

Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 3, 2016 thru Oct 31, 2016

WES Lunch

Generated on: 9/27/2016 2:08:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/03/2016									
WES Lunch	Total	370							
Huntington Chicken MS558	3/4 cup	120	296	90	26.65	24.43	10.24	3.97	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	90	160	0	4.0	29.0	3.0	0.50	0.00
Hamburger 2.5 oz Patty WGMS775	1 each	225	268	38	19.94	29.51	9.65	3.21	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	2.72	17.69	6.05	0.27	0.08
Carrots, Baby w/ Dip, MS#1017	1/2 cup	72	45	0	0.67	9.95	0.17	0.03	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	60	43	0	3.27	7.67	0.58	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	200	65	0	0.54	17.49	0.04	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	100	72	0	0.5	18.87	0.1	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	25	5	0	0.0	1.0	0.0	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			645	65	35.59	91.32	16.71	4.42	0.07
% of Calories					22.1%	56.6%	23.3%	6.2%	0.1%
Nutrient Guideline			550-650					<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 - 10/04/2016									
WES Lunch	Total	365							
Beef Taco w/Soft Taco, MS109	1 taco	240	285	55	20.37	20.9	13.09	6.29	0.00
Ham & Cheese Sandwich MS770	1 each	100	274	45	23.2	31.89	7.57	3.46	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	2.76	19.66	2.75	0.99	0.00
Refried Beans, MS1038	1/2 cup	25	142	4	8.02	21.33	2.97	1.47	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	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
Mandarin Fruit Cup MS1254	1/2 cup	200	62	0	0.53	16.28	0.1	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Sauce, Taco. PC MS1558	1 packet	50	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	25	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

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

WES 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			552	62	33.13	75.25	14.26	6.59	0.00
% of Calories					24.0%	54.5%	23.2%	10.7%	0.0%
Nutrient Guideline			550-650					<10.00	

Wed - 10/05/2016									
WES Lunch	Total	375							
Hamburger Steak W/GravyMS144	1 steak	75	146	38	13.7	4.99	8.42	3.52	0.00
Chicken Nuggets,Fried MS534	5 nuggets	225	278	55	15.97	15.97	15.89	2.89	0.00
Chicken Bakd,Lemon Peppr MS504	1 serving	75	270	100	31.0	0.0	15.0	4.50	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	150	160	0	4.0	29.0	3.0	0.50	0.00
Mashed Potatoes MS1078	1/2 cup	280	91	0	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	25	57	0	2.48	3.43	3.33	0.24	0.00
Lima Beans Dried CanMS1005	1/2 cup	25	145	0	7.24	21.65	1.96	0.61	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	25	89	0	0.99	12.87	3.96	0.25	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	0.4	18.34	0.07	0.01	0.00
Banana Berry Blend MS1224	1/2 cup	100	98	0	1.2	24.27	0.21	0.07	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	50	45	3	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	200	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			615	68	31.42	79.31	18.70	4.79	0.00
% of Calories					20.4%	51.6%	27.4%	7.0%	0.0%
Nutrient Guideline			550-650					<10.00	

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

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Amory School District

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Base Menu Spreadsheet

WES 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)
Thu - 10/06/2016									
WES Lunch	Total	370							
Tater Tot Casserole	1 serving	120	286	22	10.61	24.75	17.22	5.70	*0.00
Chicken Patty Sand Baked MS732	1 each	225	359	55	22.29	43.22	11.71	2.23	0.02
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
California Vegetables MS1054	1/2 cup	30	50	0	2.27	5.67	1.78	0.81	0.00
Green Beans, Canned, MS1036	1/2 cup	150	41	0	1.3	4.45	1.79	0.21	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	0.68	4.94	0.12	0.02	0.00
Raisins, Flavored, MS1291	Packages	120	140	0	1.0	36.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	120	84	0	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	120	95	0	0.25	23.44	0.08	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	10	5	0	0.0	1.0	0.0	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			604	54	29.00	89.58	15.41	4.21	*0.01
% of Calories					19.2%	59.3%	23.0%	6.3%	*0.0%
Nutrient Guideline			550-650					<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/07/2016									
WES Lunch	Total	375							
Sloppy Joe on WW Slider,MS790	1 slider	100	286	58	22.21	24.23	11.93	4.04	0.00
Hot Dog WG MS778	1 each	275	300	35	11.0	24.0	17.5	6.00	0.00
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	30	72	6	0.74	11.19	3.14	0.32	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	1.18	6.03	0.12	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	200	62	0	0.53	16.28	0.1	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	0.27	18.91	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	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	75	5	0	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	275	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			557	49	25.34	77.60	17.16	5.89	0.00
% of Calories					18.2%	55.8%	27.7%	9.5%	0.0%
Nutrient Guideline			550-650					<10.00	

