

Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

EES 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									
EES Lunch	Total	350							
Macaroni&Cheese,w/ham pcMS412	1 serving	150	428	63	22.31	31.79	23.44	12.20	0.00
Chicken Patty Sand,Fried MS734	1 each	200	415	55	22.29	43.22	17.47	2.90	0.00
Green Beans, Canned, MS1036	1/2 cup	144	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 Spears,Steamed MS1014	1/2 cup	25	39	0	2.53	4.38	1.87	0.82	0.00
Chilled Peach Slices MS1274	1/2 cup	150	65	0	0.54	17.49	0.04	0.00	0.00
Orange Smiles MS1270	1/2 cup	150	77	0	1.53	19.19	0.2	0.03	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
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
Weighted Daily Average			624	68	29.94	73.03	24.32	7.91	0.00
% of Calories					19.2%	46.8%	35.1%	11.4%	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)
Tue - 10/04/2016									
EES Lunch	Total	373							
Chicken Wings,Bless,Brig MS540	5 Chunks	325	284	54	23.37	22.44	10.01	1.46	0.00
Ham and Cheese Wrap Brg MS772	2 halves	48	303	61	23.98	23.19	14.21	7.96	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	2.72	17.69	6.05	0.27	0.08
Lima Beans Dried CanMS1005	1/2 cup	48	145	0	7.24	21.65	1.96	0.61	0.00
Raw Veggies w/Dip MS1124	1/2 cup	48	32	0	0.86	6.76	0.16	0.02	0.00
Mandarin Fruit Cup MS1254	1/2 cup	150	62	0	0.53	16.28	0.1	0.01	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	250	95	0	0.25	23.44	0.08	0.01	0.00
Yellow Cake from Mix, MS1436	Serving	320	132	24	1.8	24.6	3.0	0.60	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
Ketchup PC MS1528	1 packet	500	10	0	0.0	3.0	0.0	0.00	0.00
Ranch Dressing (Mix)MS1546	2 TBSP	325	115	21	1.17	4.1	10.27	1.17	0.00
Weighted Daily Average			811	100	35.06	103.23	27.83	4.56	0.07
% of Calories					17.3%	50.9%	30.9%	5.1%	0.1%
Nutrient Guideline			550-650					<10.00	

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EES Lunch

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)
Wed - 10/05/2016									
EES Lunch	Total	351							
Spaghetti & MeatSauce MS178	1 serving	300	355	60	23.85	38.53	11.37	4.11	0.00
Turkey & Cheese Wrap Brg MS798	1 wrap	36	291	51	18.93	24.5	14.18	7.84	0.00
Grilled Chicken Salad MS620	1 salad	15	429	82	34.33	40.01	13.28	6.94	0.00
Green Beans, Canned, MS1036	1/2 cup	144	41	0	1.3	4.45	1.79	0.21	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	144	101	0	2.76	19.66	2.75	0.99	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	20	31	0	1.18	6.03	0.12	0.02	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	110	65	0	0.03	15.5	0.0	0.00	0.00
Pineapple Tidbits MS1286	1/2 cup	96	72	0	0.5	18.87	0.1	0.01	0.00
Raisins, Flavored, MS1291	Packages	96	140	0	1.0	36.0	0.0	0.00	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	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			647	66	34.67	91.14	16.19	5.92	0.00
% of Calories					21.4%	56.3%	22.5%	8.2%	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 - 10/06/2016									
EES Lunch	Total	373							
Hamburger 2.5 oz Patty WGMS775	1 each	250	268	38	19.94	29.51	9.65	3.21	0.00
Broccoli Cheese&Rice CasMS1013	2/3 cup	75	177	13	8.76	22.07	6.87	3.63	0.00
Fruit and Yogurt Salad MS618	1 salad	48	453	32	14.66	63.8	15.43	6.77	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	2.72	17.69	6.05	0.27	0.08
Mixed Vegetables MS1060	1/2 cup	24	77	0	3.04	12.18	1.79	0.81	0.00
Raw Veggies w/Dip MS1124	1/2 cup	30	32	0	0.86	6.76	0.16	0.02	0.00
Chilled Pears Diced MS1283	1/2 cup	96	78	0	0.26	20.69	0.04	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	150	65	0	0.54	17.49	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
Ketchup PC MS1528	1 packet	600	10	0	0.0	3.0	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
Mustard, PC, MS1538	1 packet	250	5	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			559	42	25.19	78.36	18.06	4.78	0.06
% of Calories					18.0%	56.1%	29.1%	7.7%	0.1%
Nutrient Guideline			550-650					<10.00	

