150	41	0	91	1.3	4.45	1.79	0.21	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
Fruit Cocktail MS1248	1/2 cup	50	58	0	5	0.51	14.91	0.09	0.01	0.00
Mandarin Fruit Cup MS1254	1/2 cup	200	62	0	6	0.53	16.28	0.1	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
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
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			589	40	971	29.75	90.83	12.79	5.43	0.00
% of Calories						20.2%	61.7%	19.5%	8.3%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 04/17/2018										
WES Lunch	Total	368								
Beef Taco w/Soft Taco, B MS109	1 taco	250	277	41	672	14.33	21.54	14.67	7.09	0.00
Turkey & Cheese Sand.	1 each	100	277	37	1103	14.58	31.11	11.51	5.66	0.00
Tuna Salad MS630	1/2 cup	18	182	88	575	18.14	4.06	9.69	1.12	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	45	142	4	305	8.02	21.33	2.97	1.47	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	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
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	95	0	9	0.25	23.44	0.08	0.01	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	100	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

Apr 2, 2018 thru Apr 30, 2018

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			582	49	1118	24.64	87.59	16.19	7.39	0.00
% of Calories						16.9%	60.2%	25.0%	11.4%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 04/18/2018										
WES Lunch	Total	370								
Chicken Nuggets,Fried MS534	5 nuggets	250	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
Roasted Chicken USDA	2 ounces	70	440	204	676	44.0	4.0	24.0	8.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	200	160	0	125	4.0	29.0	3.0	0.50	0.00
Mashed Potatoes MS1078	1/2 cup	370	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	200	26	0	430	0.0	5.18	0.65	0.65	0.00
Pinto Beans MS912	1/2 cup	50	146	0	254	8.15	26.17	1.35	0.28	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	30	57	0	88	2.48	3.43	3.33	0.24	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	11	0.4	18.34	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
Sauce, Variety,DippingPCMS1562	1 packet	100	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			721	88	1091	34.10	92.37	23.40	6.27	0.00
% of Calories						18.9%	51.2%	29.2%	7.8%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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)
Thu - 04/19/2018										
WES Lunch	Total	350								
Chicken Spaghetti MS542	3/4 cup	50	307	58	423	26.22	37.41	5.68	1.78	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	100	453	32	637	14.66	63.8	15.43	6.77	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	360	135	0	20	2.72	17.69	6.05	0.27	0.08
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	40	160	0	125	4.0	29.0	3.0	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
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
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
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			674	36	894	27.71	105.26	17.12	4.15	0.08
% of Calories						16.5%	62.5%	22.9%	5.5%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 04/20/2018										
WES Lunch	Total	365								
Hot Dog WG MS778	1 each	290	300	35	820	11.0	24.0	17.5	6.00	0.00
BBQ Pork Sandwich MS716	1 each	75	284	53	671	18.07	31.31	10.42	3.27	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	300	101	0	133	2.76	19.66	2.75	0.99	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	75	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
Applesauce, MS1204	1/2 cup	100	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
Peaches, FRZ, PC, MS1275	1/2 cup	50	80	0	0	1.0	19.0	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
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	200	10	0	85	0.0	3.0	0.0	0.00	0.00

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

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			597	45	1143	23.60	87.23	19.26	6.59	0.00
% of Calories						15.8%	58.5%	29.0%	9.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 04/23/2018										
WES Lunch	Total	425								
Chicken Mandarin MS570	1 Serving	300	232	55	464	17.11	30.56	4.89	1.22	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	30	119	0	324	3.32	25.28	0.58	0.11	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	25	429	82	1390	33.33	40.01	13.7	6.94	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	133	2.76	19.66	2.75	0.99	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	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
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
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	8	0.27	18.91	0.04	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	160	0	125	4.0	29.0	3.0	0.50	0.00
WAES Milk	1/2 Pint	300	126	7	170	8.12	21.64	0.52	0.31	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			550	60	1001	28.23	89.47	10.08	3.09	0.00
% of Calories						20.5%	65.1%	16.5%	5.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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)
Tue - 04/24/2018										
WES Lunch	Total	378								
Nachos Grande MS168	1 serving	260	365	41	688	12.16	25.42	23.79	7.90	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	45	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
Weighted Daily Average			575	50	1102	25.10	73.04	21.71	7.63	0.00
% of Calories						17.5%	50.8%	34.0%	11.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 04/25/2018										
WES Lunch	Total	375								
Chicken Nuggets,Fried MS534	5 nuggets	250	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
Turkey Sliced,Brown GravyMS564	1 serving	75	152	55	967	17.37	5.18	6.18	2.23	0.00
Mashed Potatoes MS1078	1/2 cup	350	91	0	83	2.35	15.67	2.29	1.04	0.00
Brown Gravy, Package MS1506	2 ounces	350	26	0	430	0.0	5.18	0.65	0.65	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	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	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
Raisins, Flavored, MS1291	Packages	100	140	0	5	1.0	36.0	0.0	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	210	160	0	125	4.0	29.0	3.0	0.50	0.00
WAES Milk	1/2 Pint	300	126	7	170	8.12	21.64	0.52	0.31	0.00
Sauce, Variety,DippingPCMS1562	1 packet	300	45	3	127	0.0	7.0	2.0	0.33	0.00

