

# Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/01/2018										
AHSa Breakfast	Total	110								
Sausage Pancake/Stick, MS1690	1 stick	80	210	25	310	6.0	22.0	10.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	10	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Syrup, Pancake, PC MS1566	1 packet	160	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			495	23	452	11.35	91.81	8.71	2.59	0.00
% of Calories						9.2%	74.2%	15.8%	4.7%	0.0%
Nutrient Guideline			450-600		640				<10.00	

Fri - 02/02/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	50	309	35	816	13.89	24.0	15.91	6.97	0.00
French Toast Stix, WGR, MS1626	2 sticks	50	270	10	290	7.0	43.0	8.0	1.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	10	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	100	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			494	21	618	14.10	85.10	10.61	3.49	0.00
% of Calories						11.4%	68.9%	19.3%	6.4%	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

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

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Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/05/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			445	31	795	16.75	62.10	13.57	5.75	0.00
% of Calories						15.0%	55.8%	27.4%	11.6%	0.0%
Nutrient Guideline			450-600		640				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/06/2018										
AHSa Breakfast	Total	120								
Chicken Pat & Biscuit, MS1685	1 serving	40	244	0	533	11.11	34.33	11.11	2.31	0.00
French Toast Stix, WGR, MS1626	2 sticks	40	270	10	290	7.0	43.0	8.0	1.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	40	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	80	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			465	8	500	13.02	88.66	8.31	1.65	0.00
% of Calories						11.2%	76.3%	16.1%	3.2%	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

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Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/07/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Breakfast Bread,Banana,MS1634	1 slice	10	280	0	220	5.0	44.0	10.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			451	31	791	16.75	62.71	13.88	5.78	0.00
% of Calories						14.9%	55.7%	27.7%	11.6%	0.0%
Nutrient Guideline			450-600		640				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/08/2018										
AHSa Breakfast	Total	110								
Sausage Pancake/Stick, MS1690	1 stick	80	210	25	310	6.0	22.0	10.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	10	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Syrup, Pancake, PC MS1566	1 packet	160	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			495	23	452	11.35	91.81	8.71	2.59	0.00
% of Calories						9.2%	74.2%	15.8%	4.7%	0.0%
Nutrient Guideline			450-600		640				<10.00	

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/09/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	50	309	35	816	13.89	24.0	15.91	6.97	0.00
French Toast Stix, WGR, MS1626	2 sticks	50	270	10	290	7.0	43.0	8.0	1.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	10	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	100	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			494	21	618	14.10	85.10	10.61	3.49	0.00
% of Calories						11.4%	68.9%	19.3%	6.4%	0.0%
Nutrient Guideline			450-600		640				<10.00	

Mon - 02/12/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			445	31	795	16.75	62.10	13.57	5.75	0.00
% of Calories						15.0%	55.8%	27.4%	11.6%	0.0%
Nutrient Guideline			450-600		640				<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/13/2018										
AHSa Breakfast	Total	120								
Chicken Pat & Biscuit, MS1685	1 serving	40	244	0	533	11.11	34.33	11.11	2.31	0.00
French Toast Stix, WGR, MS1626	2 sticks	40	270	10	290	7.0	43.0	8.0	1.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	40	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	80	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			465	8	500	13.02	88.66	8.31	1.65	0.00
% of Calories						11.2%	76.3%	16.1%	3.2%	0.0%
Nutrient Guideline			450-600		640				<10.00	

Wed - 02/14/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Breakfast Bread,Banana,MS1634	1 slice	10	280	0	220	5.0	44.0	10.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			451	31	791	16.75	62.71	13.88	5.78	0.00
% of Calories						14.9%	55.7%	27.7%	11.6%	0.0%
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Thu - 02/15/2018										
AHSa Breakfast	Total	110								
Sausage Pancake/Stick, MS1690	1 stick	80	210	25	310	6.0	22.0	10.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	10	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Syrup, Pancake, PC MS1566	1 packet	160	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			495	23	452	11.35	91.81	8.71	2.59	0.00
% of Calories						9.2%	74.2%	15.8%	4.7%	0.0%
Nutrient Guideline			450-600		640				<10.00	