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EES 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)
Fri - 10/07/2016									
EES Lunch	Total	340							
Hot Dog WG MS778	1 each	240	300	35	11.0	24.0	17.5	6.00	0.00
BBQ Pork Sandwich MS716	1 each	100	274	53	19.07	30.33	9.92	3.27	0.00
Creamy Coleslaw, MS 1116	1/2 cup	40	72	6	0.74	11.19	3.14	0.32	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	72	132	0	6.3	29.99	0.55	0.10	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	2.72	17.69	6.05	0.27	0.08
Mandarin Fruit Cup MS1254	1/2 cup	100	62	0	0.53	16.28	0.1	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0.03	15.5	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
Ketchup PC MS1528	1 packet	600	10	0	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	400	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
Weighted Daily Average			646	51	23.34	85.38	24.05	6.25	0.07
% of Calories					14.5%	52.9%	33.5%	8.7%	0.1%
Nutrient Guideline			550-650					<10.00	

Tue - 10/11/2016									
EES Lunch	Total	395							
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	320	310	25	17.0	39.0	10.0	4.50	0.00
Chicken Spaghetti MS542	3/4 cup	75	307	58	26.22	37.41	5.68	1.78	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	144	160	0	4.0	29.0	3.0	0.50	0.00
Green Beans, Canned, MS1036	1/2 cup	40	41	0	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	30	56	0	1.03	9.28	1.87	0.82	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	50	43	0	3.27	7.67	0.58	0.02	0.00
Orange Smiles MS1270	1/2 cup	120	77	0	1.53	19.19	0.2	0.03	0.00
Rosey Applesauce MS1212	1/2 cup	144	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
Weighted Daily Average			507	37	26.66	75.64	11.44	4.68	0.00
% of Calories					21.0%	59.7%	20.3%	8.3%	0.0%
Nutrient Guideline			550-650					<10.00	

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EES 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)
Wed - 10/12/2016									
EES Lunch	Total	351							
Chicken Mandarin MS570	1 Serving	300	173	46	12.66	21.87	3.45	0.58	0.00
Rice, Asian Stir Fried, MS1348	1/2 cup	300	119	0	3.32	25.28	0.58	0.11	0.00
Turkey & Cheese on Bun MS796	1 each	36	268	37	16.58	29.12	11.01	5.66	0.00
Chef Salad, Elementary, MS601	1 salad	15	237	147	16.74	16.96	11.75	4.87	0.00
Green Beans, Canned, MS1036	1/2 cup	144	41	0	1.3	4.45	1.79	0.21	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 VarietyMS1244	1 each	100	84	0	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	200	95	0	0.25	23.44	0.08	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
Mayonnaise PC Reduce Ft MS1534	PC Packet	72	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	72	5	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			524	57	24.08	87.60	8.37	2.19	0.00
% of Calories					18.4%	66.9%	14.4%	3.8%	0.0%
Nutrient Guideline			550-650					<10.00	

