

Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/03/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 495 | | | | | | | |
| Chicken Wings,Bless,Brig MS540 | 5 Chunks | 375 | 284 | 54 | 23.37 | 22.44 | 10.01 | 1.46 | 0.00 |
| Ranch Dressing (Mix)MS1546 | 2 TBSP | 375 | 115 | 21 | 1.17 | 4.1 | 10.27 | 1.17 | 0.00 |
| Breaded Steak Sandwich | 1Sandwich | 100 | 459 | 53 | 20.5 | 40.81 | 24.9 | 9.10 | 0.00 |
| Grilled Chicken Salad High | 1 salad | 20 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Green Peas, Frozen MS1070 | 1/2 cup | 125 | 91 | 0 | 4.92 | 13.67 | 2.04 | 0.86 | 0.00 |
| Mashed Potatoes MS1078 | 1/2 cup | 350 | 91 | 0 | 2.35 | 15.67 | 2.29 | 1.04 | 0.00 |
| Brown Gravy, Package MS1506 | 2 ounces | 350 | 26 | 0 | 0.0 | 5.18 | 0.65 | 0.65 | 0.00 |
| Black-Eyed Peas DryCMS1006 | 1/2 cup | 125 | 165 | 0 | 12.4 | 28.9 | 0.71 | 0.01 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Roll, Enriched Brg 2oz MS13 | Roll - 2 oz. | 375 | 160 | 0 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 200 | 40 | 5 | 0.0 | 1.0 | 4.0 | 0.50 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 100 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 50 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 787 | 77 | 38.23 | 94.08 | 27.90 | 6.27 | 0.00 |
| % of Calories | | | | | 19.4% | 47.8% | 31.9% | 7.2% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| | | | | | | | | | |
|--------------------------------|-----------|-----|------|-----|-------|-------|-------|-------|------|
| Tue - 10/04/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 450 | | | | | | | |
| Beef Ravioli MS102 | 1 cup | 280 | 280 | 29 | 17.07 | 30.3 | 9.54 | 4.52 | 0.00 |
| La Pantera Dip with Chips | 1 serving | 150 | 1028 | 136 | 37.88 | 50.9 | 72.72 | 29.65 | 0.00 |
| Grilled Chicken Salad High | 1 salad | 20 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 50 | 31 | 0 | 1.18 | 6.03 | 0.12 | 0.02 | 0.00 |
| Whole Kernel Corn, CND, MS1032 | 1/2 cup | 250 | 101 | 0 | 2.76 | 19.66 | 2.75 | 0.99 | 0.00 |
| Glazed Carrots MS1018 | 1/2 cup | 75 | 56 | 0 | 1.03 | 9.28 | 1.87 | 0.82 | 0.00 |
| Applesauce, MS1204 | 1/2 cup | 75 | 59 | 0 | 0.24 | 15.62 | 0.07 | 0.01 | 0.00 |
| Chilled Blushing Pears, MS1276 | 1/2 cup | 75 | 71 | 0 | 0.27 | 18.91 | 0.04 | 0.00 | 0.00 |
| Cookie,Chocolate ChipPurMS1428 | 1 cookie | 300 | 120 | 5 | 1.0 | 16.0 | 6.0 | 3.00 | 0.00 |
| Toast, Garlic WW MS1351 | 1 slice | 250 | 100 | 0 | 4.0 | 15.0 | 2.5 | 0.50 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |

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

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 843 | 75 | 34.98 | 88.95 | 38.33 | 16.15 | 0.00 |
| % of Calories | | | | | 16.6% | 42.2% | 40.9% | 17.2% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| Wed - 10/05/2016 | | | | | | | | | |
|--------------------------------|-----------|--|---------|-----|-------|-------|-------|--------|------|
| AHS Lunch 9-12 | Total | | 475 | | | | | | |
| Chicken Mandarin MS570 | 1 Serving | | 375 | 173 | 46 | 12.66 | 21.87 | 3.45 | 0.58 |
| Rice, Asian Stir Fried, MS1348 | 1/2 cup | | 375 | 119 | 0 | 3.32 | 25.28 | 0.58 | 0.11 |
| Hot Dog WG MS778 | 1 each | | 80 | 300 | 35 | 11.0 | 24.0 | 17.5 | 6.00 |
| Grilled Chicken Salad High | 1 salad | | 20 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 |
| Sweet Potatoes, Cubes MS1129 | 1/2 cup | | 125 | 89 | 0 | 0.99 | 12.87 | 3.96 | 0.25 |
| Pinto Beans MS912 | 1/2 cup | | 125 | 146 | 0 | 8.15 | 26.17 | 1.35 | 0.28 |
| Pineapple Tidbits MS1286 | 1/2 cup | | 96 | 72 | 0 | 0.5 | 18.87 | 0.1 | 0.01 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | | 96 | 80 | 0 | 1.0 | 19.0 | 0.0 | 0.00 |
| Brownies, Mix MS1400 | 1 piece | | 300 | 203 | 0 | 2.33 | 32.27 | 6.25 | 0.80 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 |
| Milk, LF White 1/2 pt.LuMS1708 | 1/2 pint | | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 |
| Mustard, PC, MS1538 | 1 packet | | 160 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 |
| Ketchup PC MS1528 | 1 packet | | 160 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 601 | 50 | 25.21 | 95.36 | 12.34 | 2.66 | 0.00 |
| % of Calories | | | | | 16.8% | 63.4% | 18.5% | 4.0% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

