

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 1

Generated on: 7/16/2018 9:10:33 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 - 08/06/2018										
WES Lunch	Total	380								
Pizza, Stuffed Crust MS304	1 slice	325	330	20	870	17.0	35.0	14.0	4.50	0.00
Chicken Fajitas Purchas, MS528	1 fajita	30	307	55	967	27.99	21.47	12.04	6.01	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	1390	33.33	40.01	13.7	6.94	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
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	200	101	0	133	2.76	19.66	2.75	0.99	0.00
Fresh Melon Cubes MS1234	1/2 CUP	60	57	0	28	1.07	14.0	0.26	0.07	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	100	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	300	126	7	170	8.12	21.64	0.52	0.31	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			570	32	1175	27.70	82.66	15.89	5.59	0.00
% of Calories						19.4%	58.0%	25.1%	8.8%	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)
Tue - 08/07/2018										
WES Lunch	Total	400								
Chicken Mandarin MS570	1 Serving	275	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	25	71	0	8	0.27	18.91	0.04	0.00	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	120	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	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			548	60	1002	28.61	89.54	9.68	3.11	0.00
% of Calories						20.9%	65.4%	15.9%	5.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Aug 1, 2018 thru Aug 31, 2018

WES Lunch

Generated on: 7/16/2018 9:10:33 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)
Wed - 08/08/2018										
WES Lunch	Total	383								
Chicken Nuggets,Fried MS534	5 nuggets	225	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
Grilled Chicken Salad MS620	1 salad	18	429	82	1390	33.33	40.01	13.7	6.94	0.00
Chicken Bakd,Lemon Peppr MS504	1 serving	70	270	100	179	31.0	0.0	15.0	4.50	0.00
Mashed Potatoes MS1078	1/2 cup	280	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
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.	200	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	200	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			686	70	1104	31.46	92.23	21.24	5.75	0.00
% of Calories						18.4%	53.8%	27.9%	7.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Aug 1, 2018 thru Aug 31, 2018

WES Lunch

Generated on: 7/16/2018 9:10:33 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)
Thu - 08/09/2018										
WES Lunch	Total	400								
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	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	70	45	0	170	0.67	9.95	0.17	0.03	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	20	2.72	17.69	6.05	0.27	0.08
Broccoli w/Cheese Sauce MS1012	1/2 cup	50	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	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
Applesauce, MS1204	1/2 cup	150	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	500	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			653	47	1030	27.41	101.42	16.87	4.49	0.06
% of Calories						16.8%	62.1%	23.2%	6.2%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 08/10/2018										
WES Lunch	Total	420								
Stromboli Supreme MS418	1 slice	120	412	53	1318	24.58	42.02	15.92	7.26	0.00
Turkey & Cheese Sand.	1 each	300	277	37	1103	14.58	31.11	11.51	5.66	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	150	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
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
Fruit Cocktail MS1248	1/2 cup	50	58	0	5	0.51	14.91	0.09	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	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			540	48	1439	25.21	79.41	15.29	6.85	0.00
% of Calories						18.7%	58.8%	25.5%	11.4%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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

* - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Aug 1, 2018 thru Aug 31, 2018

WES Lunch

Generated on: 7/16/2018 9:10:33 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 - 08/13/2018										
WES Lunch	Total	375								
Grilled Chicken Alfredo MS5	1/2 cup	100	333	107	911	29.04	23.44	11.66	5.18	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	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	100	72	0	1	0.5	18.87	0.1	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	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	600	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			604	54	1092	29.33	85.73	16.60	3.93	0.08
% of Calories						19.4%	56.8%	24.7%	5.9%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 08/14/2018										
WES Lunch	Total	400								
Beef Taco w/Soft Taco, B MS109	1 taco	275	277	41	672	14.33	21.54	14.67	7.09	0.00
Ham & Cheese on Bun MS768	1 each	100	291	44	1073	18.7	29.9	11.99	5.98	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	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	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
WAES Milk	1/2 Pint	300	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	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 5

Generated on: 7/16/2018 9:10:33 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			506	50	1094	25.25	66.97	16.55	7.73	0.00
% of Calories						19.9%	52.9%	29.4%	13.7%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 08/15/2018										
WES Lunch	Total	370								
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	200	278	55	429	15.97	15.97	15.89	2.89	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	240	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
Mashed Potatoes MS1078	1/2 cup	280	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
Turnip Greens, Southern MS1046	1/2 cup	30	57	0	88	2.48	3.43	3.33	0.24	0.00
Lima Beans, Frozen MS1004	1/2 cup	50	104	0	254	5.58	16.32	2.03	0.87	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 Variety MS1244	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	300	126	7	170	8.12	21.64	0.52	0.31	0.00
Sauce, Variety, Dipping PCMS1562	1 packet	200	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			713	54	1205	27.21	101.39	22.08	6.56	0.00
% of Calories						15.3%	56.9%	27.9%	8.3%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 6

