

# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/01/2019																
AHSa Breakfast	Total	130														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	50	126	13	310	0.35	0.83	46.1	0	0.0	1	5.73	10.77	6.5	2.87	0.00
Cinnamon Roll, 2WGR, MS1623	2 1 roll	50	65	0	62	1.54	0.55	7.7	769	1.85	3	1.54	10.38	2.31	0.38	0.00
Donuts Mini Powdered	1 pack	10	21	0	18	0.15	0.06	4.6	0	*N/A*	2	0.31	3.15	0.85	0.23	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00
Weighted Daily Average			411	18	549	3.99	3.42	232.6	1355	*20.68	36	13.20	66.27	10.78	3.90	0.00
% of Calories											35.2%	12.8%	64.5%	23.6%	8.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 11/04/2019																
AHSa Breakfast	Total	130														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	75	190	20	465	0.52	1.24	69.1	0	0.0	2	8.59	16.15	9.76	4.31	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	16	0	22	0.15	0.08	0.0	4	0.0	1	0.38	2.77	0.46	0.12	0.00
Donuts Mini Powdered	1 pack	25	52	0	44	0.38	0.14	11.5	0	*N/A*	4	0.77	7.88	2.12	0.58	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,BrMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00
Weighted Daily Average			456	25	690	3.01	3.45	254.8	590	*18.84	37	15.37	68.77	13.45	5.41	0.00
% of Calories											32.7%	13.5%	60.3%	26.5%	10.7%	0.0%
Nutrient Guideline			450-600		640										<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

<sup>1</sup> - 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.

# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 11/05/2019</b>																
AHSa Breakfast	Total	120														
Chicken Pat & Biscuit, MS1685	1 serving	30	61	0	133	0.65	0.63	27.3	262	0.0	1	2.78	8.58	2.78	0.58	0.00
French Toast Stix, WGR, MS1626	2 sticks	40	90	3	97	0.67	0.36	20.0	0	0.0	4	2.33	14.33	2.67	0.33	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	35	0	47	0.33	0.18	0.0	14	0.0	3	0.83	6.0	1.0	0.25	0.00
Donuts Mini Powdered	1 pack	10	23	0	19	0.17	0.06	5.0	0	*N/A*	2	0.33	3.42	0.92	0.25	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	18	0	23	0.17	1.50	16.7	83	1.0	2	0.33	4.0	0.17	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	5	0	7	0.08	0.19	4.2	21	0.25	0	0.08	0.92	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	7	0.04	0.19	4.2	21	0.25	0	0.08	0.92	0.13	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	8	0	8	0.13	0.08	4.2	21	0.0	1	0.13	1.58	0.13	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	8	0	8	0.13	0.08	4.2	21	0.0	1	0.08	1.58	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	35	0	1	1.52	0.09	8.4	50	9.64	5	0.36	9.05	0.1	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	40	0	2	0.00	0.00	0.0	0	8.68	8	0.0	9.51	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	46	2	87	0.00	0.00	83.3	313	0.0	7	3.33	7.92	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	21	3	25	0.00	0.00	62.5	104	0.25	2	1.67	2.29	0.52	0.31	0.00
Jelly, Assorted, PC MS1526	1 packet	40	12	0	2	0.02	0.01	0.5	0	0.14	2	0.01	3.08	0.0	0.00	0.00
Syrup, Pancake, PC MS1566 new	1 packet	80	79	0	19	0.00	0.00	0.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			485	9	484	3.89	3.36	240.3	910	*20.21	58	12.36	93.18	8.57	1.85	0.00
% of Calories											48.1%	10.2%	76.9%	15.9%	3.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

<b>Wed - 11/06/2019</b>																
AHSa Breakfast	Total	130														
Biscuit, 2 ENR, MS1626	1 biscuit	80	129	0	258	0.55	0.89	61.5	0	0.0	2	3.08	17.23	5.54	2.77	0.00
Breakfast Gravy	2 oz	80	21	1	291	0.24	0.35	7.9	0	0.05	1	0.55	3.41	0.53	0.27	*N/A*
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	30	55	0	69	0.46	0.33	4.6	12	0.0	2	1.15	9.23	1.62	0.46	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,BrMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00

