

Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AMS Lunch

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									
AMS Lunch	Total	375							
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	250	310	25	17.0	39.0	10.0	4.50	0.00
Cheesy Chicken Over/Rice MS516	1 serving	100	346	66	27.63	29.24	13.45	7.74	0.00
Chef Salad, MS600	1 salad	25	244	147	17.35	18.05	11.79	4.87	0.00
Corn on Cob, 5 inch, MC1025	1 cob	200	92	0	2.71	18.41	2.59	0.81	0.00
Lima Beans Dried CanMS1005	1/2 cup	50	145	0	7.24	21.65	1.96	0.61	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	1.18	6.03	0.12	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	0.4	18.34	0.07	0.01	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	1.0	19.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	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	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	50	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	0.0	1.0	4.0	0.50	0.00
Weighted Daily Average			766	51	29.85	137.40	14.46	6.56	0.00
% of Calories					15.6%	71.7%	17.0%	7.7%	0.0%
Nutrient Guideline			600-700					<10.00	

Tue - 10/04/2016									
AMS Lunch	Total	375							
La Pantera Dip with Chips Elem	1 serving (4oz)	250	686	90	25.25	33.93	48.48	19.77	0.00
Grilled Chicken Sandwich MS764	1 each	100	286	60	25.29	30.22	6.55	1.51	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Green Beans, Canned, MS1036	1/2 cup	175	41	0	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	50	56	0	1.03	9.28	1.87	0.82	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	100	43	0	3.27	7.67	0.58	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	0.53	16.28	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	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
Mayonnaise PC Chipolte,MS1570	PC Packet	200	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

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AMS Lunch

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)
Weighted Daily Average			762	93	33.35	63.86	40.47	14.97	0.00
% of Calories					17.5%	33.5%	47.8%	17.7%	0.0%
Nutrient Guideline			600-700					<10.00	

Wed - 10/05/2016									
AMS Lunch	Total	350							
Chicken Fried MS552	1 serving	300	350	100	31.9	6.6	20.01	5.01	0.00
Meatloaf MS160	1 piece	50	231	95	19.39	10.62	11.99	4.62	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
Pinto Beans MS912	1/2 cup	50	146	0	8.15	26.17	1.35	0.28	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	2.48	3.43	3.33	0.24	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	0.86	6.76	0.16	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	1.0	19.0	0.0	0.00	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	0.27	18.91	0.04	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
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			722	106	43.36	76.09	25.41	7.37	0.00
% of Calories					24.0%	42.1%	31.7%	9.2%	0.0%
Nutrient Guideline			600-700					<10.00	

Thu - 10/06/2016									
AMS Lunch	Total	375							
Chicken Fajitas USDA, MS527	1 fajita	250	284	79	25.34	21.06	11.23	6.60	0.00
Huntington Chicken MS558	3/4 cup	100	296	90	26.65	24.43	10.24	3.97	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	16.74	16.96	11.75	4.87	0.00
Quick Baked Potato MS1084	1/2 potato	225	91	0	2.16	18.29	1.2	0.14	0.00
Green Peas, Frozen MS1070	1/2 cup	50	91	0	4.92	13.67	2.04	0.86	0.00
Sweet Potatoes, Cubes MS1129	1/2 cup	100	89	0	0.99	12.87	3.96	0.25	0.00
Pineapple, Fresh Cubes MS1293	1/2 cup	100	73	0	0.78	19.04	0.17	0.01	0.00
Fresh Bananas MS1220	1 each	100	105	0	1.29	26.95	0.39	0.13	0.00
Applesauce, MS1204	1/2 cup	100	59	0	0.24	15.62	0.07	0.01	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	100	160	0	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	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			561	93	34.51	74.43	14.73	6.66	0.00
% of Calories					24.6%	53.1%	23.6%	10.7%	0.0%
Nutrient Guideline			600-700					<10.00	