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Portion Values - Detailed

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Oct 3, 2016 thru Oct 31, 2016

WES Lunch

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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)
Tue - 10/11/2016									
WES Lunch	Total	375							
La Pantera Dip with Chips Elem	1 serving (4oz)	125	686	90	25.25	33.93	48.48	19.77	0.00
Turkey & Cheese Sand. w/ chips	1 each	250	417	37	18.58	49.11	16.67	6.66	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	2.76	19.66	2.75	0.99	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	1.18	6.03	0.12	0.02	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	45	0	0.67	9.95	0.17	0.03	0.00
Chilled Peach Slices MS1274	1/2 cup	200	65	0	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	200	84	0	0.87	21.72	0.24	0.05	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	50	5	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			782	63	31.37	98.82	30.01	11.98	0.00
% of Calories					16.0%	50.5%	34.5%	13.8%	0.0%
Nutrient Guideline			550-650					<10.00	

Wed - 10/12/2016									
WES Lunch	Total	400							
Chicken Nuggets,Fried MS534	5 nuggets	250	278	55	15.97	15.97	15.89	2.89	0.00
Chicken Bakd,Lemon Pepr MS504	1 serving	75	270	100	31.0	0.0	15.0	4.50	0.00
Hamburger Steak W/GravyMS144	1 steak	75	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
Sweet Potatoes,Cubes MS1129	1/2 cup	50	89	0	0.99	12.87	3.96	0.25	0.00
Turnip Greens, Southern MS1046	1/2 cup	25	57	0	2.48	3.43	3.33	0.24	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	25	165	0	12.4	28.9	0.71	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	200	70	0	0.4	18.34	0.07	0.01	0.00
Raisins, Flavored, MS1291	Packages	150	140	0	1.0	36.0	0.0	0.00	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	180	160	0	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	250	45	3	0.0	7.0	2.0	0.33	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			691	69	31.38	95.18	20.47	5.38	0.00
% of Calories					18.2%	55.1%	26.7%	7.0%	0.0%
Nutrient Guideline			550-650					<10.00	

Thu - 10/13/2016									
WES Lunch	Total	425							
Chicken Mandarin MS570	1 Serving	275	173	46	12.66	21.87	3.45	0.58	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	275	119	0	3.32	25.28	0.58	0.11	0.00
Ham & Cheese Sandwich MS770	1 each	125	274	45	23.2	31.89	7.57	3.46	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	2.76	19.66	2.75	0.99	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	0.68	4.94	0.12	0.02	0.00
Glazed Carrots MS1018	1/2 cup	30	56	0	1.03	9.28	1.87	0.82	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	272	95	0	0.25	23.44	0.08	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	25	71	0	0.27	18.91	0.04	0.00	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	180	160	0	4.0	29.0	3.0	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	25	5	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			615	55	29.85	104.50	9.38	2.97	0.00
% of Calories					19.4%	67.9%	13.7%	4.3%	0.0%
Nutrient Guideline			550-650					<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)
Fri - 10/14/2016									
WES Lunch	Total	325							
Hot Dog WG MS778	1 each	100	300	35	11.0	24.0	17.5	6.00	0.00
Hamburger 2.5 oz Patty WGMS775	1 each	225	268	38	19.94	29.51	9.65	3.21	0.00
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	30	72	6	0.74	11.19	3.14	0.32	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	45	0	0.67	9.95	0.17	0.03	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	2.72	17.69	6.05	0.27	0.08
Tossed Salad w/Drsg MS1126	1/2 cup	30	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
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	0.53	16.28	0.1	0.01	0.00
Applesauce, MS1204	1/2 cup	100	59	0	0.24	15.62	0.07	0.01	0.00
Ice Cream Variety Luvel MS	Cup 3 Oz.	325	67	10	2.0	11.67	1.0	0.50	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	50	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	50	5	0	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	400	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			787	57	34.89	120.35	20.62	5.37	0.08
% of Calories					17.7%	61.2%	23.6%	6.1%	0.1%
Nutrient Guideline			550-650					<10.00	

