

# Amory School District

Oct 2, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Mon - 10/02/2017										
WES Lunch	Total	350								
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	225	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	300	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	60	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	100	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			627	51	1042	30.25	95.32	15.32	3.62	0.07
% of Calories						19.3%	60.8%	22.0%	5.2%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 10/03/2017										
WES Lunch	Total	355								
Beef Taco w/Soft Taco, M MS109	1 taco	250	277	41	702	15.33	21.54	14.17	6.59	0.00
Ham & Cheese Sandwich MS770	1 each	80	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
Refried Beans, MS1038	1/2 cup	25	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	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
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	300	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	75	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
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	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

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Weighted Daily Average			554	53	1178	29.26	77.46	15.58	6.97	0.00
% of Calories						21.1%	55.9%	25.3%	11.3%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 10/04/2017										
WES Lunch	Total	345								
Country Fried Steak MS136	1 patty	70	194	43	219	11.48	6.59	13.11	5.02	0.00
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
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	160	0	125	4.0	29.0	3.0	0.50	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	30	57	0	88	2.48	3.43	3.33	0.24	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	120	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
Banana Berry Blend MS1224	1/2 cup	30	98	0	1	1.2	24.27	0.21	0.07	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	200	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			601	73	671	31.03	74.66	19.55	5.16	0.00
% of Calories						20.7%	49.7%	29.3%	7.7%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Thu - 10/05/2017										
WES Lunch	Total	335								
Tater Tot Casserole	1 serving	110	286	22	723	10.61	24.75	17.22	5.70	*0.00
Chicken Patty Sand Baked MS732	1 each	200	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
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	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 Variety MS1244	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
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. PF MS1708	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			635	53	1044	27.25	95.84	17.07	4.23	*0.01
% of Calories						17.2%	60.4%	24.2%	6.0%	*0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 10/06/2017										
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, Mini, WG, MS7???	2 each	300	300	40	620	12.0	20.0	17.0	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 Variety MS1244	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. PF MS1708	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	275	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			555	47	938	23.13	76.04	17.40	6.12	0.00
% of Calories						16.7%	54.8%	28.2%	9.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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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 <sup>1</sup> (g)
Tue - 10/10/2017										
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	

Wed - 10/11/2017										
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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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 <sup>1</sup> (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	

Thu - 10/12/2017										
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
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			550	61	1018	29.24	90.99	9.35	3.22	0.00
% of Calories						21.2%	66.1%	15.3%	5.3%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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Fri - 10/13/2017										
WES Lunch	Total	325								
Hot Dog WG MS778	1 each	175	300	35	820	11.0	24.0	17.5	6.00	0.00
Hamburger 2 oz Patty WGMS775	1 each	175	225	20	526	13.22	29.15	7.04	2.01	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	300	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			722	47	1117	27.46	108.38	21.21	5.49	0.08
% of Calories						15.2%	60.0%	26.4%	6.8%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 10/16/2017										
WES Lunch	Total	325								
Spaghetti & MeatSauce ENRMS178	1 serving	125	342	42	610	17.51	39.26	12.89	4.67	0.00
Toast, Garlic WW MS1351	1 slice	25	100	0	170	4.0	15.0	2.5	0.50	0.00
Chicken Patty Sand Baked MS732	1 each	175	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
California Vegetables MS1054	1/2 cup	15	50	0	58	2.27	5.67	1.78	0.81	0.00
Green Peas, Frozen MS1070	1/2 cup	50	91	0	171	4.92	13.67	2.04	0.86	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
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	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	100	10	0	85	0.0	3.0	0.0	0.00	0.00

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Weighted Daily Average			667	59	1018	30.11	104.09	15.46	4.14	0.01
% of Calories						18.1%	62.4%	20.9%	5.6%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 10/17/2017										
WES Lunch	Total	350								
Beef Taco w/Soft Taco, M MS109	1 taco	175	277	41	702	15.33	21.54	14.17	6.59	0.00
Chicken Wings,Bless,Brig MS540	5 Chunks	150	284	54	996	23.37	22.44	10.01	1.46	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	150	115	21	457	1.17	4.1	10.27	1.17	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	30	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	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	6	0.53	16.28	0.1	0.01	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	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
Weighted Daily Average			595	65	1377	31.02	73.63	19.14	5.65	0.00
% of Calories						20.9%	49.5%	29.0%	8.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Wed - 10/18/2017										
WES Lunch	Total	345								
Country Fried Steak MS136	1 patty	70	194	43	219	11.48	6.59	13.11	5.02	0.00
Chicken Nuggets,Fried MS534	5 nuggets	225	278	55	429	15.97	15.97	15.89	2.89	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	160	0	125	4.0	29.0	3.0	0.50	0.00
Fruit and Yogurt Salad MS618	1 salad	50	453	32	637	14.66	63.8	15.43	6.77	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	30	57	0	88	2.48	3.43	3.33	0.24	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
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	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			644	56	792	27.63	88.10	20.15	5.31	0.00
% of Calories						17.2%	54.7%	28.1%	7.4%	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 - 10/19/2017										
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	175	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, Frozen MS1070	1/2 cup	25	91	0	171	4.92	13.67	2.04	0.86	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 Bananas MS1220	1 each	150	105	0	1	1.29	26.95	0.39	0.13	0.00
Raisins, Package, USDA, MS1290	1/2 cup	175	129	0	5	1.32	34.05	0.2	0.03	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	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