Generated on: 7/16/2018 9:10:33 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)
Thu - 08/16/2018										
WES Lunch	Total	375								
Macaroni&Cheese,w/ham pcMS412	1 serving	175	433	64	1093	22.38	32.06	23.58	12.21	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	190	160	0	125	4.0	29.0	3.0	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	30	50	0	58	2.27	5.67	1.78	0.81	0.00
Green Beans, Canned, MS1036	1/2 cup	100	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	50	140	0	5	1.0	36.0	0.0	0.00	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
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	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	50	10	0	85	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			699	67	1241	31.74	94.36	21.79	7.92	0.01
% of Calories						18.2%	54.0%	28.1%	10.2%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 08/17/2018										
WES Lunch	Total	350								
Fish Nuggets, Fried MS204	5 nuggets	75	265	30	310	15.0	20.0	13.52	1.96	0.00
Hot Dog WG MS778	1 each	175	300	35	820	11.0	24.0	17.5	6.00	0.00
Fruit and Yogurt Salad MS618	1 salad	100	453	32	637	14.66	63.8	15.43	6.77	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 7

Generated on: 7/16/2018 9:10:33 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			718	41	1038	26.13	103.70	23.64	6.12	0.07
% of Calories						14.5%	57.7%	29.6%	7.7%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Mon - 08/20/2018										
WES Lunch	Total	375								
Pizza, Stuffed Crust MS304	1 slice	325	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	20	429	82	1390	33.33	40.01	13.7	6.94	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
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	200	101	0	133	2.76	19.66	2.75	0.99	0.00
Fresh Melon Cubes MS1234	1/2 CUP	75	57	0	28	1.07	14.0	0.26	0.07	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	100	84	0	1	0.87	21.72	0.24	0.05	0.00
WAES Milk	1/2 Pint	300	126	7	170	8.12	21.64	0.52	0.31	0.00
Sauce, Taco. PC MS1558	1 packet	30	5	0	95	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			554	34	1182	27.27	79.21	15.83	5.61	0.00
% of Calories						19.7%	57.2%	25.7%	9.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 08/21/2018										
WES Lunch	Total	375								
Nachos Grande MS168	1 serving	250	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
Chef Salad, Elementary, MS601	1 salad	25	237	147	1244	16.74	16.96	11.75	4.87	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	131	0.68	4.94	0.12	0.02	0.00
Green Beans, Canned, MS1036	1/2 cup	200	41	0	91	1.3	4.45	1.79	0.21	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	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	141	0.86	6.76	0.16	0.02	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	210	95	0	9	0.25	23.44	0.08	0.01	0.00
WAES Milk	1/2 Pint	300	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	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 8

Generated on: 7/16/2018 9:10:34 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			567	55	1093	22.77	73.17	20.97	6.97	0.00
% of Calories						16.1%	51.7%	33.3%	11.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 08/22/2018										
WES Lunch	Total	365								
Chicken Nuggets,Fried MS534	5 nuggets	225	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
Chicken Bakd,Lemon Peppr MS504	1 serving	70	270	100	179	31.0	0.0	15.0	4.50	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	280	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
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	100	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
WAES Milk	1/2 Pint	300	126	7	170	8.12	21.64	0.52	0.31	0.00
Sauce, Variety,DippingPCMS1562	1 packet	200	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			646	69	1084	30.46	81.64	21.69	5.72	0.00
% of Calories						18.8%	50.5%	30.2%	8.0%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 9

Generated on: 7/16/2018 9:10:34 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)
Thu - 08/23/2018										
WES Lunch	Total	370								
Turkey & Cheese Hoagie MS793	Sandwiches	140	288	37	1083	15.58	32.13	11.52	5.66	0.00
Spaghetti & MeatSauce MS178	1 serving	200	339	42	607	17.37	38.53	12.76	4.49	0.00
Toast, Garlic WW MS1351	1 slice	100	100	0	170	4.0	15.0	2.5	0.50	0.00
Chef Salad, Elementary, MS601	1 salad	30	237	147	1244	16.74	16.96	11.75	4.87	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	200	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
Mandarin Fruit Cup MS1254	1/2 cup	200	62	0	6	0.53	16.28	0.1	0.01	0.00
Fresh Bananas MS1220	1 each	100	105	0	1	1.29	26.95	0.39	0.13	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	50	5	0	85	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			584	56	1164	27.15	85.50	16.35	6.19	0.00
% of Calories						18.6%	58.5%	25.2%	9.5%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/24/2018										
WES Lunch	Total	350								
Hamburger 2 oz Patty WGMS775	1 each	200	225	20	526	13.22	29.15	7.04	2.01	0.00
BBQ Pork Sandwich US MS7??	1 each	50	415	100	1283	27.0	39.28	12.0	4.00	2.00
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	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 MS918	1/2 cup	75	159	0	160	6.69	36.57	0.64	0.11	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	100	84	0	1	0.87	21.72	0.24	0.05	0.00
WAES Milk	1/2 Pint	300	126	7	170	8.12	21.64	0.52	0.31	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
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	90	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			665	42	1006	27.07	103.36	16.92	4.30	0.36
% of Calories						16.3%	62.2%	22.9%	5.8%	0.5%
Nutrient Guideline			550-650		1230				<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 10