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

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# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			404	5	778	3.21	3.55	248.2	598	18.89	36	10.40	71.84	8.80	3.91	*0.00
% of Calories											35.9%	10.3%	71.2%	19.6%	8.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 11/07/2019																
AHSa Breakfast	Total	110														
Pancakes, 2WGR, MS1639	2 pancakes	70	89	6	140	1.27	0.92	0.0	0	0.0	3	2.55	17.82	2.55	0.00	0.00
Sausage Patty, 1 Oz.,MS1665	1 patty	70	76	22	245	0.00	0.45	12.6	0	0.0	0	6.29	0.0	5.03	1.89	0.00
Breakfast Pizza Amory	1 slice	10	16	2	24	0.18	0.16	13.6	27	0.55	0	1.09	1.64	0.64	0.27	0.00
Cinnamon Roll, 2WGR, MS1623	2	10	15	0	15	0.36	0.13	1.8	182	0.44	1	0.36	2.45	0.55	0.09	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	20	0	25	0.18	1.64	18.2	91	1.09	2	0.36	4.36	0.18	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	5	0	7	0.09	0.20	4.5	23	0.27	0	0.09	1.0	0.07	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	7	0.05	0.20	4.5	23	0.27	0	0.09	1.0	0.14	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	8	0	9	0.14	0.08	4.5	23	0.0	1	0.14	1.73	0.14	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	8	0	8	0.14	0.08	4.5	23	0.0	1	0.09	1.73	0.11	0.05	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	44	0	2	0.00	0.00	0.0	0	9.47	9	0.0	10.37	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	38	0	0	1.66	0.10	9.2	55	10.51	6	0.4	9.87	0.11	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	50	2	95	0.00	0.00	90.9	341	0.0	8	3.64	8.64	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	23	3	27	0.00	0.00	68.2	114	0.27	2	1.82	2.5	0.57	0.34	0.00
Syrup, Pancake, PC MS1566 new	1 packet	160	173	0	42	0.00	0.00	0.0	0	0.0	42	0.0	43.64	0.0	0.00	0.00
Weighted Daily Average			571	36	648	4.07	3.97	232.6	900	22.87	76	16.92	106.75	10.08	2.73	0.00
% of Calories											53.1%	11.8%	74.8%	15.9%	4.3%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/08/2019																
AHSa Breakfast	Total	130														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	50	126	13	310	0.35	0.83	46.1	0	0.0	1	5.73	10.77	6.5	2.87	0.00
Cinnamon Roll, 2WGR, MS1623	2 1 roll	50	65	0	62	1.54	0.55	7.7	769	1.85	3	1.54	10.38	2.31	0.38	0.00
Donuts Mini Powdered	1 pack	10	21	0	18	0.15	0.06	4.6	0	*N/A*	2	0.31	3.15	0.85	0.23	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00
Weighted Daily Average			411	18	549	3.99	3.42	232.6	1355	*20.68	36	13.20	66.27	10.78	3.90	0.00
% of Calories											35.2%	12.8%	64.5%	23.6%	8.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 11/11/2019																
AHSa Breakfast	Total	130														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	75	190	20	465	0.52	1.24	69.1	0	0.0	2	8.59	16.15	9.76	4.31	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	16	0	22	0.15	0.08	0.0	4	0.0	1	0.38	2.77	0.46	0.12	0.00
Donuts Mini Powdered	1 pack	25	52	0	44	0.38	0.14	11.5	0	*N/A*	4	0.77	7.88	2.12	0.58	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,BrMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00
Weighted Daily Average			456	25	690	3.01	3.45	254.8	590	*18.84	37	15.37	68.77	13.45	5.41	0.00
% of Calories											32.7%	13.5%	60.3%	26.5%	10.7%	0.0%
Nutrient Guideline			450-600		640										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 11/12/2019</b>																
AHSa Breakfast	Total	120														
Chicken Pat & Biscuit, MS1685	1 serving	30	61	0	133	0.65	0.63	27.3	262	0.0	1	2.78	8.58	2.78	0.58	0.00
French Toast Stix, WGR, MS1626	2 sticks	40	90	3	97	0.67	0.36	20.0	0	0.0	4	2.33	14.33	2.67	0.33	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	35	0	47	0.33	0.18	0.0	14	0.0	3	0.83	6.0	1.0	0.25	0.00
Donuts Mini Powdered	1 pack	10	23	0	19	0.17	0.06	5.0	0	*N/A*	2	0.33	3.42	0.92	0.25	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	18	0	23	0.17	1.50	16.7	83	1.0	2	0.33	4.0	0.17	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	5	0	7	0.08	0.19	4.2	21	0.25	0	0.08	0.92	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	7	0.04	0.19	4.2	21	0.25	0	0.08	0.92	0.13	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	8	0	8	0.13	0.08	4.2	21	0.0	1	0.13	1.58	0.13	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	8	0	8	0.13	0.08	4.2	21	0.0	1	0.08	1.58	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	35	0	1	1.52	0.09	8.4	50	9.64	5	0.36	9.05	0.1	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	40	0	2	0.00	0.00	0.0	0	8.68	8	0.0	9.51	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	46	2	87	0.00	0.00	83.3	313	0.0	7	3.33	7.92	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	21	3	25	0.00	0.00	62.5	104	0.25	2	1.67	2.29	0.52	0.31	0.00
Jelly, Assorted, PC MS1526	1 packet	40	12	0	2	0.02	0.01	0.5	0	0.14	2	0.01	3.08	0.0	0.00	0.00
Syrup, Pancake, PC MS1566 new	1 packet	80	79	0	19	0.00	0.00	0.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			485	9	484	3.89	3.36	240.3	910	*20.21	58	12.36	93.18	8.57	1.85	0.00
% of Calories											48.1%	10.2%	76.9%	15.9%	3.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