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

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 10/06/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 430 | | | | | | | |
| Fish Nuggets, Fried MS204 | 5 nuggets | 280 | 265 | 30 | 15.0 | 20.0 | 13.52 | 1.96 | 0.00 |
| BBQ Rib Sandwich Brush MS720 | 1 each | 125 | 388 | 40 | 21.0 | 43.84 | 16.5 | 5.00 | 0.00 |
| Grilled Chicken Salad High | 1 salad | 25 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Hushpuppies-Purchase MS1332 | 2 each | 280 | 105 | 3 | 1.57 | 14.02 | 4.96 | 0.72 | *N/A* |
| California Vegetables MS1054 | 1/2 cup | 125 | 50 | 0 | 2.27 | 5.67 | 1.78 | 0.81 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 20 | 31 | 0 | 1.18 | 6.03 | 0.12 | 0.02 | 0.00 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 50 | 72 | 6 | 0.74 | 11.19 | 3.14 | 0.32 | 0.00 |
| Whole Kernel Corn, CND, MS1032 | 1/2 cup | 200 | 101 | 0 | 2.76 | 19.66 | 2.75 | 0.99 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Strawberries, FRZ, PC, MS1295 | 1/2 cup | 96 | 90 | 0 | 1.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Banana Berry Blend with Glaze | 1/2 Cup | 300 | 290 | 0 | 1.78 | 76.25 | 0.54 | 0.18 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Sauce, Tartar, PC MS1560 | 1 packet | 250 | 25 | 5 | 0.0 | 2.0 | 2.5 | 0.00 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 300 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 793 | 47 | 28.24 | 128.68 | 21.96 | 4.66 | 0.00 |
| % of Calories | | | | | 14.2% | 64.9% | 24.9% | 5.3% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| | | | | | | | | | |
|--------------------------------|--------------|-----|-----|----|-------|-------|-------|-------|------|
| Fri - 10/07/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 400 | | | | | | | |
| Beef -A- Roni MS114 | 3/4 cup | 100 | 309 | 64 | 23.42 | 26.0 | 12.87 | 5.31 | 0.00 |
| Corn Dog Nuggets High MS406 | 8 nuggets | 280 | 282 | 45 | 9.08 | 27.23 | 15.13 | 11.09 | 0.00 |
| Grilled Chicken Salad High | 1 salad | 20 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Potato Rounds, Fried MS1096 | 1/2 cup | 300 | 209 | 0 | 1.27 | 20.32 | 13.33 | 1.59 | 0.00 |
| Lima Beans Dried CanMS1005 | 1/2 cup | 125 | 145 | 0 | 7.24 | 21.65 | 1.96 | 0.61 | 0.00 |
| Squash, Summer: MS1127 | 1/2 cup | 125 | 42 | 0 | 1.05 | 6.26 | 1.96 | 0.81 | 0.00 |
| Fresh Cantaloupe Cubes, MS1232 | 1/2 cup | 60 | 27 | 0 | 0.66 | 6.4 | 0.15 | 0.04 | 0.00 |
| Raw Veggies w/Dip MS1124 | 1/2 cup | 60 | 32 | 0 | 0.86 | 6.76 | 0.16 | 0.02 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Roll, Enriched Brg 2oz MS13 | Roll - 2 oz. | 100 | 160 | 0 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Yellow Cake from Mix, MS1436 | Serving | 300 | 132 | 24 | 1.8 | 24.6 | 3.0 | 0.60 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 600 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 775 | 75 | 26.29 | 99.91 | 29.13 | 11.87 | 0.00 |