Mon - 10/17/2016									
WES Lunch	Total	355							
Pizza, Stuffed Crust MS304	1 slice	300	330	20	17.0	35.0	14.0	4.50	0.00
Chicken Fajitas USDA, MS527	1 fajita	30	284	79	25.34	21.06	11.23	6.60	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Glazed Carrots MS1018	1/2 cup	25	56	0	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	1.18	6.03	0.12	0.02	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	2.76	19.66	2.75	0.99	0.00
Applesauce, MS1204	1/2 cup	150	59	0	0.24	15.62	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	84	0	0.87	21.72	0.24	0.05	0.00
Fruit Crisp MS1412	1 serving	75	273	0	2.47	45.51	9.5	4.15	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.LuMS1708	1/2 pint	75	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

WES 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			647	37	30.22	93.74	18.12	6.71	0.00
% of Calories					18.7%	58.0%	25.2%	9.3%	0.0%
Nutrient Guideline			550-650					<10.00	

Tue - 10/18/2016									
WES Lunch	Total		375						
Nachos Grande MS168	1 serving		250	58	18.45	25.42	22.45	7.52	0.00
Ham & Cheese Sandwich MS770	1 each		100	45	23.2	31.89	7.57	3.46	0.00
Grilled Chicken Salad MS620	1 salad		25	82	34.33	40.01	13.28	6.94	0.00
Garden Salad w/Dressing MS1118	1/2 cup		30	0	0.68	4.94	0.12	0.02	0.00
Green Beans, Canned, MS1036	1/2 cup		150	0	1.3	4.45	1.79	0.21	0.00
Mandarin Fruit Cup MS1254	1/2 cup		150	0	0.53	16.28	0.1	0.01	0.00
Fresh Fruit Bowl Variety MS1244	1 each		100	0	0.87	21.72	0.24	0.05	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup		70	0	0.67	9.95	0.17	0.03	0.00
Fruit Juice, Frozen Cup, MS1247	1/2 cup		270	0	0.25	23.44	0.08	0.01	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint		300	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. Lu MS1708	1/2 pint		75	16	8.61	11.83	2.69	1.61	0.00
Sauce, Taco. PC MS1558	1 packet		25	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet		20	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet		20	0	0.0	1.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet		100	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			628	63	30.22	83.07	19.54	6.87	0.00
% of Calories					19.3%	52.9%	28.0%	9.8%	0.0%
Nutrient Guideline			550-650					<10.00	

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

WES 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)
Wed - 10/19/2016									
WES Lunch	Total	320							
Chicken Nuggets, Fried MS534	5 nuggets	250	278	55	15.97	15.97	15.89	2.89	0.00
Hamburger Steak W/GravyMS144	1 steak	70	146	38	13.7	4.99	8.42	3.52	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	180	160	0	4.0	29.0	3.0	0.50	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
Sweet Potatoes, Cubes MS1129	1/2 cup	50	89	0	0.99	12.87	3.96	0.25	0.00
Turnip Greens, Southern MS1046	1/2 cup	25	57	0	2.48	3.43	3.33	0.24	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	0.4	18.34	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	0.87	21.72	0.24	0.05	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	200	45	3	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	200	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			718	62	31.39	98.38	21.73	5.59	0.00
% of Calories					17.5%	54.8%	27.2%	7.0%	0.0%
Nutrient Guideline			550-650					<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 - 10/20/2016									
WES Lunch	Total	375							
Turkey & Cheese Hoagie MS793	Sandwiches	125	298	37	16.58	38.13	9.52	5.66	0.00
Spaghetti & MeatSauce MS178	1 serving	225	355	60	23.85	38.53	11.37	4.11	0.00
Bread, 1WGR, Toast, MS1604	1slice	150	70	0	3.0	14.0	0.58	0.00	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Green Peas, Frozen MS1070	1/2 cup	50	91	0	4.92	13.67	2.04	0.86	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	2.76	19.66	2.75	0.99	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	1.18	6.03	0.12	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	200	62	0	0.53	16.28	0.1	0.01	0.00
Fresh Bananas MS1220	1 each	150	105	0	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	25	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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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

