

Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Mon - 03/02/2020																
AMS Breakfast	Total	140														
Sausage Pancake/Stick, MS1690	1 stick	75	113	13	166	0.54	0.58	10.7	24	0.0	5	3.21	11.79	5.36	1.61	0.00
Syrup, Pancake, PC MS1566	1 packet	75	64	0	16	0.00	0.00	0.0	0	0.0	16	0.0	16.07	0.0	0.00	0.00
Breakfast Boat, WGR, MS	1 serving	10	14	4	24	0.14	0.13	7.1	21	0.0	0	0.57	1.79	0.57	0.18	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	5	0	6	0.04	0.02	0.0	2	0.0	0	0.11	0.77	0.13	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	3	0	4	0.03	0.02	0.0	1	0.0	0	0.07	0.51	0.09	0.02	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	5	6	0	4	0.04	0.04	0.7	0	0.0	0	0.11	0.93	0.16	0.03	0.00
Donuts Mini Chocolate	1 pack	3	7	0	6	0.04	0.04	0.9	0	0.0	0	0.11	0.88	0.32	0.15	0.00
Donuts Mini Powdered	1 pack	2	4	0	3	0.03	0.01	0.9	0	*N/A*	0	0.06	0.59	0.16	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	6	0	8	0.06	0.51	5.7	29	0.34	1	0.11	1.37	0.06	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	3	0.02	0.10	1.4	7	0.09	0	0.04	0.28	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	3	0.02	0.10	1.7	9	0.1	0	0.02	0.51	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.04	0.08	1.7	9	0.1	0	0.02	0.47	0.06	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	3	0	3	0.02	0.10	2.1	11	0.13	0	0.04	0.47	0.06	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.7	4	0.04	0	0.01	0.16	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	9	0	9	0.15	0.09	5.0	25	0.0	1	0.1	1.9	0.13	0.05	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	4	0	4	0.06	0.04	2.1	11	0.0	0	0.06	0.81	0.06	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	39	0	39	0.64	0.39	21.4	107	0.0	3	0.43	8.14	0.54	0.21	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	26	0	27	0.43	0.26	14.3	71	0.0	2	0.43	5.43	0.43	0.14	0.00
Raisins, Flavored, MS1291	Packages	10	10	0	0	0.07	0.05	1.4	10	4.29	2	0.07	2.57	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	74	0	4	0.00	0.00	0.0	0	15.94	16	0.0	17.47	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	31	1	60	0.00	0.00	57.1	214	0.0	5	2.29	5.43	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	21	3	26	0.00	0.00	64.3	107	0.26	2	1.71	2.36	0.54	0.32	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	13	1	10	0.00	0.00	21.4	80	0.0	2	0.86	2.36	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	13	1	11	0.00	0.00	21.4	80	0.0	2	0.86	2.36	0.0	0.00	0.00
Weighted Daily Average			470	23	439	2.39	2.58	242.3	822	*21.29	60	11.29	85.41	8.71	2.83	0.00
% of Calories											51.0%	9.6%	72.7%	16.7%	5.4%	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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AMS Breakfast

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	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 ¹ (g)
Tue - 03/03/2020																
AMS Breakfast	Total	175														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	120	225	24	552	0.62	1.48	82.1	0	0.0	2	10.21	19.2	11.6	5.12	0.00
Jelly, Assorted, PC MS1526	1 packet	120	25	0	5	0.04	0.03	1.0	1	0.28	5	0.02	6.33	0.01	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	10	11	0	16	0.23	0.08	3.4	11	0.0	1	0.29	2.06	0.23	0.03	0.00
Syrup, Pancake, PC MS1566	1 packet	10	7	0	2	0.00	0.00	0.0	0	0.0	2	0.0	1.71	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	5	9	0	8	0.06	0.05	1.1	0	0.0	1	0.14	1.17	0.43	0.20	0.00
Donuts Mini Powdered	1 pack	5	8	0	7	0.06	0.02	1.7	0	*N/A*	1	0.11	1.17	0.31	0.09	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	5	0	6	0.05	0.41	4.6	23	0.27	1	0.09	1.1	0.05	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	2	0.02	0.08	1.1	6	0.07	0	0.03	0.22	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.08	1.4	7	0.08	0	0.02	0.41	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.03	0.06	1.4	7	0.08	0	0.02	0.38	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.08	1.7	9	0.1	0	0.03	0.38	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.6	3	0.03	0	0.01	0.13	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	4.0	20	0.0	1	0.08	1.52	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.7	9	0.0	0	0.05	0.65	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	31	0	31	0.51	0.31	17.1	86	0.0	3	0.34	6.51	0.43	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	21	0	22	0.34	0.21	11.4	57	0.0	2	0.34	4.34	0.34	0.11	0.00
