

# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS 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 - 01/08/2019										
AMS Breakfast	Total	175								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	120	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	120	33	0	0	0.0	8.67	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	10	200	0	220	4.0	35.0	5.0	1.50	0.00
Syrup, Pancake, PC MS1566	1 packet	10	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	10	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Raisins, Flavored, MS1291	Packages	10	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			467	28	748	15.70	69.38	13.01	5.53	0.00
% of Calories						13.5%	59.5%	25.1%	10.7%	0.0%
Nutrient Guideline			400-550		600				<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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Jan 1, 2019 thru Jan 31, 2019

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AMS Breakfast

### Portion Values - Detailed

	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 - 01/09/2019										
AMS Breakfast	Total	195								
French Toast Stix, WGR, MS1626	2 sticks	50	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	50	80	0	30	0.0	20.0	0.0	0.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	40	190	0	430	4.0	24.0	8.0	4.00	0.00
Breakfast Gravy	2 oz	40	34	1	472	0.89	5.55	0.86	0.44	*N/A*
Bagel, Breakfast, WG, MRS 1695	Bagels	50	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	15	155	0	105	3.0	26.0	4.5	0.75	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	15	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	5	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			392	10	533	10.76	70.17	7.48	2.41	*0.00
% of Calories						11.0%	71.7%	17.2%	5.5%	*0.0%
Nutrient Guideline			400-550		600				<10.00	

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

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Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

	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 - 01/10/2019										
AMS Breakfast	Total	165								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	120	33	0	0	0.0	8.67	0.0	0.00	0.00
Chicken Pat & Biscuit, MS1685	1 serving	20	244	0	533	11.11	34.33	11.11	2.31	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	2	160	0	105	3.0	26.0	4.5	1.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	3	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, FF White1/2 pt.PF MS1706	1/2 pint	30	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			459	24	738	15.89	70.02	12.31	4.91	0.00
% of Calories						13.9%	61.1%	24.2%	9.6%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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Base Menu Spreadsheet

AMS 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 - 01/11/2019										
AMS Breakfast	Total	130								
Breakfast Boat, WGR, MS	1 serving	60	200	50	330	8.0	25.0	8.0	2.50	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	20	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	20	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	5	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	5	90	25	75	1.0	5.0	8.0	5.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	5	80	5	65	4.0	16.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	5	180	0	125	3.0	26.0	6.0	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot, MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNut Cheerios MS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past, Strbr, 1WGR MS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGR MS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past, Strbr, 2WGR, MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past, Choc, 1WGR MS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FF, Van, 1/2 pt. PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Milk, FF Strwbr, 1/2 pt. PF MS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			432	32	446	12.64	79.26	7.14	2.41	0.00
% of Calories						11.7%	73.4%	14.9%	5.0%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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Mon - 01/14/2019										
AMS Breakfast	Total	140								
Sausage Pancake/Stick, MS1690	1 stick	85	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	85	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	10	180	0	125	3.0	26.0	6.0	1.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	5	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Raisins, Flavored, MS1291	Packages	10	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FFStrwbr,1/2 pt,PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			457	21	436	11.25	81.73	8.69	2.76	0.00
% of Calories						9.8%	71.5%	17.1%	5.4%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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Tue - 01/15/2019										
AMS Breakfast	Total	175								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	120	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	120	33	0	0	0.0	8.67	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	10	200	0	220	4.0	35.0	5.0	1.50	0.00
Syrup, Pancake, PC MS1566	1 packet	10	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	10	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Raisins, Flavored, MS1291	Packages	10	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FF, Van, 1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			467	28	748	15.70	69.38	13.01	5.53	0.00
% of Calories						13.5%	59.5%	25.1%	10.7%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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Base Menu Spreadsheet

