

# Amory School District

Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/02/2020																
WES Lunch	Total	363														
Vegetable Beef Soup MS816	1 cup	175	63	10	191	1.09	0.63	16.9	1302	5.38	1	3.23	5.92	2.91	1.07	0.00
Grill Cheese Sand 1 oz MS762	sandwich	175	119	13	351	0.96	0.72	20.0	133	1.16	1	4.99	13.72	5.29	2.72	0.00
Chicken Patty Sand Baked MS732	1 each	170	177	26	383	2.50	1.58	58.8	500	2.04	3	9.5	21.64	5.69	1.04	0.01
Chef Salad, Elementary, MS601	1 salad	18	10	2	62	0.09	0.09	4.3	174	0.91	1	0.72	0.84	0.43	0.19	0.00
California Vegetables MS1054	1/2 cup	30	4	0	5	0.19	0.03	1.9	151	1.97	0	0.19	0.47	0.15	0.06	0.00
Green Beans, Canned, MS1036	1/2 cup	150	17	0	38	0.73	0.50	10.3	160	0.75	*0	0.54	1.84	0.74	0.09	0.00
Garden Salad w/Dressing MS1118	1/2 cup	25	2	0	9	0.06	0.04	1.4	183	0.32	0	0.05	0.34	0.01	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	23	0	0	1.01	0.06	5.5	33	6.37	4	0.24	5.98	0.07	0.01	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	41	0	8	0.00	0.00	0.0	0	41.32	10	0.0	10.33	0.02	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	76	3	145	0.00	0.00	137.7	517	0.0	12	5.51	13.09	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	17	2	20	0.00	0.00	49.6	83	0.2	2	1.32	1.82	0.41	0.25	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	3	0	6	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.28	0.03	0.00
Mustard, PC, MS1538	1 packet	10	0	0	2	0.00	0.00	0.1	0	0.0	0	0.01	0.01	0.01	0.00	0.00
Ketchup PC MS1528	1 packet	25	1	0	6	0.00	0.00	0.0	0	0.0	0	0.0	0.21	0.0	0.00	0.00
Weighted Daily Average			552	57	1225	6.61	3.65	306.7	3235	60.42	*33	26.30	76.26	15.99	5.48	0.01
% of Calories											*24.2%	19.1%	55.3%	26.1%	8.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/03/2020																
WES Lunch	Total	340														
Beef Taco w/Soft Taco, MS109	1 taco	250	203	30	494	1.27	1.69	95.2	*385	7.22	3	10.53	15.84	10.78	5.21	0.00
Ham&Cheese on WG Hoagie M S766	1 hoagie	70	66	11	223	0.68	0.47	21.6	95	0.49	2	4.68	6.66	2.58	1.27	0.00
Tuna Salad MS630	1/2 cup	20	10	3	33	0.02	0.03	0.5	11	0.09	0	1.0	0.23	0.51	0.05	0.00
Saltine Crackers, ENR,B MS1369	2 4-count packs	20	5	0	15	0.00	0.08	0.0	0	0.0	0	0.12	0.94	0.18	0.00	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	52	0	68	1.02	0.39	2.7	87	0.38	2	1.42	10.12	1.42	0.47	0.00
Refried Beans, MS1038	1/2 cup	30	13	0	27	0.61	0.19	6.0	10	0.97	0	0.71	1.88	0.26	0.13	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	18	2	0	8	0.03	0.03	1.9	103	0.72	0	0.06	0.32	0.01	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	37	0	0	1.61	0.10	8.9	53	10.2	6	0.39	9.58	0.11	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	28	0	3	0.57	0.18	4.4	212	3.92	6	0.23	7.18	0.04	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	81	4	154	0.00	0.00	147.1	551	0.0	13	5.88	13.97	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	18	3	21	0.00	0.00	52.9	88	0.21	2	1.41	1.94	0.44	0.26	0.00
Sauce, Taco. PC MS1558	1 packet	50	1	0	14	0.01	0.01	0.2	0	4.03	0	0.01	0.16	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	3	0	7	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.29	0.04	0.00