Raisins, Flavored, MS1291	Packages	10	8	0	0	0.06	0.04	1.1	8	3.43	2	0.06	2.06	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	59	0	3	0.00	0.00	0.0	0	12.75	12	0.0	13.97	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	25	1	48	0.00	0.00	45.7	171	0.0	4	1.83	4.34	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	10	0	9	0.00	0.00	17.1	64	0.0	2	0.69	1.89	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	10	0	8	0.00	0.00	17.1	64	0.0	2	0.69	1.89	0.0	0.00	0.00
Weighted Daily Average			490	29	758	2.23	3.05	267.0	631	*17.31	40	16.42	73.31	14.12	6.06	0.00
% of Calories											33.0%	13.4%	59.9%	25.9%	11.1%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Wed - 03/04/2020																
AMS Breakfast	Total	180														
Omelets, Cheese, Indivi,MS1662	1 omelet	55	42	53	87	0.00	0.24	21.6	97	0.01	0	2.25	0.52	3.29	1.04	0.00
Sausage Patty, 1 Oz.,MS1665	1 patty	55	36	11	118	0.00	0.22	6.0	0	0.0	0	3.02	0.0	2.42	0.91	0.00
Bread, 1 ENR, Toast, MS1604	1slice	55	21	0	46	0.31	0.22	6.1	0	0.37	0	0.61	4.28	0.31	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	60	12	0	2	0.02	0.01	0.5	0	0.14	2	0.01	3.08	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	70	86	2	132	1.17	0.56	23.3	0	0.0	6	1.94	14.0	2.72	0.39	0.00
Syrup, Pancake, PC MS1566	1 packet	70	46	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.67	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	5	7	0	8	0.06	0.04	0.6	1	0.0	0	0.14	1.11	0.19	0.06	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	5	4	0	3	0.03	0.03	0.6	0	0.0	0	0.08	0.72	0.13	0.02	0.00
Donuts Mini Chocolate	1 pack	3	5	0	5	0.03	0.03	0.7	0	0.0	0	0.08	0.68	0.25	0.12	0.00
Donuts Mini Powdered	1 pack	2	3	0	3	0.02	0.01	0.7	0	*N/A*	0	0.04	0.46	0.12	0.03	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	5	6	0	8	0.06	0.50	5.6	28	0.33	1	0.11	1.33	0.06	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.07	1.3	7	0.08	0	0.02	0.4	0.02	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.03	0.06	1.3	7	0.08	0	0.02	0.37	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.07	1.7	8	0.1	0	0.03	0.37	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.02	0.6	3	0.03	0	0.01	0.12	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	3.9	19	0.0	1	0.08	1.48	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.7	8	0.0	0	0.05	0.63	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	30	0	30	0.50	0.30	16.7	83	0.0	3	0.33	6.33	0.42	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	20	0	21	0.33	0.20	11.1	56	0.0	2	0.33	4.22	0.33	0.11	0.00
Fresh Bananas MS1220	1 each	10	6	0	0	0.17	0.02	0.3	4	0.57	1	0.07	1.5	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	58	0	3	0.00	0.00	0.0	0	12.4	12	0.0	13.58	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	24	1	47	0.00	0.00	44.4	167	0.0	4	1.78	4.22	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	17	3	20	0.00	0.00	50.0	83	0.2	2	1.33	1.83	0.42	0.25	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	10	0	8	0.00	0.00	16.7	63	0.0	2	0.67	1.83	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	10	0	8	0.00	0.00	16.7	63	0.0	2	0.67	1.83	0.0	0.00	0.00
Weighted Daily Average			460	70	578	2.93	2.71	231.8	697	*14.30	50	13.69	76.57	10.96	3.17	0.00
% of Calories											43.2%	11.9%	66.7%	21.5%	6.2%	0.0%
Nutrient Guideline			400-550		600											<10.00

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Thu - 03/05/2020																