Fri - 02/16/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	50	309	35	816	13.89	24.0	15.91	6.97	0.00
French Toast Stix, WGR, MS1626	2 sticks	50	270	10	290	7.0	43.0	8.0	1.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	10	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	100	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			494	21	618	14.10	85.10	10.61	3.49	0.00
% of Calories						11.4%	68.9%	19.3%	6.4%	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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/19/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			445	31	795	16.75	62.10	13.57	5.75	0.00
% of Calories						15.0%	55.8%	27.4%	11.6%	0.0%
Nutrient Guideline			450-600		640				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/20/2018										
AHSa Breakfast	Total	120								
Chicken Pat & Biscuit, MS1685	1 serving	40	244	0	533	11.11	34.33	11.11	2.31	0.00
French Toast Stix, WGR, MS1626	2 sticks	40	270	10	290	7.0	43.0	8.0	1.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	40	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	80	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			465	8	500	13.02	88.66	8.31	1.65	0.00
% of Calories						11.2%	76.3%	16.1%	3.2%	0.0%
Nutrient Guideline			450-600		640				<10.00	

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

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# Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/21/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Breakfast Bread,Banana,MS1634	1 slice	10	280	0	220	5.0	44.0	10.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			451	31	791	16.75	62.71	13.88	5.78	0.00
% of Calories						14.9%	55.7%	27.7%	11.6%	0.0%
Nutrient Guideline			450-600		640				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/22/2018										
AHSa Breakfast	Total	110								
Sausage Pancake/Stick, MS1690	1 stick	80	210	25	310	6.0	22.0	10.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	10	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Syrup, Pancake, PC MS1566	1 packet	160	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			495	23	452	11.35	91.81	8.71	2.59	0.00
% of Calories						9.2%	74.2%	15.8%	4.7%	0.0%
Nutrient Guideline			450-600		640				<10.00	

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

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# Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/23/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	50	309	35	816	13.89	24.0	15.91	6.97	0.00
French Toast Stix, WGR, MS1626	2 sticks	50	270	10	290	7.0	43.0	8.0	1.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	10	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	100	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			494	21	618	14.10	85.10	10.61	3.49	0.00
% of Calories						11.4%	68.9%	19.3%	6.4%	0.0%
Nutrient Guideline			450-600		640				<10.00	

Mon - 02/26/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			445	31	795	16.75	62.10	13.57	5.75	0.00
% of Calories						15.0%	55.8%	27.4%	11.6%	0.0%
Nutrient Guideline			450-600		640				<10.00	

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# Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/27/2018										
AHSa Breakfast	Total	120								
Chicken Pat & Biscuit, MS1685	1 serving	40	244	0	533	11.11	34.33	11.11	2.31	0.00
French Toast Stix, WGR, MS1626	2 sticks	40	270	10	290	7.0	43.0	8.0	1.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	40	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup. Pancake. PC MS1566	1 packet	80	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			465	8	500	13.02	88.66	8.31	1.65	0.00
% of Calories						11.2%	76.3%	16.1%	3.2%	0.0%
Nutrient Guideline			450-600		640				<10.00	

Wed - 02/28/2018										
AHSa Breakfast	Total	130								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Breakfast Bread,Banana,MS1634	1 slice	10	280	0	220	5.0	44.0	10.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	10	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	5	110	0	160	2.0	22.0	1.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	5	180	0	180	2.0	38.0	2.5	1.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	50	84	0	1	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0	0	0.03	15.5	0.0	0.00	0.00
AHS Milk	1/2 Pint	75	126	7	172	8.1	21.97	0.45	0.27	0.00
Jelly, Assorted, PC MS1526	1 packet	50	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			451	31	791	16.75	62.71	13.88	5.78	0.00
% of Calories						14.9%	55.7%	27.7%	11.6%	0.0%
Nutrient Guideline			450-600		640				<10.00	

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# Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AHSa Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average			470	23	631	14.39 12.3%	78.07 66.5%	11.02 21.1%	3.85 7.4%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	470		450 - 600	100%				
Cholesterol (mg)	23							
Sodium (mg)	631		640					
Protein (g)	14.39	12.25%						
Carbohydrate (g)	78.07	66.45%						
Total Fat (g)	11.02	21.10%						
Saturated Fat (g)	3.85	7.38%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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*\* - 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.