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Weighted Daily Average			704	42	1397	29.01	116.94	16.26	5.39	0.00
% of Calories						16.5%	66.5%	20.8%	6.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 10/20/2017										
WES Lunch	Total	325								
Hamburger 2 oz Patty WGMS775	1 each	275	225	20	526	13.22	29.15	7.04	2.01	0.00
Grilled Chicken Sandwich MS764	1 each	50	296	60	838	24.29	31.21	7.05	1.51	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	325	135	0	20	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	75	132	0	194	6.3	29.99	0.55	0.10	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
Mandarin Fruit Cup MS1254	1/2 cup	200	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
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
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			618	33	908	27.71	98.91	14.23	2.59	0.08
% of Calories						17.9%	64.0%	20.7%	3.8%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Mon - 10/23/2017										
WES Lunch	Total	350								
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	225	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	300	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	60	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	100	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
Weighted Daily Average			591	51	1042	29.87	86.01	15.21	3.59	0.07
% of Calories						20.2%	58.2%	23.2%	5.5%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 10/24/2017										
WES Lunch	Total	355								
Beef Taco w/Soft Taco, M MS109	1 taco	250	277	41	702	15.33	21.54	14.17	6.59	0.00
Ham & Cheese Sandwich MS770	1 each	80	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	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
Ketchup PC MS1528	1 packet	100	10	0	85	0.0	3.0	0.0	0.00	0.00

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Weighted Daily Average			529	52	1141	27.74	73.26	15.34	6.86	0.00
% of Calories						21.0%	55.4%	26.1%	11.7%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 10/25/2017										
WES Lunch	Total	345								
Country Fried Steak MS136	1 patty	70	194	43	219	11.48	6.59	13.11	5.02	0.00
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
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	160	0	125	4.0	29.0	3.0	0.50	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	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	120	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	100	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			618	73	681	32.78	76.62	19.87	5.17	0.00
% of Calories						21.2%	49.6%	28.9%	7.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Thu - 10/26/2017										
WES Lunch	Total	335								
Tater Tot Casserole	1 serving	110	286	22	723	10.61	24.75	17.22	5.70	*0.00
Chicken Patty Sand Baked MS732	1 each	200	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
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	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
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	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	25	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			634	53	1038	27.25	95.62	17.07	4.23	*0.01
% of Calories						17.2%	60.3%	24.2%	6.0%	*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)
Fri - 10/27/2017										
WES Lunch	Total	355								
Sloppy Joe on WW Bun,MS791	1 each	55	315	41	501	15.53	33.6	13.76	4.41	0.00
Hot Dog, Mini, WG, MS7???	2 each	300	300	40	620	12.0	20.0	17.0	6.00	0.00
Potato Rounds, Fried MS1096	1/2 cup	200	209	0	330	1.27	20.32	13.33	1.59	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	50	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	125	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
Weighted Daily Average			624	46	1045	21.91	76.28	24.69	6.96	0.00
% of Calories						14.0%	48.9%	35.6%	10.0%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
<b>Mon - 10/30/2017</b>										
WES Lunch	Total	300								
Chicken Nuggets,Fried MS534	5 nuggets	200	278	55	429	15.97	15.97	15.89	2.89	0.00
Country Fried Steak MS136	1 patty	100	194	43	219	11.48	6.59	13.11	5.02	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	150	160	0	125	4.0	29.0	3.0	0.50	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
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	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
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	100	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
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			678	60	1163	29.01	92.82	21.18	5.81	0.00
% of Calories						17.1%	54.8%	28.1%	7.7%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

<b>Tue - 10/31/2017</b>										
WES Lunch	Total	350								
Pizza, Stuffed Crust MS304	1 slice	300	330	20	870	17.0	35.0	14.0	4.50	0.00
Chicken Fajitas USDA, MS527	1 fajita	25	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	30	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
Fresh Grapes MS1226	1/2 cup	200	61	0	2	0.57	15.56	0.32	0.10	0.00
Applesauce, MS1204	1/2 cup	150	59	0	2	0.24	15.62	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Orange Smiles MS1270	1/2 cup	100	77	0	0	1.53	19.19	0.2	0.03	0.00
Assorted Gelatin w/ Top MS1450	1/2 cup	250	89	0	63	1.07	19.38	1.12	1.12	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

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# Amory School District

Oct 2, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Weighted Daily Average			661	35	1209	29.28	102.69	16.89	6.55	0.00
% of Calories						17.7%	62.2%	23.0%	8.9%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Weighted Average			625	54	1045	28.45	89.56	17.85	5.28	*0.02
						18.2%	57.3%	25.7%	7.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	625		550 - 650	100%				
Cholesterol (mg)	54							
Sodium (mg)	1045		1230					
Protein (g)	28.45	18.21%						
Carbohydrate (g)	89.56	57.34%						
Total Fat (g)	17.85	25.72%						
Saturated Fat (g)	5.28	7.61%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.02	0.02%			Missing			

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