AMS Breakfast	Total	170														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	115	222	23	545	0.61	1.46	81.0	0	0.0	2	10.07	18.94	11.44	5.05	0.00
Jelly, Assorted, PC MS1526	1 packet	115	24	0	5	0.04	0.03	0.9	1	0.28	5	0.02	6.24	0.01	0.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	2	2	0	1	0.01	0.00	0.2	0	0.0	0	0.04	0.31	0.05	0.01	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	3	3	0	2	0.02	0.03	0.4	0	0.0	0	0.05	0.46	0.08	0.01	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	4	0	5	0.04	0.02	0.0	1	0.0	0	0.09	0.64	0.11	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	2	0	3	0.02	0.01	0.0	1	0.0	0	0.06	0.42	0.07	0.02	0.00
Donuts Mini Chocolate	1 pack	3	6	0	5	0.04	0.03	0.7	0	0.0	0	0.09	0.72	0.26	0.12	0.00
Donuts Mini Powdered	1 pack	2	3	0	3	0.02	0.01	0.7	0	*N/A*	0	0.05	0.48	0.13	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	5	0	7	0.05	0.42	4.7	24	0.28	1	0.09	1.13	0.05	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	2	0.02	0.08	1.2	6	0.07	0	0.03	0.23	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.08	1.4	7	0.08	0	0.02	0.42	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.04	0.06	1.4	7	0.08	0	0.02	0.39	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.08	1.8	9	0.11	0	0.04	0.39	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.6	3	0.04	0	0.01	0.13	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	4.1	21	0.0	1	0.08	1.56	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.8	9	0.0	0	0.05	0.67	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	32	0	32	0.53	0.32	17.6	88	0.0	3	0.35	6.71	0.44	0.18	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	21	0	22	0.35	0.21	11.8	59	0.0	2	0.35	4.47	0.35	0.12	0.00
Fresh Bananas MS1220	1 each	10	6	0	0	0.18	0.02	0.3	4	0.6	1	0.08	1.59	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	61	0	3	0.00	0.00	0.0	0	13.12	13	0.0	14.38	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	26	1	49	0.00	0.00	47.1	176	0.0	4	1.88	4.47	0.0	0.00	0.00
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	30	14	1	21	0.00	0.00	52.9	88	0.42	2	1.41	1.94	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	15	11	0	8	0.00	0.00	17.6	66	0.0	2	0.71	1.94	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.PF MS1704	1/2 pint	15	11	0	9	0.00	0.00	17.6	66	0.0	2	0.71	1.94	0.0	0.00	0.00
Weighted Daily Average			471	26	742	2.18	3.00	266.0	636	*15.09	38	16.29	70.58	13.32	5.66	0.00
% of Calories											32.5%	13.8%	59.9%	25.4%	10.8%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Fri - 03/06/2020																
AMS Breakfast	Total	130														
Breakfast Pizza,Sausage,MS1684	1 slice	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	20	42	2	45	0.31	0.17	9.2	0	0.0	2	1.08	6.62	1.23	0.15	0.00
Syrup, Pancake, PC MS1566	1 packet	20	18	0	4	0.00	0.00	0.0	0	0.0	4	0.0	4.62	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	5	5	0	7	0.15	0.07	1.5	0	0.0	0	0.23	1.12	0.04	0.00	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	5	3	1	3	0.00	0.00	0.8	8	0.0	0	0.04	0.19	0.31	0.19	0.00
Yogurt,Strawberry MS1668	4 ounce cu	5	3	0	2	0.00	0.00	5.8	0	0.0	0	0.15	0.54	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	5	6	1	5	0.08	0.03	5.8	0	0.0	1	0.12	1.0	0.19	0.06	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	5	0	6	0.05	0.02	0.0	2	0.0	0	0.12	0.83	0.14	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	3	0	4	0.03	0.02	0.0	1	0.0	0	0.08	0.55	0.09	0.02	0.00
Donuts Mini Chocolate	1 pack	3	7	0	6	0.05	0.04	0.9	0	0.0	0	0.12	0.95	0.35	0.16	0.00