<b>Wed - 11/13/2019</b>																
AHSa Breakfast	Total	130														
Biscuit, 2 ENR, MS1626	1 biscuit	80	129	0	258	0.55	0.89	61.5	0	0.0	2	3.08	17.23	5.54	2.77	0.00
Breakfast Gravy	2 oz	80	21	1	291	0.24	0.35	7.9	0	0.05	1	0.55	3.41	0.53	0.27	*N/A*
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	30	55	0	69	0.46	0.33	4.6	12	0.0	2	1.15	9.23	1.62	0.46	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,BrMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00

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

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# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			404	5	778	3.21	3.55	248.2	598	18.89	36	10.40	71.84	8.80	3.91	*0.00
% of Calories											35.9%	10.3%	71.2%	19.6%	8.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 11/14/2019																
AHSa Breakfast	Total	110														
Pancakes, 2WGR, MS1639	2 pancakes	70	89	6	140	1.27	0.92	0.0	0	0.0	3	2.55	17.82	2.55	0.00	0.00
Sausage Patty, 1 Oz.,MS1665	1 patty	70	76	22	245	0.00	0.45	12.6	0	0.0	0	6.29	0.0	5.03	1.89	0.00
Breakfast Pizza Amory	1 slice	10	16	2	24	0.18	0.16	13.6	27	0.55	0	1.09	1.64	0.64	0.27	0.00
Cinnamon Roll, 2WGR, MS1623	2	10	15	0	15	0.36	0.13	1.8	182	0.44	1	0.36	2.45	0.55	0.09	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	20	0	25	0.18	1.64	18.2	91	1.09	2	0.36	4.36	0.18	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	5	0	7	0.09	0.20	4.5	23	0.27	0	0.09	1.0	0.07	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	7	0.05	0.20	4.5	23	0.27	0	0.09	1.0	0.14	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	8	0	9	0.14	0.08	4.5	23	0.0	1	0.14	1.73	0.14	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	8	0	8	0.14	0.08	4.5	23	0.0	1	0.09	1.73	0.11	0.05	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	44	0	2	0.00	0.00	0.0	0	9.47	9	0.0	10.37	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	38	0	0	1.66	0.10	9.2	55	10.51	6	0.4	9.87	0.11	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	50	2	95	0.00	0.00	90.9	341	0.0	8	3.64	8.64	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	23	3	27	0.00	0.00	68.2	114	0.27	2	1.82	2.5	0.57	0.34	0.00
Syrup, Pancake, PC MS1566 new	1 packet	160	173	0	42	0.00	0.00	0.0	0	0.0	42	0.0	43.64	0.0	0.00	0.00
Weighted Daily Average			571	36	648	4.07	3.97	232.6	900	22.87	76	16.92	106.75	10.08	2.73	0.00
% of Calories											53.1%	11.8%	74.8%	15.9%	4.3%	0.0%
Nutrient Guideline			450-600		640											<10.00