Thu - 10/13/2016									
EES Lunch	Total	373							
Chicken and Dumplings,Br,MS522	3/4 cup	100	247	54	22.0	18.67	9.15	4.16	0.00
Hamburger 2.5 oz Patty WGMS775	1 each	225	268	38	19.94	29.51	9.65	3.21	0.00
Fruit and Yogurt Salad MS618	1 salad	48	453	32	14.66	63.8	15.43	6.77	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	2.72	17.69	6.05	0.27	0.08
Pinto Beans MS912	1/2 cup	24	146	0	8.15	26.17	1.35	0.28	0.00
Turnip Greens, Southern MS1046	1/2 cup	25	57	0	2.48	3.43	3.33	0.24	0.00
Cornbread 1 WG MS1300	1 piece	50	102	11	3.05	17.71	2.44	0.91	0.00
Banana Berry Blend MS1224	1/2 cup	40	98	0	1.2	24.27	0.21	0.07	0.00
Applesauce, MS1204	1/2 cup	250	59	0	0.24	15.62	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
Ketchup PC MS1528	1 packet	600	10	0	0.0	3.0	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
Mustard, PC, MS1538	1 packet	200	5	0	0.0	1.0	0.0	0.00	0.00

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EES 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)
Weighted Daily Average			589	52	28.82	80.35	18.50	5.00	0.06
% of Calories					19.6%	54.6%	28.3%	7.6%	0.1%
Nutrient Guideline			550-650					<10.00	

Fri - 10/14/2016									
EES Lunch	Total		380						
Corn Dog MS744	1 each		280	271	40	8.79	29.18	12.9	3.47
Cheesy Chicken Over/Rice MS516	1 serving		100	346	66	27.63	29.24	13.45	7.74
Quick Baked Potato MS1084	1/2 potato		250	91	0	2.16	18.29	1.2	0.14
Whole Kernel Corn, CND, MS1032	1/2 cup		144	101	0	2.76	19.66	2.75	0.99
Fruit Juice, Frozen Cup,MS1247	1/2 cup		288	95	0	0.25	23.44	0.08	0.01
Mandarin Fruit Cup MS1254	1/2 cup		100	62	0	0.53	16.28	0.1	0.01
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint		150	130	5	8.0	23.0	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint		100	108	16	8.61	11.83	2.69	1.61
Ketchup PC MS1528	1 packet		500	10	0	0.0	3.0	0.0	0.00
Mustard, PC, MS1538	1 packet		500	5	0	0.0	1.0	0.0	0.00
Weighted Daily Average			577	53	21.97	88.18	15.68	5.50	0.02
% of Calories					15.2%	61.1%	24.5%	8.6%	0.0%
Nutrient Guideline			550-650					<10.00	

Mon - 10/17/2016									
EES Lunch	Total		388						
La Pantera Dip with Chips Elem	1 serving (4oz)		240	686	90	25.25	33.93	48.48	19.77
Steak Fingers, Baked MS180	4 each		100	290	35	15.0	15.0	19.0	5.00
Fruit and Yogurt Salad MS618	1 salad		48	453	32	14.66	63.8	15.43	6.77
Broccoli w/Cheese Sauce MS1012	1/2 cup		48	43	0	3.27	7.67	0.58	0.02
Whole Kernel Corn, CND, MS1032	1/2 cup		144	101	0	2.76	19.66	2.75	0.99
Parsley Btr New Pot MS1082	1/2 cup		144	92	0	1.54	13.51	3.8	1.67
Fresh Fruit Bowl VarietyMS1244	1 each		200	84	0	0.87	21.72	0.24	0.05
Banana Berry Blend with Glaze	1/2 Cup		100	290	0	1.78	76.25	0.54	0.18
Applesauce, MS1204	1/2 cup		75	59	0	0.24	15.62	0.07	0.01
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint		150	130	5	8.0	23.0	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint		100	108	16	8.61	11.83	2.69	1.61
Ketchup PC MS1528	1 packet		200	10	0	0.0	3.0	0.0	0.00

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Weighted Daily Average			844	75	29.57	93.37	40.27	15.84	0.00
% of Calories					14.0%	44.2%	42.9%	16.9%	0.0%
Nutrient Guideline			550-650					<10.00	