Donuts Mini Powdered	1 pack	2	4	0	4	0.03	0.01	0.9	0	*N/A*	0	0.06	0.63	0.17	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	7	0	9	0.06	0.55	6.2	31	0.37	1	0.12	1.48	0.06	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	3	0.02	0.11	1.5	8	0.09	0	0.04	0.3	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	3	0	3	0.02	0.10	1.8	9	0.11	0	0.02	0.55	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	3	0	4	0.05	0.08	1.8	9	0.11	0	0.02	0.51	0.07	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	3	0	4	0.02	0.10	2.3	12	0.14	0	0.05	0.51	0.07	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.02	0.03	0.8	4	0.05	0	0.02	0.17	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	10	0	10	0.16	0.10	5.4	27	0.0	1	0.11	2.05	0.13	0.05	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	4	0	4	0.07	0.04	2.3	12	0.0	0	0.07	0.88	0.07	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	42	0	42	0.69	0.42	23.1	115	0.0	3	0.46	8.77	0.58	0.23	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	28	0	29	0.46	0.28	15.4	77	0.0	2	0.46	5.85	0.46	0.15	0.00
Fresh Bananas MS1220	1 each	10	8	0	0	0.24	0.02	0.5	6	0.79	1	0.1	2.07	0.03	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	80	0	4	0.00	0.00	0.0	0	17.16	17	0.0	18.81	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	34	2	65	0.00	0.00	61.5	231	0.0	6	2.46	5.85	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	23	3	28	0.00	0.00	69.2	115	0.28	3	1.85	2.54	0.58	0.35	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	14	1	12	0.00	0.00	23.1	87	0.0	3	0.92	2.54	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	14	1	11	0.00	0.00	23.1	87	0.0	3	0.92	2.54	0.0	0.00	0.00
Weighted Daily Average			370	10	314	2.51	2.20	262.9	839	*19.10	48	9.61	72.44	4.62	1.51	0.00
% of Calories											52.1%	10.4%	78.3%	11.2%	3.7%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Mon - 03/16/2020																
AMS Breakfast	Total	140														
Sausage Pancake/Stick, MS1690	1 stick	75	113	13	166	0.54	0.58	10.7	24	0.0	5	3.21	11.79	5.36	1.61	0.00
Syrup, Pancake, PC MS1566	1 packet	75	64	0	16	0.00	0.00	0.0	0	0.0	16	0.0	16.07	0.0	0.00	0.00
Breakfast Boat, WGR, MS	1 serving	10	14	4	24	0.14	0.13	7.1	21	0.0	0	0.57	1.79	0.57	0.18	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	5	0	6	0.04	0.02	0.0	2	0.0	0	0.11	0.77	0.13	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	3	0	4	0.03	0.02	0.0	1	0.0	0	0.07	0.51	0.09	0.02	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	5	6	0	4	0.04	0.04	0.7	0	0.0	0	0.11	0.93	0.16	0.03	0.00
Donuts Mini Chocolate	1 pack	3	7	0	6	0.04	0.04	0.9	0	0.0	0	0.11	0.88	0.32	0.15	0.00
Donuts Mini Powdered	1 pack	2	4	0	3	0.03	0.01	0.9	0	*N/A*	0	0.06	0.59	0.16	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	6	0	8	0.06	0.51	5.7	29	0.34	1	0.11	1.37	0.06	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	3	0.02	0.10	1.4	7	0.09	0	0.04	0.28	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	3	0.02	0.10	1.7	9	0.1	0	0.02	0.51	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.04	0.08	1.7	9	0.1	0	0.02	0.47	0.06	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	3	0	3	0.02	0.10	2.1	11	0.13	0	0.04	0.47	0.06	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.7	4	0.04	0	0.01	0.16	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	9	0	9	0.15	0.09	5.0	25	0.0	1	0.1	1.9	0.13	0.05	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	4	0	4	0.06	0.04	2.1	11	0.0	0	0.06	0.81	0.06	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	39	0	39	0.64	0.39	21.4	107	0.0	3	0.43	8.14	0.54	0.21	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	26	0	27	0.43	0.26	14.3	71	0.0	2	0.43	5.43	0.43	0.14	0.00
Raisins, Flavored, MS1291	Packages	10	10	0	0	0.07	0.05	1.4	10	4.29	2	0.07	2.57	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	74	0	4	0.00	0.00	0.0	0	15.94	16	0.0	17.47	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	31	1	60	0.00	0.00	57.1	214	0.0	5	2.29	5.43	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	21	3	26	0.00	0.00	64.3	107	0.26	2	1.71	2.36	0.54	0.32	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	13	1	10	0.00	0.00	21.4	80	0.0	2	0.86	2.36	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	13	1	11	0.00	0.00	21.4	80	0.0	2	0.86	2.36	0.0	0.00	0.00
Weighted Daily Average			470	23	439	2.39	2.58	242.3	822	*21.29	60	11.29	85.41	8.71	2.83	0.00
% of Calories											51.0%	9.6%	72.7%	16.7%	5.4%	0.0%