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/15/2019																
AHSa Breakfast	Total	130														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	50	126	13	310	0.35	0.83	46.1	0	0.0	1	5.73	10.77	6.5	2.87	0.00
Cinnamon Roll, 2WGR, MS1623	2 1 roll	50	65	0	62	1.54	0.55	7.7	769	1.85	3	1.54	10.38	2.31	0.38	0.00
Donuts Mini Powdered	1 pack	10	21	0	18	0.15	0.06	4.6	0	*N/A*	2	0.31	3.15	0.85	0.23	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00
Weighted Daily Average			411	18	549	3.99	3.42	232.6	1355	*20.68	36	13.20	66.27	10.78	3.90	0.00
% of Calories											35.2%	12.8%	64.5%	23.6%	8.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 11/18/2019																
AHSa Breakfast	Total	130														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	75	190	20	465	0.52	1.24	69.1	0	0.0	2	8.59	16.15	9.76	4.31	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	16	0	22	0.15	0.08	0.0	4	0.0	1	0.38	2.77	0.46	0.12	0.00
Donuts Mini Powdered	1 pack	25	52	0	44	0.38	0.14	11.5	0	*N/A*	4	0.77	7.88	2.12	0.58	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,BrMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00
Weighted Daily Average			456	25	690	3.01	3.45	254.8	590	*18.84	37	15.37	68.77	13.45	5.41	0.00
% of Calories											32.7%	13.5%	60.3%	26.5%	10.7%	0.0%
Nutrient Guideline			450-600		640										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 11/19/2019</b>																
AHSa Breakfast	Total	120														
Chicken Pat & Biscuit, MS1685	1 serving	30	61	0	133	0.65	0.63	27.3	262	0.0	1	2.78	8.58	2.78	0.58	0.00
French Toast Stix, WGR, MS1626	2 sticks	40	90	3	97	0.67	0.36	20.0	0	0.0	4	2.33	14.33	2.67	0.33	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	35	0	47	0.33	0.18	0.0	14	0.0	3	0.83	6.0	1.0	0.25	0.00
Donuts Mini Powdered	1 pack	10	23	0	19	0.17	0.06	5.0	0	*N/A*	2	0.33	3.42	0.92	0.25	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	18	0	23	0.17	1.50	16.7	83	1.0	2	0.33	4.0	0.17	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	5	0	7	0.08	0.19	4.2	21	0.25	0	0.08	0.92	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	7	0.04	0.19	4.2	21	0.25	0	0.08	0.92	0.13	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	8	0	8	0.13	0.08	4.2	21	0.0	1	0.13	1.58	0.13	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	8	0	8	0.13	0.08	4.2	21	0.0	1	0.08	1.58	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	35	0	1	1.52	0.09	8.4	50	9.64	5	0.36	9.05	0.1	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	40	0	2	0.00	0.00	0.0	0	8.68	8	0.0	9.51	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	46	2	87	0.00	0.00	83.3	313	0.0	7	3.33	7.92	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	21	3	25	0.00	0.00	62.5	104	0.25	2	1.67	2.29	0.52	0.31	0.00
Jelly, Assorted, PC MS1526	1 packet	40	12	0	2	0.02	0.01	0.5	0	0.14	2	0.01	3.08	0.0	0.00	0.00
Syrup, Pancake, PC MS1566 new	1 packet	80	79	0	19	0.00	0.00	0.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			485	9	484	3.89	3.36	240.3	910	*20.21	58	12.36	93.18	8.57	1.85	0.00
% of Calories											48.1%	10.2%	76.9%	15.9%	3.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

<b>Wed - 11/20/2019</b>																
AHSa Breakfast	Total	130														
Biscuit, 2 ENR, MS1626	1 biscuit	80	129	0	258	0.55	0.89	61.5	0	0.0	2	3.08	17.23	5.54	2.77	0.00
Breakfast Gravy	2 oz	80	21	1	291	0.24	0.35	7.9	0	0.05	1	0.55	3.41	0.53	0.27	*N/A*
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	30	55	0	69	0.46	0.33	4.6	12	0.0	2	1.15	9.23	1.62	0.46	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,BrMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00