Mustard, PC, MS1538	1 packet	25	0	0	5	0.01	0.01	0.3	0	0.0	0	0.01	0.02	0.02	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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Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			518	51	1073	5.84	3.19	341.6	*1595	28.24	34	26.45	68.92	16.65	7.46	0.00
% of Calories											26.5%	20.4%	53.2%	28.9%	13.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 03/04/2020																
WES Lunch	Total	350														
Huntington Chicken B MS558	3/4 cup	100	80	26	242	0.38	0.56	22.5	139	1.3	1	7.21	6.88	2.7	1.18	0.00
Toast, Garlic WW MS1351	1 slice	100	29	0	49	0.57	0.31	0.0	114	0.0	0	1.14	4.29	0.71	0.14	0.00
Hamburger 2 oz Patty WGMS775	1 each	225	202	24	374	3.15	2.20	85.6	144	1.52	4	11.78	21.5	8.39	2.86	0.00
Chef Salad, Elementary, MS601	1 salad	25	14	3	89	0.13	0.12	6.2	251	1.31	1	1.04	1.21	0.62	0.28	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	86	0	20	0.00	0.21	0.0	0	3.91	0	1.16	10.41	4.02	0.46	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	50	6	0	24	0.29	0.03	3.4	1743	0.61	1	0.1	1.42	0.02	0.00	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	30	4	0	20	0.24	0.05	6.4	83	3.27	0	0.28	0.66	0.05	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	75	14	0	1	0.33	0.09	0.8	91	0.62	3	0.12	3.75	0.01	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	50	10	0	0	0.14	0.05	2.4	7	1.63	2	0.07	2.7	0.01	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	3	0	6	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.29	0.04	0.00
Mustard, PC, MS1538	1 packet	25	0	0	5	0.01	0.01	0.3	0	0.0	0	0.01	0.02	0.02	0.00	0.00
Ketchup PC MS1528	1 packet	300	9	0	73	0.00	0.00	0.0	0	0.0	2	0.0	2.57	0.0	0.00	0.00
Weighted Daily Average			553	60	1073	5.24	3.63	321.9	3193	14.38	29	29.99	70.93	17.26	5.22	0.00
% of Calories											20.8%	21.7%	51.3%	28.1%	8.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/05/2020																
WES Lunch																
	Total	335														
	1 patty	60	35	8	39	0.06	0.29	3.2	21	0.13	0	2.06	1.18	2.35	0.89	0.00
	5 Chunks	50	42	8	149	0.36	0.31	3.3	65	0.22	0	3.49	3.35	1.49	0.22	0.00
	2 TBSP	50	17	3	76	0.00	0.00	5.3	32	0.05	*0	0.15	0.52	1.53	0.17	0.00
	5 nuggets	225	185	37	286	1.33	1.20	13.3	66	0.8	0	10.64	10.64	10.58	1.93	0.00
	Roll - 2 oz.	200	119	0	155	0.60	1.07	23.9	0	2.15	3	2.39	20.3	2.99	0.60	0.00
	1/2 cup	300	80	0	60	0.91	0.20	10.7	128	0.0	0	1.81	13.54	1.88	0.77	0.00
	1/2 cup	30	5	0	8	0.19	0.07	7.9	175	0.48	0	0.22	0.31	0.3	0.02	0.00
	1/2 cup	50	25	0	29	1.03	0.37	4.1	0	0.25	*0	1.85	4.31	0.11	0.00	0.00
	1/2 cup	30	13	0	13	0.18	0.03	1.8	67	0.0	1	0.09	1.61	0.63	0.09	0.00
	1 each	100	25	0	0	1.09	0.07	6.0	36	6.9	4	0.26	6.48	0.07	0.02	0.00
	1/2 cup	200	42	0	7	1.02	0.10	2.7	32	2.16	9	0.24	10.95	0.04	0.01	0.00
	1/2 pint	250	82	4	157	0.00	0.00	149.3	560	0.0	13	5.97	14.18	0.0	0.00	0.00
	1/2 pint	60	18	3	21	0.00	0.00	53.7	90	0.21	2	1.43	1.97	0.45	0.27	0.00
	1 packet	50	6	0	19	0.01	0.01	0.4	4	0.08	1	0.02	1.14	0.12	0.02	0.00
	1 packet	100	3	0	25	0.00	0.00	0.0	0	0.0	1	0.0	0.9	0.0	0.00	0.00
	Weighted Daily Average		697	62	1044	6.77	3.71	285.7	1275	13.44	*33	30.61	91.37	22.53	5.00	0.00
	% of Calories										*19.0%	17.6%	52.5%	29.1%	6.5%	0.0%
	Nutrient Guideline		550-650		1230										<10.00	