AMS 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 - 01/16/2019										
AMS Breakfast	Total	195								
French Toast Stix, WGR, MS1626	2 sticks	50	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	50	80	0	30	0.0	20.0	0.0	0.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	40	190	0	430	4.0	24.0	8.0	4.00	0.00
Breakfast Gravy	2 oz	40	34	1	472	0.89	5.55	0.86	0.44	*N/A*
Bagel, Breakfast, WG, MRS 1695	Bagels	50	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	15	155	0	105	3.0	26.0	4.5	0.75	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	15	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	5	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			392	10	533	10.76	70.17	7.48	2.41	*0.00
% of Calories						11.0%	71.7%	17.2%	5.5%	*0.0%
Nutrient Guideline			400-550		600				<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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS 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 - 01/17/2019										
AMS Breakfast	Total	165								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	120	33	0	0	0.0	8.67	0.0	0.00	0.00
Chicken Pat & Biscuit, MS1685	1 serving	20	244	0	533	11.11	34.33	11.11	2.31	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	2	160	0	105	3.0	26.0	4.5	1.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	3	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, FF White1/2 pt.PF MS1706	1/2 pint	30	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			459	24	738	15.89	70.02	12.31	4.91	0.00
% of Calories						13.9%	61.1%	24.2%	9.6%	0.0%
Nutrient Guideline			400-550		600				<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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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS 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 - 01/18/2019										
AMS Breakfast	Total	130								
Breakfast Boat, WGR, MS	1 serving	60	200	50	330	8.0	25.0	8.0	2.50	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	20	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	20	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	5	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	5	90	25	75	1.0	5.0	8.0	5.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	5	80	5	65	4.0	16.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	5	180	0	125	3.0	26.0	6.0	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot, MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNut Cheerios MS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past, Strbr, 1WGR MS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGR MS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past, Strbr, 2WGR, MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past, Choc, 1WGR MS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FF, Van, 1/2 pt. PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Milk, FF Strwbr, 1/2 pt. PF MS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			432	32	446	12.64	79.26	7.14	2.41	0.00
% of Calories						11.7%	73.4%	14.9%	5.0%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

	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 - 01/22/2019										
AMS Breakfast	Total	175								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	120	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	120	33	0	0	0.0	8.67	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	10	200	0	220	4.0	35.0	5.0	1.50	0.00
Syrup, Pancake, PC MS1566	1 packet	10	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	10	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Raisins, Flavored, MS1291	Packages	10	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FF, Van, 1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			467	28	748	15.70	69.38	13.01	5.53	0.00
% of Calories						13.5%	59.5%	25.1%	10.7%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS 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 - 01/23/2019										
AMS Breakfast	Total	195								
French Toast Stix, WGR, MS1626	2 sticks	50	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	50	80	0	30	0.0	20.0	0.0	0.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	40	190	0	430	4.0	24.0	8.0	4.00	0.00
Breakfast Gravy	2 oz	40	34	1	472	0.89	5.55	0.86	0.44	*N/A*
Bagel, Breakfast, WG, MRS 1695	Bagels	50	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	15	155	0	105	3.0	26.0	4.5	0.75	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	15	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	5	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			392	10	533	10.76	70.17	7.48	2.41	*0.00
% of Calories						11.0%	71.7%	17.2%	5.5%	*0.0%
Nutrient Guideline			400-550		600				<10.00	

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS Breakfast

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Thu - 01/24/2019										
AMS Breakfast	Total	165								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	120	33	0	0	0.0	8.67	0.0	0.00	0.00
Chicken Pat & Biscuit, MS1685	1 serving	20	244	0	533	11.11	34.33	11.11	2.31	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	2	160	0	105	3.0	26.0	4.5	1.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	3	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, FF White1/2 pt.PF MS1706	1/2 pint	30	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			459	24	738	15.89	70.02	12.31	4.91	0.00
% of Calories						13.9%	61.1%	24.2%	9.6%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS 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 - 01/25/2019										
AMS Breakfast	Total	130								
Breakfast Boat, WGR, MS	1 serving	60	200	50	330	8.0	25.0	8.0	2.50	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	20	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	20	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	5	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	5	90	25	75	1.0	5.0	8.0	5.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	5	80	5	65	4.0	16.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	5	180	0	125	3.0	26.0	6.0	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot, MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheerios MS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past, Strbr, 1WGR MS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGR MS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past, Strbr, 2WGR, MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past, Choc, 1WGR MS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FF, Van, 1/2 pt. PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Milk, FF Strwbr, 1/2 pt. PF MS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			432	32	446	12.64	79.26	7.14	2.41	0.00
% of Calories						11.7%	73.4%	14.9%	5.0%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