| % of Calories | | | | | 13.6% | 51.6% | 33.8% | 13.8% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| Tue - 10/11/2016 | | | | | | | | | |
|---------------------------------|-----------|-----|---------|----|-------|-------|-------|--------|-------|
| AHS Lunch 9-12 | Total | 395 | | | | | | | |
| Pizza, Stuffed Crust MS304 | 1 slice | 200 | 330 | 20 | 17.0 | 35.0 | 14.0 | 4.50 | 0.00 |
| Tater Tot Casserole | 1 serving | 175 | 286 | 22 | 10.61 | 24.75 | 17.22 | 5.70 | *0.00 |
| Grilled Chicken Salad High | 1 salad | 10 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Garden Salad w/Dressing MS1118 | 1/2 cup | 20 | 25 | 0 | 0.68 | 4.94 | 0.12 | 0.02 | 0.00 |
| Green Peas, Frozen MS1070 | 1/2 cup | 125 | 91 | 0 | 4.92 | 13.67 | 2.04 | 0.86 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1/2 cup | 350 | 135 | 0 | 2.72 | 17.69 | 6.05 | 0.27 | 0.08 |
| Mandarin Fruit Cup MS1254 | 1/2 cup | 72 | 62 | 0 | 0.53 | 16.28 | 0.1 | 0.01 | 0.00 |
| Fresh Fruit Bowl Variety MS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Fruit Crisp MS1412 | 1 serving | 200 | 273 | 0 | 2.47 | 45.51 | 9.5 | 4.15 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.Lu MS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Weighted Daily Average | | | 714 | 27 | 25.85 | 95.78 | 26.28 | 7.81 | *0.07 |
| % of Calories | | | | | 14.5% | 53.6% | 33.1% | 9.8% | *0.1% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 10/12/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 450 | | | | | | | |
| Meatloaf MS160 | 1 piece | 50 | 231 | 95 | 19.39 | 10.62 | 11.99 | 4.62 | 0.00 |
| Chicken Nuggets,Fried MS534 | 5 nuggets | 375 | 278 | 55 | 15.97 | 15.97 | 15.89 | 2.89 | 0.00 |
| Chicken Tenders Salad High | 1 salad | 15 | 299 | 58 | 25.26 | 20.57 | 13.81 | 5.77 | 0.00 |
| Green Beans, Canned, MS1036 | 1/2 cup | 250 | 41 | 0 | 1.3 | 4.45 | 1.79 | 0.21 | 0.00 |
| Black-Eyed Peas DryCMS1006 | 1/2 cup | 125 | 165 | 0 | 12.4 | 28.9 | 0.71 | 0.01 | 0.00 |
| Mashed Potatoes MS1078 | 1/2 cup | 350 | 91 | 0 | 2.35 | 15.67 | 2.29 | 1.04 | 0.00 |
| Brown Gravy, Package MS1506 | 2 ounces | 350 | 26 | 0 | 0.0 | 5.18 | 0.65 | 0.65 | 0.00 |
| Raw Veggies w/Dip MS1124 | 1/2 cup | 60 | 32 | 0 | 0.86 | 6.76 | 0.16 | 0.02 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Applesauce, MS1204 | 1/2 cup | 48 | 59 | 0 | 0.24 | 15.62 | 0.07 | 0.01 | 0.00 |
| Roll, Enriched Brg 2oz MS13 | Roll - 2 oz. | 400 | 160 | 0 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Cookie, Sugar, Pur WGR, MS1436 | 1 cookie | 300 | 120 | 5 | 1.0 | 17.0 | 5.0 | 2.00 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Sauce, Variety,DippingPCMS1562 | 1 packet | 400 | 45 | 3 | 0.0 | 7.0 | 2.0 | 0.33 | 0.00 |
| Weighted Daily Average | | | 798 | 69 | 32.21 | 105.51 | 26.65 | 6.81 | 0.00 |
| % of Calories | | | | | 16.1% | 52.9% | 30.1% | 7.7% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