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WES Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/06/2020																
WES Lunch	Total	340														
Beef Ravioli MS102	1 cup	100	82	9	195	1.18	0.80	19.2	103	0.0	2	5.02	8.91	2.81	1.33	0.00
Bread/Mozz. Cheese St 2 MS926	2 breadsticks	120	106	7	191	0.71	0.78	129.2	20	0.0	1	6.35	10.59	4.24	1.76	0.00
Sauce, Marinara PC MS1554	1 packet	120	6	0	47	0.14	0.09	1.5	42	0.59	1	0.12	1.31	0.02	0.00	0.00
Ham & Cheese on Bun MS768	1 each	120	106	15	372	1.16	0.72	37.0	161	0.83	2	6.6	11.26	4.23	2.11	0.00
Chips	Bag	120	49	0	74	0.71	0.13	0.0	4	0.0	1	0.71	6.35	2.12	0.35	0.00
Toast, Garlic WW MS1351	1 slice	60	18	0	30	0.35	0.19	0.0	71	0.0	0	0.71	2.65	0.44	0.09	0.00
Green Peas, Canned MS1071	1/2 cup	25	7	0	10	0.35	0.08	1.8	10	0.46	0	0.34	1.05	0.17	0.06	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	100	30	0	39	0.58	0.22	1.5	50	0.22	1	0.81	5.78	0.81	0.27	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	18	2	0	8	0.03	0.03	1.9	103	0.72	0	0.06	0.32	0.01	0.00	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	60	8	0	30	0.36	0.04	4.2	2153	0.76	1	0.12	1.76	0.03	0.01	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	28	0	3	0.57	0.18	4.4	212	3.92	6	0.23	7.18	0.04	0.01	0.00
Fresh Bananas MS1220	1 each	100	31	0	0	0.90	0.09	1.7	22	3.02	4	0.38	7.93	0.11	0.04	0.00
Raisins, Package, USDA, MS1290	1/2 cup	120	45	0	2	0.56	0.29	7.6	1	0.35	9	0.47	12.02	0.07	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	81	4	154	0.00	0.00	147.1	551	0.0	13	5.88	13.97	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	18	3	21	0.00	0.00	52.9	88	0.21	2	1.41	1.94	0.44	0.26	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	12	1	26	0.00	0.00	0.0	0	0.0	0	0.0	0.29	1.18	0.15	0.00
Mustard, PC, MS1538	1 packet	50	1	0	10	0.02	0.01	0.6	0	0.0	0	0.03	0.04	0.03	0.00	0.00
Weighted Daily Average			628	39	1212	7.62	3.64	410.6	3591	11.09	44	29.24	93.35	16.74	6.45	0.00
% of Calories											28.3%	18.6%	59.4%	24.0%	9.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/16/2020																
WES Lunch	Total	375														
Pizza, Stuffed Crust MS304	1 slice	320	290	17	759	2.56	1.71	162.1	0	0.0	3	12.8	30.72	12.8	3.84	0.00
Chicken with Alfredo Sau MS556	3/4 cup	30	19	6	53	0.05	0.10	18.9	28	0.04	0	1.66	1.74	0.64	0.34	0.00
Tuna Salad MS630	1/2 cup	25	11	4	38	0.02	0.04	0.6	13	0.11	0	1.13	0.26	0.58	0.05	0.00
Croissant, 1WGR, MS1624	1 croissant	25	7	0	11	0.07	0.05	1.3	13	0.0	0	0.2	1.0	0.3	0.13	0.00
Glazed Carrots MS1018	1/2 cup	40	6	0	10	0.32	0.05	2.8	1642	0.26	1	0.11	0.99	0.2	0.08	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	3	0	12	0.05	0.05	2.9	156	1.09	0	0.09	0.48	0.01	0.00	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	47	0	62	0.93	0.35	2.4	79	0.34	2	1.29	9.17	1.29	0.42	0.00
Applesauce, MS1204	1/2 cup	200	31	0	1	0.91	0.09	2.4	21	0.91	6	0.13	8.33	0.04	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	33	0	0	1.46	0.09	8.1	48	9.25	5	0.35	8.69	0.1	0.02	0.00
Strawberries, Frozen MS1294	1/2 cup	96	13	0	0	0.33	0.12	2.3	5	8.62	3	0.16	3.1	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	73	3	140	0.00	0.00	133.3	500	0.0	12	5.33	12.67	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	16	2	19	0.00	0.00	48.0	80	0.19	2	1.28	1.76	0.4	0.24	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			551	33	1105	6.70	2.65	385.2	2584	20.81	34	24.54	78.92	16.35	5.14	0.00
% of Calories											24.6%	17.8%	57.3%	26.7%	8.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/17/2020																
WES Lunch	Total	330														
Beef Taco w/Soft Taco, MS109	1 taco	225	189	28	458	1.18	1.57	88.3	*357	6.7	3	9.77	14.69	10.0	4.83	0.00
Ham & Cheese on Bun US MS76	1 each	80	66	8	259	0.80	*0.37	*25.0	*42	*0.57	*2	4.12	8.26	1.94	0.81	0.00
8.1																
Grilled Chicken Salad MS620	1 salad	25	33	6	105	0.31	0.24	27.7	*336	2.3	1	2.53	3.03	1.04	0.53	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	130	40	0	52	0.78	0.30	2.1	66	0.29	2	1.09	7.74	1.09	0.36	0.00
Refried Beans, MS1038	1/2 cup	30	13	0	28	0.63	0.20	6.1	10	0.99	0	0.73	1.94	0.27	0.13	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	3	0	13	0.06	0.06	3.3	177	1.24	0	0.11	0.55	0.01	0.00	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	9	0	36	0.43	0.05	5.1	2589	0.91	1	0.14	2.11	0.04	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	38	0	0	1.66	0.10	9.2	55	10.51	6	0.4	9.87	0.11	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	28	0	3	0.59	0.18	4.5	219	4.04	7	0.24	7.4	0.04	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	83	4	159	0.00	0.00	151.5	568	0.0	14	6.06	14.39	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	60	18	3	22	0.00	0.00	54.5	91	0.22	2	1.45	2.0	0.45	0.27	0.00
Sauce, Taco. PC MS1558	1 packet	50	1	0	15	0.01	0.01	0.2	0	4.16	0	0.01	0.16	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	40	5	1	11	0.00	0.00	0.0	0	0.0	0	0.0	0.12	0.48	0.06	0.00
Mustard, PC, MS1538	1 packet	10	0	0	2	0.00	0.00	0.1	0	0.0	0	0.01	0.01	0.01	0.00	0.00
Weighted Daily Average			526	50	1164	6.45	*3.07	*377.6	*4509	*31.93	*37	26.64	72.28	15.49	7.03	0.00
% of Calories											*28.3%	20.3%	55.0%	26.5%	12.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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# Amory School District

Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/18/2020																
WES Lunch	Total	350														
Spaghetti & MeatSace ERMS179.1	1 serving	100	129	12	167	1.11	1.34	17.1	280	4.42	2	6.09	17.32	3.87	1.37	0.00
Toast, Garlic WW MS1351	1 slice	75	21	0	36	0.43	0.23	0.0	86	0.0	0	0.86	3.21	0.54	0.11	0.00
Cheeseburger 2 oz., US MS728.1	1 each	225	209	34	432	2.82	*0.99	*66.8	*151	*2.16	5	12.4	22.01	8.07	2.90	0.00
Grilled Chicken Salad MS620	1 salad	25	31	6	99	0.29	0.22	26.1	*317	2.17	1	2.38	2.86	0.98	0.50	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	250	72	0	17	0.00	0.17	0.0	0	3.25	0	0.96	8.68	3.35	0.38	0.00
California Vegetables MS1054	1/2 cup	12	2	0	2	0.08	0.01	0.8	62	0.82	0	0.08	0.19	0.06	0.02	0.00
Green Beans, Canned, MS1036	1/2 cup	150	17	0	39	0.76	0.52	10.7	166	0.78	*0	0.56	1.91	0.77	0.09	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	2	0	11	0.07	0.04	1.7	227	0.4	0	0.06	0.42	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	120	48	0	2	0.34	0.25	6.9	48	20.57	10	0.34	12.34	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	12	0	0	0.52	0.03	2.9	17	3.3	2	0.12	3.1	0.03	0.01	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	220	38	0	7	0.00	0.00	0.0	0	37.71	9	0.0	9.43	0.02	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	40	5	1	10	0.00	0.00	0.0	0	0.0	0	0.0	0.11	0.46	0.06	0.00
Ketchup PC MS1528	1 packet	250	7	0	61	0.00	0.00	0.0	0	0.0	1	0.0	2.14	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	25	0	0	5	0.01	0.01	0.3	0	0.0	0	0.01	0.02	0.02	0.00	0.00
Weighted Daily Average			688	58	1060	6.42	*3.82	*327.5	*1975	*75.79	*45	30.95	99.21	18.60	5.70	0.00
% of Calories											*26.1%	18.0%	57.6%	24.3%	7.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/19/2020																
WES Lunch	Total	350														
Country Fried Steak MS136	1 patty	75	42	9	47	0.07	0.34	3.8	25	0.16	0	2.46	1.41	2.81	1.07	0.00
Chicken Nuggets,Fried MS534	5 nuggets	200	158	31	243	1.13	1.02	11.3	57	0.68	0	9.05	9.05	9.0	1.64	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	210	120	0	156	0.60	1.08	24.0	0	2.16	3	2.4	20.4	3.0	0.60	0.00
Turkey Sliced,Brown GravyMS564	1 serving	75	33	12	207	0.00	0.38	7.6	1	0.14	*0	3.72	1.11	1.32	0.48	0.00
Mashed Potatoes MS1078	1/2 cup	250	64	0	48	0.72	0.16	8.6	102	0.0	0	1.44	10.8	1.5	0.61	0.00
Turnip Greens, Southern MS1046	1/2 cup	20	3	0	5	0.12	0.05	5.1	111	0.3	0	0.14	0.2	0.19	0.01	0.00
Lima Beans Dried CanMS1005	1/2 cup	30	12	0	16	0.51	0.11	2.1	8	0.0	*0	0.62	1.86	0.17	0.05	0.00
Pinto Beans MS912	1/2 cup	50	21	0	36	1.10	0.36	10.8	7	0.34	0	1.16	3.74	0.19	0.04	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	180	72	0	77	1.03	0.19	10.3	385	0.0	4	0.51	9.25	3.6	0.51	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	24	0	0	1.04	0.06	5.8	34	6.61	4	0.25	6.21	0.07	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	150	30	0	5	0.73	0.07	1.9	23	1.55	6	0.17	7.86	0.03	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Sauce, Variety,DippingPCMS1562	1 packet	50	5	0	18	0.01	0.01	0.4	4	0.08	1	0.02	1.09	0.11	0.02	0.00
Ketchup PC MS1528	1 packet	200	6	0	49	0.00	0.00	0.0	0	0.0	1	0.0	1.71	0.0	0.00	0.00