Fri - 10/07/2016									
AMS Lunch	Total	350							
Hamburger 2.5 oz Patty WGMS775	1 each	250	268	38	19.94	29.51	9.65	3.21	0.00
Beef -A- Roni MS114	3/4 cup	100	309	64	23.42	26.0	12.87	5.31	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	2.72	17.69	6.05	0.27	0.08
Mixed Vegetables MS1060	1/2 cup	50	77	0	3.04	12.18	1.79	0.81	0.00
Broccoli Spears, Steamed MS1014	1/2 cup	50	39	0	2.53	4.38	1.87	0.82	0.00
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	0.53	16.28	0.1	0.01	0.00
Fruit Cocktail MS1248	1/2 cup	50	58	0	0.51	14.91	0.09	0.01	0.00
Toast, Garlic WW MS1351	1 slice	100	100	0	4.0	15.0	2.5	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	300	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	500	40	5	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	500	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			629	59	31.32	76.91	23.51	5.59	0.07
% of Calories					19.9%	48.9%	33.6%	8.0%	0.1%
Nutrient Guideline			600-700					<10.00	

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Tue - 10/11/2016									
AMS Lunch	Total	350							
Spaghetti & MeatSauce MS178	1 serving	150	355	60	23.85	38.53	11.37	4.11	0.00
Spicy Chicken Sand MS736	1 each	175	321	30	21.28	39.19	10.85	2.25	0.02
Chef Salad, Elementary, MS601	1 salad	25	237	147	16.74	16.96	11.75	4.87	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	101	0	2.76	19.66	2.75	0.99	0.00
Glazed Carrots MS1018	1/2 cup	50	56	0	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	1.18	6.03	0.12	0.02	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	1.0	19.0	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	1.0	36.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Toast, Garlic WW MS1351	1 slice	150	100	0	4.0	15.0	2.5	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	175	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	300	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	350	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			683	65	32.09	97.42	20.27	4.97	0.01
% of Calories					18.8%	57.1%	26.7%	6.5%	0.0%
Nutrient Guideline			600-700					<10.00	

Wed - 10/12/2016									
AMS Lunch	Total	370							
Chicken Mandarin MS570	1 Serving	250	173	46	12.66	21.87	3.45	0.58	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	250	119	0	3.32	25.28	0.58	0.11	0.00
Sloppy Joe on WW Bun,MS791	1 each	100	320	58	22.92	32.61	11.9	4.03	0.00
Chicken Fajita SaladUSDA MS605	1 salad	20	407	82	26.84	29.81	19.8	9.47	0.00
Green Beans, Canned, MS1036	1/2 cup	175	41	0	1.3	4.45	1.79	0.21	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	100	43	0	3.27	7.67	0.58	0.02	0.00
Hot Cinnamon Apples MS1208	1/2 cup	100	118	0	0.42	21.92	3.57	1.62	0.00
Fruit Cocktail MS1248	1/2 cup	75	58	0	0.51	14.91	0.09	0.01	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	0.4	18.34	0.07	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	100	5	0	0.0	1.0	0.0	0.00	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	200	10	0	0.0	3.0	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			509	61	25.84	75.32	11.90	3.32	0.00
% of Calories					20.3%	59.2%	21.1%	5.9%	0.0%
Nutrient Guideline			600-700					<10.00	

Thu - 10/13/2016									
AMS Lunch	Total	350							
Pizza in a Bread Bowl MS717	1 each	150	336	45	20.48	31.78	15.04	5.54	0.00
Grilled Chicken Sandwich MS764	1 each	175	286	60	25.29	30.22	6.55	1.51	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	16.74	16.96	11.75	4.87	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	250	136	0	1.05	21.98	8.37	1.05	0.00
Lima Beans Dried CanMS1005	1/2 cup	50	145	0	7.24	21.65	1.96	0.61	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	30	45	0	0.67	9.95	0.17	0.03	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Chilled Pears MS1282	1/2 cup	50	69	0	0.23	18.23	0.04	0.00	0.00
Pineapple, Fresh Cubes MS1293	1/2 cup	100	73	0	0.78	19.04	0.17	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	50	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	300	35	4	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	500	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			617	71	30.85	84.22	20.44	4.86	0.00
% of Calories					20.0%	54.6%	29.8%	7.1%	0.0%
Nutrient Guideline			600-700					<10.00	