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|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 10/13/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 435 | | | | | | | |
| Chicken Patty Sand,Fried MS734 | 1 each | 290 | 415 | 55 | 22.29 | 43.22 | 17.47 | 2.90 | 0.00 |
| Macaroni&Cheese,w/ham pcMS412 | 1 serving | 125 | 428 | 63 | 22.31 | 31.79 | 23.44 | 12.20 | 0.00 |
| Chicken Tenders Salad High | 1 salad | 20 | 299 | 58 | 25.26 | 20.57 | 13.81 | 5.77 | 0.00 |
| Chilled Peach Slices MS1274 | 1/2 cup | 46 | 65 | 0 | 0.54 | 17.49 | 0.04 | 0.00 | 0.00 |
| Broccoli w/Cheese Sauce MS1012 | 1/2 cup | 125 | 43 | 0 | 3.27 | 7.67 | 0.58 | 0.02 | 0.00 |
| Glazed Carrots MS1018 | 1/2 cup | 50 | 56 | 0 | 1.03 | 9.28 | 1.87 | 0.82 | 0.00 |
| Strawberries, Frozen MS1294 | 1/2 cup | 100 | 51 | 0 | 0.64 | 12.12 | 0.0 | 0.00 | 0.00 |
| Roll, Enriched Brg 2oz MS13 | Roll - 2 oz. | 290 | 160 | 0 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Peanut Butter Parfait MS1482 | 1/2 cup | 325 | 209 | 11 | 5.56 | 18.45 | 13.54 | 6.00 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Mayonnaise PC Chipolte,MS1570 | PC Packet | 100 | 35 | 4 | 0.0 | 3.0 | 2.5 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 200 | 40 | 5 | 0.0 | 1.0 | 4.0 | 0.50 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 150 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 100 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 831 | 74 | 36.11 | 96.68 | 34.24 | 11.04 | 0.00 |
| % of Calories | | | | | 17.4% | 46.6% | 37.1% | 12.0% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| Fri - 10/14/2016 | | | | | | | | | |
|--------------------------------|-----------|-----|---------|-----|-------|--------|-------|--------|------|
| AHS Lunch 9-12 | Total | 465 | | | | | | | |
| Chicken Wings,Bless,Brig MS540 | 5 Chunks | 375 | 284 | 54 | 23.37 | 22.44 | 10.01 | 1.46 | 0.00 |
| Veggie Be Soup Sand ComboMS822 | 1 serving | 75 | 439 | 44 | 22.53 | 46.22 | 19.64 | 6.53 | 0.00 |
| Chicken Salad Salad MS612 | 1 salad | 15 | 289 | 228 | 26.91 | 17.53 | 12.4 | 2.85 | 0.00 |
| Whole Kernel Corn, CND, MS1032 | 1/2 cup | 250 | 101 | 0 | 2.76 | 19.66 | 2.75 | 0.99 | 0.00 |
| Sweet Potato Fries,Bkd MS1099 | 1/2 cup | 200 | 136 | 0 | 1.05 | 21.98 | 8.37 | 1.05 | 0.00 |
| Raisins, Flavored, MS1291 | Packages | 100 | 140 | 0 | 1.0 | 36.0 | 0.0 | 0.00 | 0.00 |
| Banana Berry Blend with Glaze | 1/2 Cup | 100 | 290 | 0 | 1.78 | 76.25 | 0.54 | 0.18 | 0.00 |
| Fruit Crisp MS1412 | 1 serving | 150 | 273 | 0 | 2.47 | 45.51 | 9.5 | 4.15 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 400 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Ranch Dressing (Mix)MS1546 | 2 TBSP | 375 | 115 | 21 | 1.17 | 4.1 | 10.27 | 1.17 | 0.00 |
| Weighted Daily Average | | | 786 | 80 | 32.85 | 104.49 | 28.48 | 5.80 | 0.00 |
| % of Calories | | | | | 16.7% | 53.2% | 32.6% | 6.6% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 3, 2016 thru Oct 31, 2016