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# Amory School District

Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			685	59	1077	7.08	3.83	285.9	1378	12.23	*33	29.04	90.14	22.42	5.31	0.00
% of Calories											*19.5%	17.0%	52.6%	29.5%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/20/2020																
WES Lunch	Total	350														
BBQ Pork Sandwich US MS718.1	1 each	100	121	29	361	0.86	*0.51	*28.6	*103	*0.97	*5	7.71	11.8	3.43	1.14	0.57
Corn Dog Amory	4 oz.	250	200	29	471	1.43	1.29	42.9	71	6.43	6	6.43	22.14	9.29	2.50	0.00
Quick Baked Potato MS1084	1/2 potato	150	64	0	78	1.41	0.69	9.6	6	6.15	1	1.6	13.55	0.55	0.07	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	150	57	0	83	2.33	0.73	20.7	85	0.41	*2	2.7	12.85	0.24	0.04	0.00
Creamy Coleslaw, MS 1116	1/2 cup	30	6	1	6	0.10	0.03	2.1	16	1.44	1	0.06	0.96	0.27	0.03	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	27	0	2	0.55	0.17	4.3	206	3.81	6	0.23	6.98	0.04	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	36	0	0	1.56	0.09	8.6	51	9.91	5	0.37	9.31	0.1	0.02	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	10	0	1	0.27	0.05	0.9	8	0.19	2	0.04	2.7	0.01	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Mustard, PC, MS1538	1 packet	25	0	0	5	0.01	0.01	0.3	0	0.0	0	0.01	0.02	0.02	0.00	0.00
Ketchup PC MS1528	1 packet	250	7	0	61	0.00	0.00	0.0	0	0.0	1	0.0	2.14	0.0	0.00	0.00
Weighted Daily Average			625	64	1240	8.53	*3.57	*312.1	*1170	*29.52	*45	26.25	97.91	14.37	4.07	0.57
% of Calories											*28.7%	16.8%	62.7%	20.7%	5.9%	0.8%
Nutrient Guideline			550-650		1230										<10.00	