Nutrient Guideline			400-550		600											<10.00

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Tue - 03/17/2020																
AMS Breakfast	Total	175														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	120	225	24	552	0.62	1.48	82.1	0	0.0	2	10.21	19.2	11.6	5.12	0.00
Jelly, Assorted, PC MS1526	1 packet	120	25	0	5	0.04	0.03	1.0	1	0.28	5	0.02	6.33	0.01	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	10	11	0	16	0.23	0.08	3.4	11	0.0	1	0.29	2.06	0.23	0.03	0.00
Syrup, Pancake, PC MS1566	1 packet	10	7	0	2	0.00	0.00	0.0	0	0.0	2	0.0	1.71	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	5	9	0	8	0.06	0.05	1.1	0	0.0	1	0.14	1.17	0.43	0.20	0.00
Donuts Mini Powdered	1 pack	5	8	0	7	0.06	0.02	1.7	0	*N/A*	1	0.11	1.17	0.31	0.09	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	5	0	6	0.05	0.41	4.6	23	0.27	1	0.09	1.1	0.05	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	2	0.02	0.08	1.1	6	0.07	0	0.03	0.22	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.08	1.4	7	0.08	0	0.02	0.41	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.03	0.06	1.4	7	0.08	0	0.02	0.38	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.08	1.7	9	0.1	0	0.03	0.38	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.6	3	0.03	0	0.01	0.13	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	4.0	20	0.0	1	0.08	1.52	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.7	9	0.0	0	0.05	0.65	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	31	0	31	0.51	0.31	17.1	86	0.0	3	0.34	6.51	0.43	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	21	0	22	0.34	0.21	11.4	57	0.0	2	0.34	4.34	0.34	0.11	0.00
Raisins, Flavored, MS1291	Packages	10	8	0	0	0.06	0.04	1.1	8	3.43	2	0.06	2.06	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	59	0	3	0.00	0.00	0.0	0	12.75	12	0.0	13.97	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	25	1	48	0.00	0.00	45.7	171	0.0	4	1.83	4.34	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	10	0	9	0.00	0.00	17.1	64	0.0	2	0.69	1.89	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	10	0	8	0.00	0.00	17.1	64	0.0	2	0.69	1.89	0.0	0.00	0.00
Weighted Daily Average			490	29	758	2.23	3.05	267.0	631	*17.31	40	16.42	73.31	14.12	6.06	0.00
% of Calories											33.0%	13.4%	59.9%	25.9%	11.1%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Wed - 03/18/2020																
AMS Breakfast	Total	180														
Omelets, Cheese, Indivi,MS1662	1 omelet	55	42	53	87	0.00	0.24	21.6	97	0.01	0	2.25	0.52	3.29	1.04	0.00
Sausage Patty, 1 Oz.,MS1665	1 patty	55	36	11	118	0.00	0.22	6.0	0	0.0	0	3.02	0.0	2.42	0.91	0.00
Bread, 1 ENR, Toast, MS1604	1slice	55	21	0	46	0.31	0.22	6.1	0	0.37	0	0.61	4.28	0.31	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	60	12	0	2	0.02	0.01	0.5	0	0.14	2	0.01	3.08	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	70	86	2	132	1.17	0.56	23.3	0	0.0	6	1.94	14.0	2.72	0.39	0.00
Syrup, Pancake, PC MS1566	1 packet	70	46	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.67	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	5	7	0	8	0.06	0.04	0.6	1	0.0	0	0.14	1.11	0.19	0.06	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	5	4	0	3	0.03	0.03	0.6	0	0.0	0	0.08	0.72	0.13	0.02	0.00
Donuts Mini Chocolate	1 pack	3	5	0	5	0.03	0.03	0.7	0	0.0	0	0.08	0.68	0.25	0.12	0.00
Donuts Mini Powdered	1 pack	2	3	0	3	0.02	0.01	0.7	0	*N/A*	0	0.04	0.46	0.12	0.03	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	5	6	0	8	0.06	0.50	5.6	28	0.33	1	0.11	1.33	0.06	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.07	1.3	7	0.08	0	0.02	0.4	0.02	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.03	0.06	1.3	7	0.08	0	0.02	0.37	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.07	1.7	8	0.1	0	0.03	0.37	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.02	0.6	3	0.03	0	0.01	0.12	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	3.9	19	0.0	1	0.08	1.48	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.7	8	0.0	0	0.05	0.63	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	30	0	30	0.50	0.30	16.7	83	0.0	3	0.33	6.33	0.42	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	20	0	21	0.33	0.20	11.1	56	0.0	2	0.33	4.22	0.33	0.11	0.00