AHS Lunch 9-12

Generated on: 9/27/2016 2:04:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 10/17/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 415 | | | | | | | |
| Egg Rolls, Chicken, MS563 | 2 each | 200 | 320 | 20 | 20.0 | 38.0 | 10.0 | 1.00 | 0.00 |
| Cheeseburger, 3 oz Patty MS730 | 1 each | 200 | 428 | 81 | 24.47 | 28.05 | 25.53 | 11.03 | 0.00 |
| Lettuce, Tomato, Pickle MS1530 | 1 serving | 150 | 5 | 0 | 0.25 | 1.11 | 0.05 | 0.01 | 0.00 |
| Grilled Chicken Salad High | 1 salad | 15 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1 cup | 350 | 270 | 0 | 5.44 | 35.37 | 12.09 | 0.54 | 0.16 |
| Broccoli w/Cheese Sauce MS1012 | 1/2 cup | 125 | 43 | 0 | 3.27 | 7.67 | 0.58 | 0.02 | 0.00 |
| Carrots, Baby w/ Dip, MS#1017 | 1/2 cup | 60 | 45 | 0 | 0.67 | 9.95 | 0.17 | 0.03 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 96 | 72 | 0 | 0.5 | 18.87 | 0.1 | 0.01 | 0.00 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | 48 | 80 | 0 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Fresh Fruit Bowl Variety MS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Milk, FF Choc 1/2 pt. Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt. Lu MS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Sauce, Sweet & Sour PC MS1556 | 1 packet | 400 | 50 | 0 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 100 | 40 | 5 | 0.0 | 1.0 | 4.0 | 0.50 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 200 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 700 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 833 | 58 | 34.68 | 109.87 | 29.38 | 6.84 | 0.14 |
| % of Calories | | | | | 16.7% | 52.8% | 31.8% | 7.4% | 0.1% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| | | | | | | | | | |
|----------------------------------|--------------|-----|-----|-----|-------|-------|-------|------|------|
| Tue - 10/18/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 420 | | | | | | | |
| Loaded Baked Potato Soup MS808 | 1 cup | 100 | 391 | 20 | 13.39 | 42.2 | 18.83 | 9.48 | 0.00 |
| Grill Cheese Sand 1 oz MS762 | sandwich | 50 | 247 | 27 | 12.36 | 28.46 | 10.13 | 5.65 | 0.00 |
| Chicken Hot Wings Bone MS538 | 3 Wings | 300 | 240 | 120 | 22.5 | 1.5 | 16.5 | 3.75 | 0.00 |
| Ranch Dressing (Mix) MS1546 | 2 TBSP | 300 | 115 | 21 | 1.17 | 4.1 | 10.27 | 1.17 | 0.00 |
| Grilled Chicken Salad High | 1 salad | 20 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Whole Kernel Corn, CND, MS1032 | 1/2 cup | 250 | 101 | 0 | 2.76 | 19.66 | 2.75 | 0.99 | 0.00 |
| Glazed Carrots MS1018 | 1/2 cup | 125 | 56 | 0 | 1.03 | 9.28 | 1.87 | 0.82 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 20 | 31 | 0 | 1.18 | 6.03 | 0.12 | 0.02 | 0.00 |
| Fresh Fruit Bowl Variety MS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | 96 | 80 | 0 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Roll, Enriched Brg 2oz MS13 | Roll - 2 oz. | 300 | 160 | 0 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Vanilla Pudding MS1486 | 1/2 cup | 300 | 128 | 0 | 2.06 | 27.43 | 1.02 | 1.01 | 0.00 |
| Milk, FF Choc 1/2 pt. Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt. Lu MS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 801 | 118 | 35.71 | 97.05 | 30.88 | 8.89 | 0.00 |
| % of Calories | | | | | 17.8% | 48.4% | 34.7% | 10.0% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| Wed - 10/19/2016 | | | | | | | | | |
|--------------------------------|--------------|-----|---------|-----|-------|-------|-------|--------|------|
| AHS Lunch 9-12 | Total | 420 | | | | | | | |
| Chicken Fried MS552 | 1 serving | 280 | 350 | 100 | 31.9 | 6.6 | 20.01 | 5.01 | 0.00 |
| Macaroni&Cheese,w/ham pcMS412 | 1 serving | 125 | 428 | 63 | 22.31 | 31.79 | 23.44 | 12.20 | 0.00 |
| Chicken Tenders Salad High | 1 salad | 15 | 299 | 58 | 25.26 | 20.57 | 13.81 | 5.77 | 0.00 |
| Mashed Potatoes MS1078 | 1/2 cup | 300 | 91 | 0 | 2.35 | 15.67 | 2.29 | 1.04 | 0.00 |
| Brown Gravy, Package MS1506 | 2 ounces | 300 | 26 | 0 | 0.0 | 5.18 | 0.65 | 0.65 | 0.00 |
| Broccoli w/Cheese Sauce MS1012 | 1/2 cup | 125 | 43 | 0 | 3.27 | 7.67 | 0.58 | 0.02 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Strawberries, Frozen MS1294 | 1/2 cup | 100 | 51 | 0 | 0.64 | 12.12 | 0.0 | 0.00 | 0.00 |
| Roll, Enriched Brg 2oz MS13 | Roll - 2 oz. | 125 | 160 | 0 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Banana Pudding MS1466 | 1/2 cup | 350 | 171 | 1 | 2.4 | 36.62 | 2.14 | 1.55 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Sauce, Hot, PC MS1552 | 1 packet | 100 | 0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 775 | 94 | 40.75 | 92.79 | 26.12 | 10.03 | 0.00 |