Generated on: 7/16/2018 9:10:34 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 - 08/27/2018										
WES Lunch	Total	405								
Chicken Mandarin MS570	1 Serving	275	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
Chef Salad, Elementary, MS601	1 salad	30	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
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	100	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	210	95	0	9	0.25	23.44	0.08	0.01	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	120	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	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			527	65	994	27.42	85.93	9.58	3.00	0.00
% of Calories						20.8%	65.2%	16.4%	5.1%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Tue - 08/28/2018										
WES Lunch	Total	380								
Macaroni&Cheese,w/ham pcMS412	1 serving	200	433	64	1093	22.38	32.06	23.58	12.21	0.00
Chicken Patty Sand Baked MS732	1 each	150	360	55	768	20.29	39.21	14.28	2.24	0.02
Tuna Salad MS630	1/2 cup	30	182	88	575	18.14	4.06	9.69	1.12	0.00
Quick Baked Potato MS1084	1/2 potato	150	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
Orange Smiles MS1270	1/2 cup	100	77	0	0	1.53	19.19	0.2	0.03	0.00
Chilled Peach Slices MS1274	1/2 cup	100	65	0	6	0.54	17.49	0.04	0.00	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.	90	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	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	50	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 11

Generated on: 7/16/2018 9:10:34 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			630	69	1242	30.61	78.88	21.72	7.98	0.01
% of Calories						19.4%	50.1%	31.0%	11.4%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Wed - 08/29/2018										
WES Lunch	Total	400								
Huntington Chicken MS558	3/4 cup	100	296	90	863	26.47	24.66	10.21	4.00	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.	80	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
Fried Crinkle Cut Fries MS1089	1/2 cup	300	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	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
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	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			615	46	930	27.12	92.29	16.41	4.43	0.06
% of Calories						17.6%	60.0%	24.0%	6.5%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Aug 1, 2018 thru Aug 31, 2018

WES Lunch

Generated on: 7/16/2018 9:10:34 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)
Thu - 08/30/2018										
WES Lunch	Total	405								
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	75	194	43	219	11.48	6.59	13.11	5.02	0.00
Grilled Chicken Salad MS620	1 salad	30	429	82	1390	33.33	40.01	13.7	6.94	0.00
Mashed Potatoes MS1078	1/2 cup	280	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
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	200	70	0	11	0.4	18.34	0.07	0.01	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	200	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			645	62	1129	28.38	85.16	21.09	5.48	0.00
% of Calories						17.6%	52.8%	29.4%	7.6%	0.0%
Nutrient Guideline			550-650		1230				<10.00	

Fri - 08/31/2018										
WES Lunch	Total	350								
Fish Nuggets, Fried MS204	5 nuggets	75	265	30	310	15.0	20.0	13.52	1.96	0.00
Hot Dog WG MS778	1 each	175	300	35	820	11.0	24.0	17.5	6.00	0.00
Fruit and Yogurt Salad MS618	1 salad	100	453	32	637	14.66	63.8	15.43	6.77	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

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Aug 1, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

WES Lunch

Portion Values - Detailed

Page 13

Generated on: 7/16/2018 9:10:34 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			718	41	1038	26.13	103.70	23.64	6.12	0.07
% of Calories						14.5%	57.7%	29.6%	7.7%	0.1%
Nutrient Guideline			550-650		1230				<10.00	

Weighted Average			619	53	1114	27.72	88.31	18.19	5.69	0.04
						17.9%	57.0%	26.4%	8.3%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	619		550 - 650	100%				
Cholesterol (mg)	53							
Sodium (mg)	1114		1230					
Protein (g)	27.72	17.90%						
Carbohydrate (g)	88.31	57.03%						
Total Fat (g)	18.19	26.43%						
Saturated Fat (g)	5.69	8.27%	<10.00%					
Trans Fat ¹ (g)	0.04	0.05%						

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.