Tue - 10/18/2016									
EES Lunch	Total	340							
Veggie Be Soup Sand ComboMS822	1 serving	300	439	44	22.53	46.22	19.64	6.53	0.00
Spinach Lasagna Roll Ups	1 Roll up	40	453	53	29.42	40.37	20.41	11.64	0.00
Baked Sweet Potato/Marg.MS1076	1 each	220	132	0	2.04	26.16	2.07	0.02	*0.00
Lima Beans Dried CanMS1005	1/2 cup	48	145	0	7.24	21.65	1.96	0.61	0.00
Grape Salad	1/2 Cup	100	127	8	1.8	20.89	4.55	*3.02	0.00
Fresh Apple MS1206	1 each	100	72	0	0.36	19.06	0.23	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0.03	15.5	0.0	0.00	0.00
Toast, Garlic WW MS1351	1 slice	50	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			756	54	32.99	104.50	23.90	*8.68	*0.00
% of Calories					17.5%	55.3%	28.5%	*10.3%	*0.0%
Nutrient Guideline			550-650					<10.00	

Wed - 10/19/2016									
EES Lunch	Total	380							
Chicken Nuggets,Fried MS534	5 nuggets	320	278	55	15.97	15.97	15.89	2.89	0.00
Hamburger Steak W/GravyMS144	1 steak	60	146	38	13.7	4.99	8.42	3.52	0.00
Mashed Potatoes MS1078	1/2 cup	216	91	0	2.35	15.67	2.29	1.04	0.00
Pinto Beans MS912	1/2 cup	72	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
Sweet Potato Casserole MS1128	1/2 Cup	72	265	50	4.85	50.89	5.16	2.12	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	100	160	0	4.0	29.0	3.0	0.50	0.00
Cornbread 1 WG MS1300	1 piece	80	102	11	3.05	17.71	2.44	0.91	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	200	84	0	0.87	21.72	0.24	0.05	0.00
Mandarin Fruit Cup MS1254	1/2 cup	72	62	0	0.53	16.28	0.1	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
Sauce, Variety,DippingPCMS1562	1 packet	350	45	3	0.0	7.0	2.0	0.33	0.00

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Amory School District

Oct 3, 2016 thru Oct 31, 2016

Base Menu Spreadsheet

EES Lunch

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			635	73	27.41	82.72	21.68	5.15	0.00
% of Calories					17.3%	52.1%	30.7%	7.3%	0.0%
Nutrient Guideline			550-650					<10.00	

Thu - 10/20/2016									
EES Lunch	Total	304							
BBQ Rib Sandwich Brush MS720	1 each	100	388	40	21.0	43.84	16.5	5.00	0.00
Chees Brdstck w/ Marinar MS932	1 stick w/sauce	192	165	5	7.0	21.0	6.0	2.00	0.00
Grilled Chicken Salad MS620	1 salad	12	429	82	34.33	40.01	13.28	6.94	0.00
Corn on Cob, 3 in.USDA, MC1024	2 cobs	240	94	0	2.56	18.42	2.4	0.90	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	30	43	0	3.27	7.67	0.58	0.02	0.00
Green Peas, Frozen MS1070	1/2 cup	24	91	0	4.92	13.67	2.04	0.86	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	100	65	0	0.03	15.5	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	100	105	0	1.29	26.95	0.39	0.13	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	1.0	36.0	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
Weighted Daily Average			536	27	22.96	86.69	12.87	4.54	0.00
% of Calories					17.1%	64.7%	21.6%	7.6%	0.0%
Nutrient Guideline			550-650					<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 3, 2016 thru Oct 31, 2016