| % of Calories | | | | | 21.0% | 47.9% | 30.3% | 11.6% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 10/20/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 455 | | | | | | | |
| Chicken with Alfredo Sau MS556 | 3/4 cup | 250 | 246 | 79 | 20.98 | 21.51 | 8.22 | 4.20 | 0.00 |
| Spicy Chicken Sand MS736 | 1 each | 180 | 321 | 30 | 21.28 | 39.19 | 10.85 | 2.25 | 0.02 |
| Grilled Chicken Salad High | 1 salad | 25 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Cheesy Califor Veggies MS1058 | 1/2 cup | 125 | 50 | 0 | 2.75 | 7.73 | 0.49 | 0.24 | 0.00 |
| Green Peas, Canned MS1071 | 1/2 cup | 125 | 97 | 0 | 4.66 | 14.26 | 2.29 | 0.94 | 0.00 |
| Turnip Greens, Southern MS1046 | 1/2 cup | 20 | 57 | 0 | 2.48 | 3.43 | 3.33 | 0.24 | 0.00 |
| Raisins, Flavored, MS1291 | Packages | 125 | 140 | 0 | 1.0 | 36.0 | 0.0 | 0.00 | 0.00 |
| Fruit Juice, Frozen Cup,MS1247 | 1/2 cup | 300 | 95 | 0 | 0.25 | 23.44 | 0.08 | 0.01 | 0.00 |
| Roll, Enriched Brg 2oz MS13 | Roll - 2 oz. | 250 | 160 | 0 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Yellow Cake from Mix, MS1436 | Serving | 350 | 132 | 24 | 1.8 | 24.6 | 3.0 | 0.60 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 300 | 40 | 5 | 0.0 | 1.0 | 4.0 | 0.50 | 0.00 |
| Mayonnaise PC Chipolte,MS1570 | PC Packet | 200 | 35 | 4 | 0.0 | 3.0 | 2.5 | 0.00 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 200 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 745 | 88 | 33.34 | 112.37 | 18.49 | 5.16 | 0.01 |
| % of Calories | | | | | 17.9% | 60.3% | 22.3% | 6.2% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Fri - 10/21/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 420 | | | | | | | |
| Chicken Patty Sand,Fried MS734 | 1 each | 200 | 415 | 55 | 22.29 | 43.22 | 17.47 | 2.90 | 0.00 |
| La Pantera Dip with Chips | 1 serving | 200 | 1028 | 136 | 37.88 | 50.9 | 72.72 | 29.65 | 0.00 |
| Chicken Tenders Salad High | 1 salad | 20 | 299 | 58 | 25.26 | 20.57 | 13.81 | 5.77 | 0.00 |
| Quick Baked Potato MS1084 | 1/2 potato | 350 | 91 | 0 | 2.16 | 18.29 | 1.2 | 0.14 | 0.00 |
| Tossed Salad w/Drsg MS1126 | 1/2 cup | 125 | 31 | 0 | 1.18 | 6.03 | 0.12 | 0.02 | 0.00 |
| Orange Smiles MS1270 | 1/2 cup | 75 | 77 | 0 | 1.53 | 19.19 | 0.2 | 0.03 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 72 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Fruit Crisp MS1412 | 1 serving | 300 | 273 | 0 | 2.47 | 45.51 | 9.5 | 4.15 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Mayonnaise PC Chipolte,MS1570 | PC Packet | 100 | 35 | 4 | 0.0 | 3.0 | 2.5 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 300 | 40 | 5 | 0.0 | 1.0 | 4.0 | 0.50 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 100 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 1140 | 103 | 39.98 | 119.74 | 55.28 | 19.43 | 0.00 |
| % of Calories | | | | | 14.0% | 42.0% | 43.7% | 15.3% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| Mon - 10/24/2016 | | | | | | | | | |
|--------------------------------|----------|-----|---------|-----|-------|--------|-------|--------|------|
| AHS Lunch 9-12 | Total | 370 | | | | | | | |
| Beef Taco w/Soft Taco High | 2 tacos | 175 | 570 | 109 | 40.74 | 41.8 | 26.17 | 12.59 | 0.00 |
| BBQ Pork Sandwich MS716 | 1 each | 175 | 274 | 53 | 19.07 | 30.33 | 9.92 | 3.27 | 0.00 |
| Grilled Chicken Salad High | 1 salad | 20 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1 cup | 350 | 270 | 0 | 5.44 | 35.37 | 12.09 | 0.54 | 0.16 |
| Baked Beans, SpiceBlend MS1002 | 1/2 cup | 150 | 132 | 0 | 6.3 | 29.99 | 0.55 | 0.10 | 0.00 |
| Creamy Coleslaw, MS 1116 | 1/2 cup | 50 | 72 | 6 | 0.74 | 11.19 | 3.14 | 0.32 | 0.00 |
| Carrots, Baby w/ Dip, MS#1017 | 1/2 cup | 60 | 45 | 0 | 0.67 | 9.95 | 0.17 | 0.03 | 0.00 |
| Fresh Melon Cubes MS1234 | 1/2 CUP | 60 | 57 | 0 | 1.07 | 14.0 | 0.26 | 0.07 | 0.00 |
| Fresh Bananas MS1220 | 1 each | 150 | 105 | 0 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| Chocolate Pudding MS1474 | 1/2 cup | 300 | 111 | 0 | 1.99 | 23.78 | 0.96 | 0.96 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Sauce, Taco. PC MS1558 | 1 packet | 100 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Sauce, BBQ, PC MS1550 | 1 packet | 100 | 15 | 0 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 700 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 1015 | 88 | 46.93 | 140.90 | 31.25 | 9.53 | 0.15 |
| % of Calories | | | | | 18.5% | 55.6% | 27.7% | 8.5% | 0.1% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 3, 2016 thru Oct 31, 2016