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

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			704	62	1348	29.22	99.76	20.99	5.49	0.00
% of Calories						16.6%	56.7%	26.9%	7.0%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Thu - 04/26/2018										
WES Lunch	Total	400								
Macaroni&Cheese,w/ham pcMS412	1 serving	100	433	64	1093	22.38	32.06	23.58	12.21	0.00
Hamburger 2 oz Patty WGMS775	1 each	200	225	20	526	13.22	29.15	7.04	2.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	60	160	0	125	4.0	29.0	3.0	0.50	0.00
Fruit and Yogurt Salad MS618	1 salad	100	453	32	637	14.66	63.8	15.43	6.77	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	72	45	0	170	0.67	9.95	0.17	0.03	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	350	135	0	20	2.72	17.69	6.05	0.27	0.08
Broccoli w/Cheese Sauce MS1012	1/2 cup	30	43	0	231	3.27	7.67	0.58	0.02	0.00
Green Peas, Canned MS1071	1/2 cup	50	97	0	140	4.66	14.26	2.29	0.94	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	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
Applesauce, MS1204	1/2 cup	100	59	0	2	0.24	15.62	0.07	0.01	0.00
WAES Milk	1/2 Pint	300	126	7	170	8.12	21.64	0.52	0.31	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
Ketchup PC MS1528	1 packet	400	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			682	41	1058	26.43	99.73	20.90	6.56	0.07
% of Calories						15.5%	58.5%	27.6%	8.7%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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)
Fri - 04/27/2018										
WES Lunch	Total	325								
Beef Ravioli MS102	1 cup	75	280	29	663	17.07	30.3	9.54	4.52	0.00
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	75	300	10	740	14.0	34.0	12.0	4.00	0.00
Sauce, Marinara PC MS1554	1 packet	75	15	0	140	0.0	4.0	0.0	0.00	0.00
Ham & Cheese SandwichUSMS770.1	1 each	175	262	45	1036	17.56	34.29	8.68	3.57	0.00
Chips	Bag	150	140	0	210	2.0	18.0	6.0	1.00	0.00
Toast, Garlic WW MS1351	1 slice	30	100	0	170	4.0	15.0	2.5	0.50	0.00
Green Peas, Canned MS1071	1/2 cup	25	97	0	140	4.66	14.26	2.29	0.94	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	100	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
Carrots, Baby w/ Dip, MS#1017	1/2 cup	150	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
Raisins, Package, USDA, MS1290	1/2 cup	150	129	0	5	1.32	34.05	0.2	0.03	0.00
Grandma's Choco Chip Cookie	bag	150	160	0	160	2.0	25.0	6.0	1.50	0.00
WAES Milk	1/2 Pint	155	126	7	170	8.12	21.64	0.52	0.31	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
Weighted Daily Average			688	38	1371	25.59	111.79	18.26	5.83	0.00
% of Calories						14.9%	65.0%	23.9%	7.6%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 04/30/2018										
WES Lunch	Total	368								
Chicken Fajitas Purchas, MS528	1 fajita	75	307	55	967	27.99	21.47	12.04	6.01	0.00
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	275	310	25	530	17.0	39.0	10.0	4.50	0.00
Grilled Chicken Salad MS620	1 salad	18	429	82	1390	33.33	40.01	13.7	6.94	0.00
Quick Baked Potato MS1084	1/2 potato	160	91	0	177	2.16	18.29	1.2	0.14	0.00
Green Beans, Canned, MS1036	1/2 cup	150	41	0	91	1.3	4.45	1.79	0.21	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
Fruit Cocktail MS1248	1/2 cup	50	58	0	5	0.51	14.91	0.09	0.01	0.00
Mandarin Fruit Cup MS1254	1/2 cup	200	62	0	6	0.53	16.28	0.1	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
WAES Milk	1/2 Pint	310	126	7	170	8.12	21.64	0.52	0.31	0.00
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Sauce, Taco. PC MS1558	1 packet	25	5	0	95	0.0	1.0	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

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Generated on: 3/29/2018 10:40:19 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)
Weighted Daily Average			576	40	978	29.59	87.73	12.79	5.43	0.00
% of Calories						20.5%	60.9%	20.0%	8.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Weighted Average			633	53	1088	27.93 17.7%	92.67 58.6%	17.79 25.3%	5.72 8.1%	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	633		550 - 650	100%				
Cholesterol (mg)	53							
Sodium (mg)	1088		1230					
Protein (g)	27.93	17.66%						
Carbohydrate (g)	92.67	58.60%						
Total Fat (g)	17.79	25.30%						
Saturated Fat (g)	5.72	8.14%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%						

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

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