EES 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)
Fri - 10/21/2016									
EES Lunch	Total	325							
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	75	296	90	26.65	24.43	10.24	3.97	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	2.72	17.69	6.05	0.27	0.08
Peas and Carrots MS1062	1/2 cup	36	69	0	2.9	10.4	1.96	0.84	0.00
Broccoli Salad Grapes MS1110	2/3 cup	25	133	16	3.4	13.23	8.22	1.23	0.00
Carrots, Baby w/ Dip, MS#1017	1/2 cup	30	45	0	0.67	9.95	0.17	0.03	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	40	160	0	4.0	29.0	3.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0.03	15.5	0.0	0.00	0.00
Pear and Kiwi Medley MS1256	1/2 cup	40	86	0	0.64	22.27	0.23	0.01	0.00
Fruit Juice, Frozen Cup,MS1247	1/2 cup	150	95	0	0.25	23.44	0.08	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
Ketchup PC MS1528	1 packet	600	10	0	0.0	3.0	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
Mustard, PC, MS1538	1 packet	200	5	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			680	62	31.60	97.18	19.73	4.68	0.07
% of Calories					18.6%	57.2%	26.1%	6.2%	0.1%
Nutrient Guideline			550-650					<10.00	
Mon - 10/24/2016									
EES Lunch	Total	400							
Pizza,WGR Cheese,Ind,BR,MS314	1 pizza	300	310	25	17.0	39.0	10.0	4.50	0.00
Tater Tot Casserole	1serving	100	286	22	10.61	24.75	17.22	5.70	*0.00
Green Beans, Canned, MS1036	1/2 cup	144	41	0	1.3	4.45	1.79	0.21	0.00
Glazed Carrots MS1018	1/2 cup	30	56	0	1.03	9.28	1.87	0.82	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	15	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
Chilled Peach Slices MS1274	1/2 cup	150	65	0	0.54	17.49	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			455	30	21.67	64.25	13.37	5.36	*0.00
% of Calories					19.0%	56.5%	26.4%	10.6%	*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

EES 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)
Tue - 10/25/2016									
EES Lunch	Total	365							
Chicken Patty Sand,Fried MS734	1 each	250	415	55	22.29	43.22	17.47	2.90	0.00
Lasagna MS154	1 serving	100	334	70	28.63	24.25	13.72	6.54	0.00
Toast, Garlic WW MS1351	1 slice	75	100	0	4.0	15.0	2.5	0.50	0.00
Chef Salad, Elementary, MS601	1 salad	15	237	147	16.74	16.96	11.75	4.87	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	172	101	0	2.76	19.66	2.75	0.99	0.00
Cheesy Califor Veggies MS1058	1/2 cup	30	50	0	2.75	7.73	0.49	0.24	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	15	31	0	1.18	6.03	0.12	0.02	0.00
Fresh Grapes MS1226	1/2 cup	150	61	0	0.57	15.56	0.32	0.10	0.00
Pineapple Tidbits MS1286	1/2 cup	144	72	0	0.5	18.87	0.1	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
Mayonnaise PC Reduce Ft MS1534	PC Packet	250	40	5	0.0	1.0	4.0	0.50	0.00
Mustard, PC, MS1538	1 packet	250	5	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			626	73	32.28	78.08	21.71	5.40	0.00
% of Calories					20.6%	49.9%	31.2%	7.8%	0.0%
Nutrient Guideline			550-650					<10.00	

Wed - 10/26/2016									
EES Lunch	Total	418							
Chicken Fajitas USDA, MS527	1 fajita	250	284	79	25.34	21.06	11.23	6.60	0.00
Sloppy Joe on WW Bun,MS791	1 each	120	320	58	22.92	32.61	11.9	4.03	0.00
Fruit and Yogurt Salad MS618	1 salad	48	453	32	14.66	63.8	15.43	6.77	0.00
Whole Kernel Corn, CND, MS1032	1/2 cup	176	101	0	2.76	19.66	2.75	0.99	0.00
Tex-Mex Style Beans MS1010	1/2 cup	48	126	0	7.52	22.85	0.8	0.15	0.00
Raw Veggies w/Dip MS1124	1/2 cup	25	32	0	0.86	6.76	0.16	0.02	0.00
Fresh Apple MS1206	1 each	113	72	0	0.36	19.06	0.23	0.04	0.00
Pineapple Tidbits MS1286	1/2 cup	100	72	0	0.5	18.87	0.1	0.01	0.00
Raisins, Flavored, MS1291	Packages	100	140	0	1.0	36.0	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
Weighted Daily Average			515	73	30.88	69.95	13.89	6.71	0.00
% of Calories					24.0%	54.3%	24.3%	11.7%	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