WES 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			644	61	34.47	98.05	13.88	5.87	0.00
% of Calories					21.4%	60.9%	19.4%	8.2%	0.0%
Nutrient Guideline			550-650					<10.00	

Fri - 10/21/2016									
WES Lunch	Total	350							
Meatballs, BBQ/Hoagie,Br,MS740	5 meatballs	100	309	33	15.92	47.19	5.67	2.13	0.00
Corn Dog Nuggets MS406	6 nuggets	250	282	45	9.08	27.23	15.13	11.09	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	0.68	4.94	0.12	0.02	0.00
Creamy Coleslaw, MS 1116	1/2 cup	30	72	6	0.74	11.19	3.14	0.32	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	150	132	0	6.3	29.99	0.55	0.10	0.00
Pineapple Tidbits MS1286	1/2 cup	150	72	0	0.5	18.87	0.1	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	125	84	0	0.87	21.72	0.24	0.05	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	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
Ketchup PC MS1528	1 packet	200	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			558	50	23.09	87.26	13.65	8.97	0.00
% of Calories					16.6%	62.6%	22.0%	14.5%	0.0%
Nutrient Guideline			550-650					<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 3, 2016 thru Oct 31, 2016

WES Lunch

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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)
Mon - 10/24/2016									
WES Lunch	Total	395							
Huntington Chicken MS558	3/4 cup	120	296	90	26.65	24.43	10.24	3.97	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	90	160	0	4.0	29.0	3.0	0.50	0.00
Hamburger 2.5 oz Patty WGMS775	1 each	250	268	38	19.94	29.51	9.65	3.21	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	300	135	0	2.72	17.69	6.05	0.27	0.08
Carrots, Baby w/ Dip, MS#1017	1/2 cup	70	45	0	0.67	9.95	0.17	0.03	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	60	43	0	3.27	7.67	0.58	0.02	0.00
Chilled Peach Slices MS1274	1/2 cup	200	65	0	0.54	17.49	0.04	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	150	72	0	0.5	18.87	0.1	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	25	5	0	0.0	1.0	0.0	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			630	64	34.66	89.74	16.27	4.34	0.06
% of Calories					22.0%	57.0%	23.2%	6.2%	0.1%
Nutrient Guideline			550-650					<10.00	

Tue - 10/25/2016									
WES Lunch	Total	413							
Beef Taco w/Soft Taco, MS109	1 taco	275	285	55	20.37	20.9	13.09	6.29	0.00
Ham & Cheese Sandwich MS770	1 each	120	274	45	23.2	31.89	7.57	3.46	0.00
Grilled Chicken Salad MS620	1 salad	18	429	82	34.33	40.01	13.28	6.94	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	200	101	0	2.76	19.66	2.75	0.99	0.00
Refried Beans, MS1038	1/2 cup	25	142	4	8.02	21.33	2.97	1.47	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	1.18	6.03	0.12	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	150	84	0	0.87	21.72	0.24	0.05	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	0.53	16.28	0.1	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Sauce, Taco. PC MS1558	1 packet	50	5	0	0.0	1.0	0.0	0.00	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	25	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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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

WES 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			521	60	31.59	69.80	13.87	6.41	0.00
% of Calories					24.3%	53.6%	24.0%	11.1%	0.0%
Nutrient Guideline			550-650					<10.00	

Wed - 10/26/2016									
WES Lunch	Total	375							
Hamburger Steak W/GravyMS144	1 steak	75	146	38	13.7	4.99	8.42	3.52	0.00
Chicken Nuggets,Fried MS534	5 nuggets	225	278	55	15.97	15.97	15.89	2.89	0.00
Chicken Bakd,Lemon Pepr MS504	1 serving	75	270	100	31.0	0.0	15.0	4.50	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	150	160	0	4.0	29.0	3.0	0.50	0.00
Mashed Potatoes MS1078	1/2 cup	275	91	0	2.35	15.67	2.29	1.04	0.00
Turnip Greens, Southern MS1046	1/2 cup	50	57	0	2.48	3.43	3.33	0.24	0.00
Lima Beans Dried CanMS1005	1/2 cup	25	145	0	7.24	21.65	1.96	0.61	0.00
Sweet Potatoes,Cubes MS1129	1/2 cup	25	89	0	0.99	12.87	3.96	0.25	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Rosey Applesauce MS1212	1/2 cup	150	70	0	0.4	18.34	0.07	0.01	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	50	45	3	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	200	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			592	68	31.24	72.86	18.83	4.78	0.00
% of Calories					21.1%	49.3%	28.6%	7.3%	0.0%
Nutrient Guideline			550-650					<10.00	