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# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			404	5	778	3.21	3.55	248.2	598	18.89	36	10.40	71.84	8.80	3.91	*0.00
% of Calories											35.9%	10.3%	71.2%	19.6%	8.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 11/21/2019																
AHSa Breakfast	Total	110														
Pancakes, 2WGR, MS1639	2 pancakes	70	89	6	140	1.27	0.92	0.0	0	0.0	3	2.55	17.82	2.55	0.00	0.00
Sausage Patty, 1 Oz.,MS1665	1 patty	70	76	22	245	0.00	0.45	12.6	0	0.0	0	6.29	0.0	5.03	1.89	0.00
Breakfast Pizza Amory	1 slice	10	16	2	24	0.18	0.16	13.6	27	0.55	0	1.09	1.64	0.64	0.27	0.00
Cinnamon Roll, 2WGR, MS1623	2	10	15	0	15	0.36	0.13	1.8	182	0.44	1	0.36	2.45	0.55	0.09	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	20	0	25	0.18	1.64	18.2	91	1.09	2	0.36	4.36	0.18	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	5	0	7	0.09	0.20	4.5	23	0.27	0	0.09	1.0	0.07	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	7	0.05	0.20	4.5	23	0.27	0	0.09	1.0	0.14	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	8	0	9	0.14	0.08	4.5	23	0.0	1	0.14	1.73	0.14	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	8	0	8	0.14	0.08	4.5	23	0.0	1	0.09	1.73	0.11	0.05	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	44	0	2	0.00	0.00	0.0	0	9.47	9	0.0	10.37	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	38	0	0	1.66	0.10	9.2	55	10.51	6	0.4	9.87	0.11	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	50	2	95	0.00	0.00	90.9	341	0.0	8	3.64	8.64	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	23	3	27	0.00	0.00	68.2	114	0.27	2	1.82	2.5	0.57	0.34	0.00
Syrup, Pancake, PC MS1566 new	1 packet	160	173	0	42	0.00	0.00	0.0	0	0.0	42	0.0	43.64	0.0	0.00	0.00
Weighted Daily Average			571	36	648	4.07	3.97	232.6	900	22.87	76	16.92	106.75	10.08	2.73	0.00
% of Calories											53.1%	11.8%	74.8%	15.9%	4.3%	0.0%
Nutrient Guideline			450-600		640											<10.00

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Amory School District

Nov 1, 2019 thru Nov 30, 2019

## Base Menu Spreadsheet

AHSa Breakfast

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/22/2019																
AHSa Breakfast	Total	130														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	50	126	13	310	0.35	0.83	46.1	0	0.0	1	5.73	10.77	6.5	2.87	0.00
Cinnamon Roll, 2WGR, MS1623	2 1 roll	50	65	0	62	1.54	0.55	7.7	769	1.85	3	1.54	10.38	2.31	0.38	0.00
Donuts Mini Powdered	1 pack	10	21	0	18	0.15	0.06	4.6	0	*N/A*	2	0.31	3.15	0.85	0.23	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	10	17	0	22	0.15	1.38	15.4	77	0.92	2	0.31	3.69	0.15	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	5	4	0	6	0.08	0.17	3.8	19	0.23	0	0.08	0.85	0.06	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	5	0	6	0.04	0.17	3.8	19	0.23	0	0.08	0.85	0.12	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.12	1.46	0.12	0.04	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	7	0	7	0.12	0.07	3.8	19	0.0	1	0.08	1.46	0.1	0.04	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	70	37	0	2	0.00	0.00	0.0	0	8.01	8	0.0	8.78	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	32	0	0	1.40	0.09	7.7	46	8.9	5	0.34	8.36	0.09	0.02	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	42	2	81	0.00	0.00	76.9	288	0.0	7	3.08	7.31	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	19	3	23	0.00	0.00	57.7	96	0.23	2	1.54	2.12	0.48	0.29	0.00
Jelly, Assorted, PC MS1526	1 packet	100	28	0	5	0.05	0.03	1.1	1	0.32	5	0.02	7.1	0.01	0.00	0.00
Weighted Daily Average			411	18	549	3.99	3.42	232.6	1355	*20.68	36	13.20	66.27	10.78	3.90	0.00
% of Calories											35.2%	12.8%	64.5%	23.6%	8.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			462	19	625	3.66	3.54	241.2	901	*20.32	48	13.62	80.42	10.36	3.58	*0.00
											93.5%	11.8%	69.6%	20.2%	7.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	462		450 - 600	100%				
Cholesterol (mg)	19							
Sodium 1 (mg)	625		640					
Sodium 2 (mg)	625		570				55	Correction Required - Sodium too High
Fiber (g)	3.66							
Iron (mg)	3.54							
Calcium (mg)	241.2							
Vitamin A (IU)	901							
Sugars (g)	48	41.55%						
Vitamin C (mg)	20.32				Missing			
Protein (g)	13.62	11.79%						
Carbohydrate (g)	80.42	69.63%						
Total Fat (g)	10.36	20.19%						
Saturated Fat (g)	3.58	6.98%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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