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# Amory School District

Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 03/23/2020</b>																
WES Lunch	Total	368														
Chicken and Dumplings, Scratch	8 oz.	230	213	42	256	0.64	1.75	12.5	233	0.73	0	17.53	18.69	7.53	2.72	0.00
Ham&Cheese on WG Hoagie M S766	1 hoagie	120	105	17	353	1.07	0.75	34.3	150	0.77	2	7.41	10.55	4.09	2.01	0.00
Chef Salad, Elementary, MS601	1 salad	18	10	2	61	0.09	0.08	4.3	172	0.9	1	0.71	0.83	0.42	0.19	0.00
California Vegetables MS1054	1/2 cup	15	2	0	2	0.09	0.02	0.9	74	0.97	0	0.09	0.23	0.07	0.03	0.00
Green Beans, Canned, MS1036	1/2 cup	150	17	0	37	0.72	0.49	10.1	158	0.74	*0	0.53	1.81	0.73	0.09	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	50	22	0	27	0.93	0.34	3.7	0	0.22	*0	1.69	3.93	0.1	0.00	0.00
Cornbread 2 WG MS1301	1 piece	100	56	6	159	0.65	0.44	52.9	107	0.1	2	1.66	9.63	1.33	0.45	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	2	0	11	0.07	0.04	1.7	216	0.38	0	0.06	0.4	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	100	38	0	1	0.27	0.20	5.4	38	16.3	8	0.27	9.78	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	34	0	0	1.49	0.09	8.2	49	9.43	5	0.36	8.85	0.1	0.02	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	41	0	8	0.00	0.00	0.0	0	40.76	10	0.0	10.19	0.02	0.00	0.00
Hot Cinnamon Apples MS1208	1/2 cup	100	32	0	52	0.26	0.33	1.0	92	0.27	5	0.11	5.96	0.97	0.40	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	75	3	143	0.00	0.00	135.9	510	0.0	12	5.44	12.91	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	16	2	20	0.00	0.00	48.9	82	0.2	2	1.3	1.79	0.41	0.24	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	3	0	6	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.27	0.03	0.00
Mustard, PC, MS1538	1 packet	10	0	0	2	0.00	0.00	0.1	0	0.0	0	0.01	0.01	0.01	0.00	0.00
Weighted Daily Average			665	74	1137	6.29	4.53	319.9	1880	71.77	*47	37.15	95.63	16.05	6.19	0.00
% of Calories											*28.4%	22.3%	57.5%	21.7%	8.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 03/24/2020</b>																
WES Lunch	Total	375														
Beef Taco w/Soft Taco, MS109	1 taco	230	170	25	412	1.06	1.41	79.4	*321	6.02	2	8.79	13.21	9.0	4.35	0.00
Texas Grilled Cheese	1 each	120	114	18	372	0.64	0.49	13.8	178	0.77	1	5.39	9.25	6.44	3.65	0.00
Chicken Salad, Only MS606	1/2 cup	25	10	4	17	0.02	0.06	0.5	18	0.12	0	1.22	0.27	0.45	0.08	0.00
Croissant, 1WGR, MS1624	1 croissant	25	7	0	11	0.07	0.05	1.3	13	0.0	0	0.2	1.0	0.3	0.13	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	47	0	62	0.93	0.35	2.4	79	0.34	2	1.29	9.17	1.29	0.42	0.00
Refried Beans, MS1038	1/2 cup	30	11	0	24	0.56	0.17	5.4	9	0.88	0	0.64	1.71	0.24	0.12	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	3	0	12	0.05	0.05	2.9	156	1.09	0	0.09	0.48	0.01	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	33	0	0	1.46	0.09	8.1	48	9.25	5	0.35	8.69	0.1	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	200	33	0	3	0.69	0.22	5.3	257	4.74	8	0.28	8.68	0.05	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	73	3	140	0.00	0.00	133.3	500	0.0	12	5.33	12.67	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	16	2	19	0.00	0.00	48.0	80	0.19	2	1.28	1.76	0.4	0.24	0.00
Sauce, Taco. PC MS1558	1 packet	50	1	0	13	0.01	0.01	0.2	0	3.66	0	0.01	0.14	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	3	0	6	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.27	0.03	0.00
Mustard, PC, MS1538	1 packet	25	0	0	4	0.01	0.01	0.3	0	0.0	0	0.01	0.02	0.01	0.00	0.00

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# Amory School District

Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			522	53	1096	5.48	2.91	300.9	*1658	27.06	32	24.88	67.12	18.55	9.06	0.00
% of Calories											24.8%	19.1%	51.5%	32.0%	15.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 03/25/2020																
WES Lunch	Total	355														
Huntington Chicken B MS558	3/4 cup	100	79	25	239	0.37	0.55	22.2	137	1.29	1	7.11	6.78	2.66	1.16	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	80	45	0	59	0.23	0.41	9.0	0	0.81	1	0.9	7.66	1.13	0.23	0.00
Hamburger 2 oz Patty WGMS775	1 each	230	204	25	376	3.17	2.21	86.3	145	1.53	4	11.87	21.67	8.45	2.88	0.00
Chef Salad, Elementary, MS601	1 salad	25	14	3	87	0.12	0.12	6.2	248	1.29	1	1.02	1.19	0.61	0.27	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	350	99	0	23	0.00	0.24	0.0	0	4.49	0	1.33	11.98	4.62	0.53	0.00
Green Peas, Canned MS1071	1/2 cup	50	14	0	20	0.67	0.15	3.4	20	0.88	1	0.66	2.01	0.32	0.12	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	30	4	0	20	0.24	0.05	6.3	82	3.23	0	0.28	0.65	0.05	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	100	18	0	2	0.44	0.12	1.0	120	0.81	4	0.15	4.93	0.01	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	75	15	0	0	0.20	0.07	3.6	10	2.41	3	0.11	3.99	0.02	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	77	4	148	0.00	0.00	140.8	528	0.0	13	5.63	13.38	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	17	3	20	0.00	0.00	50.7	85	0.2	2	1.35	1.86	0.42	0.25	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	3	0	6	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.28	0.04	0.00
Mustard, PC, MS1538	1 packet	25	0	0	5	0.01	0.01	0.3	0	0.0	0	0.01	0.02	0.02	0.00	0.00
Ketchup PC MS1528	1 packet	300	8	0	72	0.00	0.00	0.0	0	0.0	2	0.0	2.54	0.0	0.00	0.00
Weighted Daily Average			598	59	1077	5.46	3.94	329.7	1373	16.95	32	30.43	78.72	18.59	5.49	0.00
% of Calories											21.1%	20.4%	52.7%	28.0%	8.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Amory School District

Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/26/2020																
WES Lunch																
	Total	350														
	1 patty	50	28	6	31	0.05	0.23	2.6	16	0.1	0	1.64	0.94	1.87	0.71	0.00
	5 nuggets	250	197	39	304	1.41	1.27	14.1	71	0.85	0	11.31	11.31	11.26	2.05	0.00
	1 serving	50	18	5	17	0.00	0.03	0.0	0	0.0	0	1.36	0.0	1.36	0.43	0.00
	Roll - 2 oz.	240	137	0	178	0.69	1.23	27.4	0	2.47	3	2.74	23.31	3.43	0.69	0.00
	1/2 cup	280	72	0	53	0.81	0.17	9.6	114	0.0	0	1.61	12.1	1.68	0.69	0.00
	2 ounces	100	7	0	123	0.00	0.19	5.8	1	0.19	*0	0.0	1.48	0.19	0.19	0.00
	1/2 cup	30	5	0	8	0.19	0.07	7.6	167	0.46	0	0.21	0.29	0.29	0.02	0.00
	1/2 cup	50	24	0	28	0.98	0.35	3.9	0	0.24	*0	1.77	4.13	0.1	0.00	0.00
	1/2 cup	50	20	0	21	0.29	0.05	2.9	107	0.0	1	0.14	2.57	1.0	0.14	0.00
	1 each	150	36	0	0	1.56	0.09	8.6	51	9.91	5	0.37	9.31	0.1	0.02	0.00
	1/2 cup	150	30	0	5	0.73	0.07	1.9	23	1.55	6	0.17	7.86	0.03	0.01	0.00
	1/2 cup	96	25	0	0	0.55	0.10	5.5	0	18.1	*N/A*	0.27	6.03	0.0	0.00	0.00
	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
	1/2 pint	60	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
	1 packet	50	5	0	18	0.01	0.01	0.4	4	0.08	1	0.02	1.09	0.11	0.02	0.00
	1 packet	50	1	0	12	0.00	0.00	0.0	0	0.0	0	0.0	0.43	0.0	0.00	0.00
Weighted Daily Average			701	56	969	7.26	3.87	284.7	1176	34.15	*32	28.72	96.32	21.84	5.21	0.00
% of Calories											*18.3%	16.4%	55.0%	28.1%	6.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Amory School District

Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/27/2020																
WES Lunch	Total	350														
Ham and Cheese Wrap, MS772	2 halves	100	87	17	288	0.68	0.62	7.8	143	0.68	1	6.85	6.63	4.06	2.27	0.00
Hot Dog WG MS778	1 each	200	103	20	349	0.00	0.21	11.4	3	0.0	1	3.43	1.14	9.14	3.43	0.00
BBQ Pork Sandwich Pur MS716	1 each	50	42	9	119	0.43	0.32	14.3	17	0.16	*1	3.85	4.73	0.78	0.14	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	3	0	12	0.05	0.05	3.1	167	1.17	0	0.1	0.52	0.01	0.00	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	9	0	34	0.41	0.04	4.8	2441	0.86	1	0.13	1.99	0.03	0.01	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	75	28	0	42	1.16	0.37	10.3	43	0.21	*1	1.35	6.43	0.12	0.02	0.00
Creamy Coleslaw, MS 1116	1/2 cup	30	6	1	6	0.10	0.03	2.1	16	1.44	1	0.06	0.96	0.27	0.03	0.00
Applesauce, MS1204	1/2 cup	100	17	0	1	0.49	0.05	1.3	11	0.49	3	0.07	4.46	0.02	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	36	0	0	1.56	0.09	8.6	51	9.91	5	0.37	9.31	0.1	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	50	11	0	0	0.14	0.05	0.0	43	23.14	2	0.14	2.71	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	50	10	0	0	0.14	0.05	2.4	7	1.63	2	0.07	2.7	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Mustard, PC, MS1538	1 packet	25	0	0	5	0.01	0.01	0.3	0	0.0	0	0.01	0.02	0.02	0.00	0.00
Ketchup PC MS1528	1 packet	200	6	0	49	0.00	0.00	0.0	0	0.0	1	0.0	1.71	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	3	0	6	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.29	0.04	0.00
Weighted Daily Average			457	53	1082	5.18	1.89	260.7	3563	39.89	*36	23.53	58.84	15.29	6.22	0.00
% of Calories											*31.5%	20.6%	51.5%	30.1%	12.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/30/2020																
WES Lunch	Total	350														
Macaroni&Cheese,w/ham pcMS412	1 serving	125	153	23	388	0.60	0.71	145.7	294	0.4	2	7.7	11.63	8.44	4.29	0.00
Chicken Patty Sand Baked MS732	1 each	125	135	20	292	1.90	1.21	44.9	381	1.55	2	7.25	16.5	4.34	0.79	0.01
Spicy Chicken Sand MS736	1 each	100	106	12	185	0.95	0.82	36.1	311	0.87	2	6.23	12.18	3.75	0.51	0.01
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	125	71	0	93	0.36	0.64	14.3	0	1.29	2	1.43	12.14	1.79	0.36	0.00
California Vegetables MS1054	1/2 cup	20	3	0	3	0.13	0.02	1.3	104	1.36	0	0.13	0.32	0.1	0.04	0.00
Green Beans, Canned, MS1036	1/2 cup	150	17	0	39	0.76	0.52	10.7	166	0.78	*0	0.56	1.91	0.77	0.09	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	35	3	0	14	0.06	0.06	3.6	195	1.36	0	0.12	0.6	0.01	0.00	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	40	5	0	19	0.23	0.02	2.7	1395	0.49	1	0.08	1.14	0.02	0.00	0.00
Raisins, Flavored, MS1291	Packages	75	30	0	1	0.21	0.15	4.3	30	12.86	6	0.21	7.71	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	36	0	0	1.56	0.09	8.6	51	9.91	5	0.37	9.31	0.1	0.02	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	275	47	0	9	0.00	0.00	0.0	0	47.14	11	0.0	11.79	0.02	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	79	4	150	0.00	0.00	142.9	536	0.0	13	5.71	13.57	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	6	1	13	0.00	0.00	0.0	0	0.0	0	0.0	0.14	0.57	0.07	0.00
Mustard, PC, MS1538	1 packet	50	1	0	9	0.02	0.01	0.6	0	0.0	0	0.03	0.04	0.03	0.00	0.00