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

WES 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 - 10/27/2016									
WES Lunch	Total	375							
Tater Tot Casserole	1 serving	150	286	22	10.61	24.75	17.22	5.70	*0.00
Chicken Patty Sand Baked MS732	1 each	200	359	55	22.29	43.22	11.71	2.23	0.02
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	0.00
California Vegetables MS1054	1/2 cup	50	50	0	2.27	5.67	1.78	0.81	0.00
Green Beans, Canned, MS1036	1/2 cup	150	41	0	1.3	4.45	1.79	0.21	0.00
Garden Salad w/Dressing MS1118	1/2 cup	30	25	0	0.68	4.94	0.12	0.02	0.00
Raisins, Flavored, MS1291	Packages	125	140	0	1.0	36.0	0.0	0.00	0.00
Fresh Fruit Bowl Variety MS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup, MS1247	1/2 cup	250	95	0	0.25	23.44	0.08	0.01	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. Lu MS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	25	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	10	5	0	0.0	1.0	0.0	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			628	51	28.16	95.23	15.91	4.50	*0.01
% of Calories					17.9%	60.7%	22.8%	6.5%	*0.0%
Nutrient Guideline			550-650					<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									
WES Lunch	Total	350							
Sloppy Joe on WW Slider, MS790	1 slider	100	286	58	22.21	24.23	11.93	4.04	0.00
Hot Dog WG MS778	1 each	250	300	35	11.0	24.0	17.5	6.00	0.00
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	30	72	6	0.74	11.19	3.14	0.32	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	30	31	0	1.18	6.03	0.12	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	200	62	0	0.53	16.28	0.1	0.01	0.00
Chilled Blushing Pears, MS1276	1/2 cup	50	71	0	0.27	18.91	0.04	0.00	0.00
Fresh Fruit Bowl Variety MS1244	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	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. Lu MS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Mustard, PC, MS1538	1 packet	75	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			573	50	26.36	80.78	17.13	5.88	0.00
% of Calories					18.4%	56.4%	26.9%	9.2%	0.0%
Nutrient Guideline			550-650					<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 3, 2016 thru Oct 31, 2016

WES Lunch

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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 - 10/31/2016									
WES Lunch	Total	360							
Pizza, Stuffed Crust MS304	1 slice	300	330	20	17.0	35.0	14.0	4.50	0.00
Chicken Fajitas USDA, MS527	1 fajita	35	284	79	25.34	21.06	11.23	6.60	0.00
Grilled Chicken Salad MS620	1 salad	25	429	82	34.33	40.01	13.28	6.94	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	30	31	0	1.18	6.03	0.12	0.02	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	175	101	0	2.76	19.66	2.75	0.99	0.00
Fresh Grapes MS1226	1/2 cup	50	61	0	0.57	15.56	0.32	0.10	0.00
Applesauce, MS1204	1/2 cup	150	59	0	0.24	15.62	0.07	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	120	84	0	0.87	21.72	0.24	0.05	0.00
Orange Smiles MS1270	1/2 cup	125	77	0	1.53	19.19	0.2	0.03	0.00
Assorted Gelatin w/ Top MS1450	1/2 cup	325	89	0	1.07	19.38	1.12	1.12	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	300	130	5	8.0	23.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	75	108	16	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			691	38	31.03	107.04	17.08	6.87	0.00
% of Calories					18.0%	62.0%	22.3%	8.9%	0.0%
Nutrient Guideline			550-650					<10.00	

Weighted Average			634	57	30.72	90.39	17.44	5.92	*0.01
					19.4%	57.0%	24.8%	8.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	634		550 - 650	100%				
Cholesterol (mg)	57							
Protein (g)	30.72	19.39%						
Carbohydrate (g)	90.39	57.05%						
Total Fat (g)	17.44	24.76%						
Saturated Fat (g)	5.92	8.41%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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