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Fri - 10/14/2016									
AMS Lunch	Total	350							
Hamburger 2.5 oz Patty WGMS775	1 each	250	268	38	19.94	29.51	9.65	3.21	0.00
Huntington Chicken MS558	3/4 cup	100	296	90	26.65	24.43	10.24	3.97	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	2.72	17.69	6.05	0.27	0.08
Green Peas, Frozen MS1070	1/2 cup	50	91	0	4.92	13.67	2.04	0.86	0.00
Chilled Pears MS1282	1/2 cup	50	69	0	0.23	18.23	0.04	0.00	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	1.0	19.0	0.0	0.00	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	100	160	0	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	250	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	250	40	5	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	600	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			619	63	32.24	81.30	19.78	4.74	0.07
% of Calories					20.8%	52.5%	28.8%	6.9%	0.1%
Nutrient Guideline			600-700					<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/17/2016									
AMS Lunch	Total	375							
Chees Brdstck w/ Marinar MS932	1 stick w/sauce	250	165	5	7.0	21.0	6.0	2.00	0.00
CHICKEN ALFREDO WITH A TWIST	1 CUP	100	345	69	29.71	40.86	8.17	3.59	0.02
Chef Salad, Elementary, MS601	1 salad	25	237	147	16.74	16.96	11.75	4.87	0.00
Quick Baked Potato MS1084	1/2 potato	225	91	0	2.16	18.29	1.2	0.14	0.00
Green Peas, Frozen MS1070	1/2 cup	50	91	0	4.92	13.67	2.04	0.86	0.00
Mixed Vegetables MS1060	1/2 cup	50	77	0	3.04	12.18	1.79	0.81	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	1.18	6.03	0.12	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	0.53	16.28	0.1	0.01	0.00
Fresh Apple MS1206	1 each	100	72	0	0.36	19.06	0.23	0.04	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	0.27	18.91	0.04	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			423	38	21.91	65.15	9.01	3.37	0.01
% of Calories					20.7%	61.6%	19.2%	7.2%	0.0%
Nutrient Guideline			600-700					<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)
Tue - 10/18/2016									
AMS Lunch	Total	375							
La Pantera Dip with Chips	1 serving	250	1028	136	37.88	50.9	72.72	29.65	0.00
BBQ Pulled Pork Burger MS718	1 each	100	304	54	21.2	31.13	11.48	3.67	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	150	132	0	6.3	29.99	0.55	0.10	0.00
Rice, Fiesta, MS1345	1/2 cup	100	128	0	3.96	24.52	1.72	0.23	0.00
Creamy Coleslaw, MS 1116	1/2 cup	25	72	6	0.74	11.19	3.14	0.32	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	0.86	6.76	0.16	0.02	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	0.4	18.34	0.07	0.01	0.00
Fruit Cocktail MS1248	1/2 cup	50	58	0	0.51	14.91	0.09	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			997	117	42.56	83.96	54.08	21.77	0.00
% of Calories					17.1%	33.7%	48.8%	19.7%	0.0%
Nutrient Guideline			600-700					<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 - 10/19/2016									
AMS Lunch	Total	350							
Chicken Nuggets,Fried MS534	5 nuggets	300	278	55	15.97	15.97	15.89	2.89	0.00
Hamburger Steak W/GravyMS144	1 steak	50	146	38	13.7	4.99	8.42	3.52	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
Black-Eyed Peas DryCMS1006	1/2 cup	50	165	0	12.4	28.9	0.71	0.01	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	2.48	3.43	3.33	0.24	0.00
Applesauce, MS1204	1/2 cup	100	59	0	0.24	15.62	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Broccoli Salad Grapes MS1110	2/3 cup	25	133	16	3.4	13.23	8.22	1.23	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	300	160	0	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	600	45	3	0.0	7.0	2.0	0.33	0.00
Weighted Daily Average			743	66	29.66	98.61	25.36	6.03	0.00
% of Calories					16.0%	53.1%	30.7%	7.3%	0.0%
Nutrient Guideline			600-700					<10.00	