	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 - 01/28/2019										
AMS Breakfast	Total	140								
Sausage Pancake/Stick, MS1690	1 stick	85	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	85	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	10	180	0	125	3.0	26.0	6.0	1.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	5	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Raisins, Flavored, MS1291	Packages	10	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FFStrwbr,1/2 pt,PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			457	21	436	11.25	81.73	8.69	2.76	0.00
% of Calories						9.8%	71.5%	17.1%	5.4%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

	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 - 01/29/2019										
AMS Breakfast	Total	175								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	120	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	120	33	0	0	0.0	8.67	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	10	200	0	220	4.0	35.0	5.0	1.50	0.00
Syrup, Pancake, PC MS1566	1 packet	10	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	10	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Raisins, Flavored, MS1291	Packages	10	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FF, Van, 1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Weighted Daily Average			467	28	748	15.70	69.38	13.01	5.53	0.00
% of Calories						13.5%	59.5%	25.1%	10.7%	0.0%
Nutrient Guideline			400-550		600				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS 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 - 01/30/2019										
AMS Breakfast	Total	195								
French Toast Stix, WGR, MS1626	2 sticks	50	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	50	80	0	30	0.0	20.0	0.0	0.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	40	190	0	430	4.0	24.0	8.0	4.00	0.00
Breakfast Gravy	2 oz	40	34	1	472	0.89	5.55	0.86	0.44	*N/A*
Bagel, Breakfast, WG, MRS 1695	Bagels	50	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	15	155	0	105	3.0	26.0	4.5	0.75	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	15	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	5	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	108	16	129	8.61	11.83	2.69	1.61	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			392	10	533	10.76	70.17	7.48	2.41	*0.00
% of Calories						11.0%	71.7%	17.2%	5.5%	*0.0%
Nutrient Guideline			400-550		600				<10.00	

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

	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 - 01/31/2019										
AMS Breakfast	Total	165								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	100	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	120	33	0	0	0.0	8.67	0.0	0.00	0.00
Chicken Pat & Biscuit, MS1685	1 serving	20	244	0	533	11.11	34.33	11.11	2.31	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	2	160	0	105	3.0	26.0	4.5	1.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	3	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	4	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pack	1	190	0	410	5.0	39.0	1.5	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	3	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pack	3	110	0	160	1.0	22.0	3.0	0.50	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pack	1	110	0	160	2.0	22.0	1.5	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	180	0	190	3.0	38.0	3.0	1.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	360	0	360	4.0	76.0	5.0	2.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	180	0	190	3.0	38.0	3.0	1.00	0.00
Fresh Bananas MS1220	1 each	10	105	0	1	1.29	26.95	0.39	0.13	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	150	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, FF White1/2 pt.PF MS1706	1/2 pint	30	80	5	120	8.0	11.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	130	0	170	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			459	24	738	15.89	70.02	12.31	4.91	0.00
% of Calories						13.9%	61.1%	24.2%	9.6%	0.0%
Nutrient Guideline			400-550		600				<10.00	

Weighted Average			440	23	605	13.52	72.91	10.00	3.77	*0.00
						12.3%	66.3%	20.5%	7.7%	*0.0%

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# Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	440		400 - 550	100%									
Cholesterol (mg)	23												
Sodium (mg)	605		600						5				Correction Required - Sodium too High
Protein (g)	13.52	12.29%											
Carbohydrate (g)	72.91	66.30%											
Total Fat (g)	10.00	20.46%											
Saturated Fat (g)	3.77	7.72%	<10.00%										
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing								

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