AHS Lunch 9-12

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 10/25/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 400 | | | | | | | |
| BBQ Rib Sandwich Brush MS720 | 1 each | 280 | 388 | 40 | 21.0 | 43.84 | 16.5 | 5.00 | 0.00 |
| Chili Cheese Corn Chips MS128 | Serving | 125 | 424 | 79 | 27.21 | 20.02 | 26.72 | 11.64 | 0.00 |
| Chicken Tenders Salad High | 1 salad | 25 | 299 | 58 | 25.26 | 20.57 | 13.81 | 5.77 | 0.00 |
| Baked Beans, SpiceBlend MS1002 | 1/2 cup | 250 | 132 | 0 | 6.3 | 29.99 | 0.55 | 0.10 | 0.00 |
| California Vegetables MS1054 | 1/2 cup | 125 | 50 | 0 | 2.27 | 5.67 | 1.78 | 0.81 | 0.00 |
| Chilled Peach Slices MS1274 | 1 cup | 96 | 130 | 0 | 1.08 | 34.98 | 0.07 | 0.00 | 0.00 |
| Pineapple Tidbits MS1286 | 1/2 cup | 96 | 72 | 0 | 0.5 | 18.87 | 0.1 | 0.01 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Cookie, Sugar, Pur WGR, MS1436 | 1 cookie | 300 | 120 | 5 | 1.0 | 17.0 | 5.0 | 2.00 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Weighted Daily Average | | | 770 | 65 | 36.80 | 104.35 | 25.84 | 9.53 | 0.00 |
| % of Calories | | | | | 19.1% | 54.2% | 30.2% | 11.1% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 10/26/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 450 | | | | | | | |
| Chicken Fajitas USDA, MS527 | 1 fajita | 150 | 284 | 79 | 25.34 | 21.06 | 11.23 | 6.60 | 0.00 |
| Corn Dog Nuggets High MS406 | 8 nuggets | 280 | 282 | 45 | 9.08 | 27.23 | 15.13 | 11.09 | 0.00 |
| Chicken Salad Salad MS612 | 1 salad | 20 | 289 | 228 | 26.91 | 17.53 | 12.4 | 2.85 | 0.00 |
| Lima Beans Dried CanMS1005 | 1/2 cup | 125 | 145 | 0 | 7.24 | 21.65 | 1.96 | 0.61 | 0.00 |
| Turnip Greens, Southern MS1046 | 1/2 cup | 100 | 57 | 0 | 2.48 | 3.43 | 3.33 | 0.24 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Fresh Melon Cubes MS1234 | 1/2 CUP | 72 | 57 | 0 | 1.07 | 14.0 | 0.26 | 0.07 | 0.00 |
| Rice Krispie Bars | Bars | 300 | 121 | 0 | 1.15 | 21.95 | 3.36 | 1.52 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt.LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Sauce, Taco. PC MS1558 | 1 packet | 150 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 500 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 500 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 542 | 69 | 24.34 | 70.88 | 17.61 | 10.67 | 0.00 |
| % of Calories | | | | | 18.0% | 52.3% | 29.2% | 17.7% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AHS Lunch 9-12

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 10/27/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 400 | | | | | | | |
| Chicken Patty Sand,Fried MS734 | 1 each | 280 | 415 | 55 | 22.29 | 43.22 | 17.47 | 2.90 | 0.00 |
| La Pantera Dip with Chips | 1 serving | 100 | 1028 | 136 | 37.88 | 50.9 | 72.72 | 29.65 | 0.00 |
| Chicken Tenders Salad High | 1 salad | 20 | 299 | 58 | 25.26 | 20.57 | 13.81 | 5.77 | 0.00 |
| Quick Baked Potato MS1084 | 1/2 potato | 300 | 91 | 0 | 2.16 | 18.29 | 1.2 | 0.14 | 0.00 |
| Broccoli Salad Grapes MS1110 | 2/3 cup | 30 | 133 | 16 | 3.4 | 13.23 | 8.22 | 1.23 | 0.00 |
| Orange Smiles MS1270 | 1/2 cup | 48 | 77 | 0 | 1.53 | 19.19 | 0.2 | 0.03 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Fruit Crisp MS1412 | 1 serving | 150 | 273 | 0 | 2.47 | 45.51 | 9.5 | 4.15 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 300 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Mayonnaise PC Chipolte,MS1570 | PC Packet | 150 | 35 | 4 | 0.0 | 3.0 | 2.5 | 0.00 | 0.00 |
| Mayonnaise PC Reduce Ft MS1534 | PC Packet | 150 | 40 | 5 | 0.0 | 1.0 | 4.0 | 0.50 | 0.00 |
| Weighted Daily Average | | | 898 | 85 | 35.57 | 101.77 | 39.02 | 11.90 | 0.00 |
| % of Calories | | | | | 15.8% | 45.3% | 39.1% | 11.9% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|------------|----------|-----------|-----------|-------------------------|
| Fri - 10/28/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 395 | | | | | | | |
| Meatballs, Mar/Hoagie,Br,MS722 | 5 meatballs | 200 | 297 | 33 | 16.6 | 42.59 | 6.18 | 2.13 | 0.00 |
| Chicken with Alfredo Sau MS556 | 3/4 cup | 175 | 246 | 79 | 20.98 | 21.51 | 8.22 | 4.20 | 0.00 |
| Grilled Chicken Salad High | 1 salad | 20 | 370 | 82 | 34.32 | 25.81 | 13.34 | 6.93 | 0.00 |
| Fried Crinkle Cut Fries MS1089 | 1 cup | 350 | 270 | 0 | 5.44 | 35.37 | 12.09 | 0.54 | 0.16 |
| Black-Eyed Peas DryCMS1006 | 1/2 cup | 125 | 165 | 0 | 12.4 | 28.9 | 0.71 | 0.01 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Raw Veggies w/Dip MS1124 | 1/2 cup | 45 | 32 | 0 | 0.86 | 6.76 | 0.16 | 0.02 | 0.00 |
| Banana Berry Blend with Glaze | 1/2 Cup | 250 | 290 | 0 | 1.78 | 76.25 | 0.54 | 0.18 | 0.00 |
| Fruit Juice, Frozen Cup,MS1247 | 1/2 cup | 350 | 95 | 0 | 0.25 | 23.44 | 0.08 | 0.01 | 0.00 |
| Roll, Enriched Brg 2oz MS13 | Roll - 2 oz. | 175 | 160 | 0 | 4.0 | 29.0 | 3.0 | 0.50 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 700 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 1042 | 61 | 37.73 | 181.04 | 20.54 | 4.33 | 0.15 |
| % of Calories | | | | | 14.5% | 69.5% | 17.7% | 3.7% | 0.1% |
| Nutrient Guideline | | | 750-850 | | | | | <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.