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AMS Lunch

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 - 10/20/2016									
AMS Lunch	Total	350							
Tater Tot Casserole	1 serving	150	286	22	10.61	24.75	17.22	5.70	*0.00
Spicy Chicken Sand MS736	1 each	175	321	30	21.28	39.19	10.85	2.25	0.02
Grilled Chicken Sandwich MS764	1 each	25	286	60	25.29	30.22	6.55	1.51	0.00
Green Beans, Canned, MS1036	1/2 cup	175	41	0	1.3	4.45	1.79	0.21	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	100	89	0	0.99	12.87	3.96	0.25	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	1.18	6.03	0.12	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Peaches, FRZ, PC, MS1275	1/2 cup	100	80	0	1.0	19.0	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	400	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	50	35	4	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	350	40	5	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	400	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			546	41	24.43	69.57	20.50	4.83	*0.01
% of Calories					17.9%	50.9%	33.8%	8.0%	*0.0%
Nutrient Guideline			600-700					<10.00	

Fri - 10/21/2016									
AMS Lunch	Total	350							
Corn Dog Nuggets MS406	6 nuggets	250	282	45	9.08	27.23	15.13	11.09	0.00
Chicken Fajitas USDA, MS527	1 fajita	100	284	79	25.34	21.06	11.23	6.60	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	2.72	17.69	6.05	0.27	0.08
Baked Beans, SpiceBlend MS1002	1/2 cup	100	132	0	6.3	29.99	0.55	0.10	0.00
Fruit Slush, FRZ,Pouch,MS1296	1/2 cup	150	60	0	0.0	17.0	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	100	105	0	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	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
Sauce, Taco. PC MS1558	1 packet	200	5	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			603	62	24.11	83.71	20.23	10.57	0.07
% of Calories					16.0%	55.5%	30.2%	15.8%	0.1%
Nutrient Guideline			600-700					<10.00	

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AMS Lunch

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 - 10/24/2016									
AMS Lunch	Total	375							
Chili Cheese Corn Chips MS128	Serving	300	424	79	27.21	20.02	26.72	11.64	0.00
Ham & Cheese on Bun MS768	1 each	50	281	44	19.71	28.92	11.49	5.98	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	16.74	16.96	11.75	4.87	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	101	0	2.76	19.66	2.75	0.99	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	100	89	0	0.99	12.87	3.96	0.25	0.00
Refried Beans, MS1038	1/2 cup	50	142	4	8.02	21.33	2.97	1.47	0.00
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	0.53	16.28	0.1	0.01	0.00
Chilled Pears MS1282	1/2 cup	50	69	0	0.23	18.23	0.04	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			589	86	33.80	55.58	27.18	11.59	0.00
% of Calories					23.0%	37.8%	41.6%	17.7%	0.0%
Nutrient Guideline			600-700					<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/25/2016									
AMS Lunch	Total	400							
Stromboli Supreme MS418	1 slice	300	352	53	22.58	30.02	15.92	7.26	0.00
BBQ Rib Sandwich Brush MS720	1 each	75	388	40	21.0	43.84	16.5	5.00	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Potato Rounds, Fried MS1096	1/2 cup	300	209	0	1.27	20.32	13.33	1.59	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	100	132	0	6.3	29.99	0.55	0.10	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	25	31	0	1.18	6.03	0.12	0.02	0.00
Fruit Cocktail MS1248	1/2 cup	75	58	0	0.51	14.91	0.09	0.01	0.00
Pineapple, Fresh Cubes MS1293	1/2 cup	100	73	0	0.78	19.04	0.17	0.01	0.00
Fresh Apple MS1206	1 each	100	72	0	0.36	19.06	0.23	0.04	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	150	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Chipolte,MS1570	PC Packet	50	35	4	0.0	3.0	2.5	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	100	40	5	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	600	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			709	60	31.16	85.75	28.11	8.58	0.00
% of Calories					17.6%	48.4%	35.7%	10.9%	0.0%
Nutrient Guideline			600-700					<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 3, 2016 thru Oct 31, 2016