EES 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)
Thu - 10/27/2016									
EES Lunch	Total	350							
Chicken Baked BBQ MS 512	1 serving	150	282	100	31.0	3.07	15.0	4.50	0.00
La Pantera Dip with Chips Elem	1 serving (4oz)	200	686	90	25.25	33.93	48.48	19.77	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	30	43	0	3.27	7.67	0.58	0.02	0.00
Green Beans, Canned, MS1036	1/2 cup	172	41	0	1.3	4.45	1.79	0.21	0.00
Fresh Pears MS1280	1 each	100	68	0	0.45	18.23	0.14	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	50	140	0	1.0	36.0	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
Weighted Daily Average			699	101	34.81	56.00	35.87	13.79	0.00
% of Calories					19.9%	32.0%	46.2%	17.8%	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 - 10/28/2016									
EES Lunch	Total	340							
Hot Dog WG MS778	1 each	240	300	35	11.0	24.0	17.5	6.00	0.00
BBQ Chicken Sandwich MS714	1 each	100	255	50	23.92	34.2	3.65	0.72	0.00
Creamy Coleslaw, MS 1116	1/2 cup	40	72	6	0.74	11.19	3.14	0.32	0.00
Baked Beans, SpiceBlend MS1002	1/2 cup	172	132	0	6.3	29.99	0.55	0.10	0.00
Chilled Peach Slices MS1274	1/2 cup	150	65	0	0.54	17.49	0.04	0.00	0.00
Applesauce, MS1204	1/2 cup	150	59	0	0.24	15.62	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
Ketchup PC MS1528	1 packet	480	10	0	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	480	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
Weighted Daily Average			551	50	24.48	77.96	17.27	5.31	0.00
% of Calories					17.8%	56.6%	28.2%	8.7%	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

EES 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 - 10/31/2016									
EES Lunch	Total	351							
Chicken Tenders,Fried MS548	3 tenders	325	301	60	22.0	17.0	16.12	2.52	0.00
Ham & Cheese Sandwich MS770	1 each	26	274	45	23.2	31.89	7.57	3.46	0.00
Fried Crinkle Cut Fries MS1089	1/2 cup	288	135	0	2.72	17.69	6.05	0.27	0.08
Corn on Cob, 3 in.USDA, MC1024	2 cobs	240	94	0	2.56	18.42	2.4	0.90	0.00
Roll, Enriched Brg 2oz MS13	Roll - 2 oz.	150	160	0	4.0	29.0	3.0	0.50	0.00
Fresh Grapes MS1226	1/2 cup	200	61	0	0.57	15.56	0.32	0.10	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0	0.03	15.5	0.0	0.00	0.00
Yellow Cake from Mix, MS1436	Serving	325	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	100	108	16	8.61	11.83	2.69	1.61	0.00
Sauce, Variety,DippingPCMS1562	1 packet	325	45	3	0.0	7.0	2.0	0.33	0.00
Ketchup PC MS1528	1 packet	600	10	0	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average			918	92	37.94	129.44	28.95	5.02	0.07
% of Calories					16.5%	56.4%	28.4%	4.9%	0.1%
Nutrient Guideline			550-650					<10.00	

Weighted Average			635	62	28.82	85.15	20.70	*6.36	*0.02
					18.2%	53.6%	29.3%	*9.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	635		550 - 650	100%				
Cholesterol (mg)	62							
Protein (g)	28.82	18.15%						
Carbohydrate (g)	85.15	53.64%						
Total Fat (g)	20.70	29.34%						
Saturated Fat (g)	6.36	9.02%	<10.00%		Missing			
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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