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# Amory School District

Mar 1, 2020 thru Mar 31, 2020

## Base Menu Spreadsheet

WES Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			710	62	1239	6.78	4.27	467.0	3548	78.23	*46	31.19	100.88	20.37	6.44	0.01
% of Calories											*26.1%	17.6%	56.8%	25.8%	8.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/31/2020																
WES Lunch	Total	375														
Beef Taco w/Soft Taco, MS109	1 taco	250	184	27	448	1.15	1.54	86.3	*349	6.55	3	9.55	14.36	9.78	4.73	0.00
Ham & Cheese/Slider Bun MS 773	1 slider	100	51	8	197	0.62	0.54	6.5	82	0.67	*0	4.15	5.23	1.87	0.84	0.00
Sandwich Yogurt Combo MS745	1 combo	25	28	3	49	0.30	0.17	20.0	175	3.93	2	1.44	4.11	0.81	0.26	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	47	0	62	0.93	0.35	2.4	79	0.34	2	1.29	9.17	1.29	0.42	0.00
Refried Beans, MS1038	1/2 cup	30	11	0	24	0.56	0.17	5.4	9	0.88	0	0.64	1.71	0.24	0.12	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	3	0	12	0.05	0.05	2.9	156	1.09	0	0.09	0.48	0.01	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	33	0	0	1.46	0.09	8.1	48	9.25	5	0.35	8.69	0.1	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	25	0	2	0.52	0.16	4.0	192	3.56	6	0.21	6.51	0.04	0.01	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	250	73	3	140	0.00	0.00	133.3	500	0.0	12	5.33	12.67	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	16	2	19	0.00	0.00	48.0	80	0.19	2	1.28	1.76	0.4	0.24	0.00
Sauce, Taco. PC MS1558	1 packet	50	1	0	13	0.01	0.01	0.2	0	3.66	0	0.01	0.14	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	3	0	6	0.00	0.00	0.0	0	0.0	0	0.0	0.07	0.27	0.03	0.00
Mustard, PC, MS1538	1 packet	25	0	0	4	0.01	0.01	0.3	0	0.0	0	0.01	0.02	0.01	0.00	0.00
Weighted Daily Average			476	45	977	5.60	3.09	317.4	*1669	30.11	*32	24.35	64.92	14.81	6.68	0.00
% of Calories											*26.8%	20.5%	54.6%	28.0%	12.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			597	55	1109	6.43	*3.49	*331.5	*2316	*35.06	*37	28.25	82.46	17.76	6.01	0.04
											*55.5%	18.9%	55.2%	26.8%	9.1%	0.1%

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# Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Lunch

Weighted Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	597		550 - 650	100%													
Cholesterol (mg)	55																
Sodium 1 (mg)	1109		1230														
Sodium 2 (mg)	1109		935						174	Correction Required - Sodium too High							
Fiber (g)	6.43																
Iron (mg)	3.49					Missing											
Calcium (mg)	331.5					Missing											
Vitamin A (IU)	2316					Missing											
Sugars (g)	37	24.65%				Missing											
Vitamin C (mg)	35.06					Missing											
Protein (g)	28.25	18.93%															
Carbohydrate (g)	82.46	55.24%															
Total Fat (g)	17.76	26.77%															
Saturated Fat (g)	6.01	9.06%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.04	0.05%															

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