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 3, 2016 thru Oct 31, 2016

AHS Lunch 9-12

Generated on: 9/27/2016 2:04:28 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 10/31/2016 | | | | | | | | | |
| AHS Lunch 9-12 | Total | 370 | | | | | | | |
| Chili Con Carne w/ Beans MS130 | 1 cup | 250 | 171 | 47 | 15.33 | 8.05 | 8.68 | 3.31 | 0.00 |
| Grill Cheese Sand 1 oz MS762 | sandwich | 250 | 247 | 27 | 12.36 | 28.46 | 10.13 | 5.65 | 0.00 |
| Hot Dog WG MS778 | 1 each | 100 | 300 | 35 | 11.0 | 24.0 | 17.5 | 6.00 | 0.00 |
| Chicken Tenders Salad High | 1 salad | 20 | 299 | 58 | 25.26 | 20.57 | 13.81 | 5.77 | 0.00 |
| Pinto Beans MS912 | 1/2 cup | 125 | 146 | 0 | 8.15 | 26.17 | 1.35 | 0.28 | 0.00 |
| Sweet Potatoes,Cubes MS1129 | 1/2 cup | 125 | 89 | 0 | 0.99 | 12.87 | 3.96 | 0.25 | 0.00 |
| Rosey Applesauce MS1212 | 1/2 cup | 72 | 70 | 0 | 0.4 | 18.34 | 0.07 | 0.01 | 0.00 |
| Fresh Fruit Bowl VarietyMS1244 | 1 each | 75 | 84 | 0 | 0.87 | 21.72 | 0.24 | 0.05 | 0.00 |
| Peaches, FRZ, PC, MS1275 | 1/2 cup | 96 | 80 | 0 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| Yellow Cake from Mix, MS1436 | Serving | 350 | 132 | 24 | 1.8 | 24.6 | 3.0 | 0.60 | 0.00 |
| Milk, FF Choc 1/2 pt.Lu MS1700 | 1/2 pint | 250 | 130 | 5 | 8.0 | 23.0 | 0.0 | 0.00 | 0.00 |
| Milk, LF White 1/2 pt,LuMS1708 | 1/2 pint | 50 | 108 | 16 | 8.61 | 11.83 | 2.69 | 1.61 | 0.00 |
| Mustard, PC, MS1538 | 1 packet | 200 | 5 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Ketchup PC MS1528 | 1 packet | 200 | 10 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 746 | 91 | 34.92 | 100.93 | 23.24 | 8.97 | 0.00 |
| % of Calories | | | | | 18.7% | 54.1% | 28.0% | 10.8% | 0.0% |
| Nutrient Guideline | | | 750-850 | | | | | <10.00 | |

| | | | | | | | | | |
|------------------|--|--|-----|----|-------|--------|-------|------|-------|
| Weighted Average | | | 812 | 75 | 34.03 | 107.06 | 28.15 | 8.92 | *0.03 |
| | | | | | 16.8% | 52.8% | 31.2% | 9.9% | *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 812 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 75 | | | | | | | |
| Protein (g) | 34.03 | 16.77% | | | | | | |
| Carbohydrate (g) | 107.06 | 52.75% | | | | | | |
| Total Fat (g) | 28.15 | 31.21% | | | | | | |
| Saturated Fat (g) | 8.92 | 9.89% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.03 | 0.03% | | | Missing | | | |

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