AMS Lunch

Generated on: 9/28/2016 9:45:39 AM

	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									
AMS Lunch	Total	375							
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	200	310	25	17.0	39.0	10.0	4.50	0.00
Chicken and Dumplings,Br,MS522	3/4 cup	150	247	54	22.0	18.67	9.15	4.16	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	16.74	16.96	11.75	4.87	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	101	0	2.76	19.66	2.75	0.99	0.00
Lima Beans Dried CanMS1005	1/2 cup	50	145	0	7.24	21.65	1.96	0.61	0.00
Hot Cinnamon Apples MS1208	1/2 cup	100	118	0	0.42	21.92	3.57	1.62	0.00
Chilled Pears Diced MS1283	1/2 cup	75	78	0	0.26	20.69	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			496	51	27.12	69.59	13.06	5.81	0.00
% of Calories					21.9%	56.1%	23.7%	10.5%	0.0%
Nutrient Guideline			600-700					<10.00	

	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									
AMS Lunch	Total	325							
Quesadilla, Purchased, MS170	1 portion	150	260	10	15.0	30.0	10.0	3.00	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	150	115	21	1.17	4.1	10.27	1.17	0.00
Beef -A- Roni MS114	3/4 cup	150	309	64	23.42	26.0	12.87	5.31	0.00
Chef Salad, Elementary, MS601	1 salad	25	237	147	16.74	16.96	11.75	4.87	0.00
Quick Baked Potato MS1084	1/2 potato	225	91	0	2.16	18.29	1.2	0.14	0.00
Lima Beans Dried CanMS1005	1/2 cup	50	145	0	7.24	21.65	1.96	0.61	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	0.86	6.76	0.16	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	0.53	16.28	0.1	0.01	0.00
Fresh Bananas MS1220	1 each	100	105	0	1.29	26.95	0.39	0.13	0.00
Applesauce, MS1204	1/2 cup	100	59	0	0.24	15.62	0.07	0.01	0.00
Toast, Garlic WW MS1351	1 slice	150	100	0	4.0	15.0	2.5	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			632	63	31.07	84.95	19.50	5.72	0.00
% of Calories					19.7%	53.8%	27.8%	8.2%	0.0%
Nutrient Guideline			600-700					<10.00	

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

AMS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/28/2016									
AMS Lunch	Total	350							
Cheeseburger 2.5 oz PattyMS728	1 each	250	323	52	23.24	29.93	14.15	6.03	0.00
Chicken Spaghetti MS542	3/4 cup	100	307	58	26.22	37.41	5.68	1.78	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	2.72	17.69	6.05	0.27	0.08
Green Peas, Frozen MS1070	1/2 cup	50	91	0	4.92	13.67	2.04	0.86	0.00
California Vegetables MS1054	1/2 cup	50	50	0	2.27	5.67	1.78	0.81	0.00
Applesauce, MS1204	1/2 cup	100	59	0	0.24	15.62	0.07	0.01	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	1.0	36.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	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
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	500	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	500	40	5	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	500	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			746	67	35.08	99.61	24.89	6.62	0.07
% of Calories					18.8%	53.4%	30.0%	8.0%	0.1%
Nutrient Guideline			600-700					<10.00	

Mon - 10/31/2016									
AMS Lunch	Total	350							
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
Hamburger Steak W/GravyMS144	1 steak	50	146	38	13.7	4.99	8.42	3.52	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
Pinto Beans MS912	1/2 cup	50	146	0	8.15	26.17	1.35	0.28	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	2.48	3.43	3.33	0.24	0.00
Rosey Applesauce MS1212	1/2 cup	100	70	0	0.4	18.34	0.07	0.01	0.00
Chilled Pears MS1282	1/2 cup	50	69	0	0.23	18.23	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	300	160	0	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	100	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

AMS Lunch

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			732	133	35.49	79.77	30.77	7.15	0.00
% of Calories					19.4%	43.6%	37.8%	8.8%	0.0%
Nutrient Guideline			600-700					<10.00	

Weighted Average			654	72	31.49	82.16	23.18	7.55	*0.02
					19.3%	50.2%	31.9%	10.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	654		600 - 700	100%				
Cholesterol (mg)	72							
Protein (g)	31.49	19.25%						
Carbohydrate (g)	82.16	50.24%						
Total Fat (g)	23.18	31.89%						
Saturated Fat (g)	7.55	10.39%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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