Fresh Bananas MS1220	1 each	10	6	0	0	0.17	0.02	0.3	4	0.57	1	0.07	1.5	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	58	0	3	0.00	0.00	0.0	0	12.4	12	0.0	13.58	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	24	1	47	0.00	0.00	44.4	167	0.0	4	1.78	4.22	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	17	3	20	0.00	0.00	50.0	83	0.2	2	1.33	1.83	0.42	0.25	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	10	0	8	0.00	0.00	16.7	63	0.0	2	0.67	1.83	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	10	0	8	0.00	0.00	16.7	63	0.0	2	0.67	1.83	0.0	0.00	0.00
Weighted Daily Average			460	70	578	2.93	2.71	231.8	697	*14.30	50	13.69	76.57	10.96	3.17	0.00
% of Calories											43.2%	11.9%	66.7%	21.5%	6.2%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Thu - 03/19/2020																
AMS Breakfast	Total	170														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	115	222	23	545	0.61	1.46	81.0	0	0.0	2	10.07	18.94	11.44	5.05	0.00
Jelly, Assorted, PC MS1526	1 packet	115	24	0	5	0.04	0.03	0.9	1	0.28	5	0.02	6.24	0.01	0.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	2	2	0	1	0.01	0.00	0.2	0	0.0	0	0.04	0.31	0.05	0.01	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	3	3	0	2	0.02	0.03	0.4	0	0.0	0	0.05	0.46	0.08	0.01	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	4	0	5	0.04	0.02	0.0	1	0.0	0	0.09	0.64	0.11	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	2	0	3	0.02	0.01	0.0	1	0.0	0	0.06	0.42	0.07	0.02	0.00
Donuts Mini Chocolate	1 pack	3	6	0	5	0.04	0.03	0.7	0	0.0	0	0.09	0.72	0.26	0.12	0.00
Donuts Mini Powdered	1 pack	2	3	0	3	0.02	0.01	0.7	0	*N/A*	0	0.05	0.48	0.13	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	5	0	7	0.05	0.42	4.7	24	0.28	1	0.09	1.13	0.05	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	2	0.02	0.08	1.2	6	0.07	0	0.03	0.23	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.08	1.4	7	0.08	0	0.02	0.42	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.04	0.06	1.4	7	0.08	0	0.02	0.39	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.08	1.8	9	0.11	0	0.04	0.39	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.6	3	0.04	0	0.01	0.13	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	4.1	21	0.0	1	0.08	1.56	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.8	9	0.0	0	0.05	0.67	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	32	0	32	0.53	0.32	17.6	88	0.0	3	0.35	6.71	0.44	0.18	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	21	0	22	0.35	0.21	11.8	59	0.0	2	0.35	4.47	0.35	0.12	0.00
Fresh Bananas MS1220	1 each	10	6	0	0	0.18	0.02	0.3	4	0.6	1	0.08	1.59	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	61	0	3	0.00	0.00	0.0	0	13.12	13	0.0	14.38	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	26	1	49	0.00	0.00	47.1	176	0.0	4	1.88	4.47	0.0	0.00	0.00
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	30	14	1	21	0.00	0.00	52.9	88	0.42	2	1.41	1.94	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	15	11	0	8	0.00	0.00	17.6	66	0.0	2	0.71	1.94	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.PF MS1704	1/2 pint	15	11	0	9	0.00	0.00	17.6	66	0.0	2	0.71	1.94	0.0	0.00	0.00
Weighted Daily Average			471	26	742	2.18	3.00	266.0	636	*15.09	38	16.29	70.58	13.32	5.66	0.00
% of Calories											32.5%	13.8%	59.9%	25.4%	10.8%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Fri - 03/20/2020																
AMS Breakfast	Total	130														
Breakfast Pizza,Sausage,MS1684	1 slice	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	20	42	2	45	0.31	0.17	9.2	0	0.0	2	1.08	6.62	1.23	0.15	0.00
Syrup, Pancake, PC MS1566	1 packet	20	18	0	4	0.00	0.00	0.0	0	0.0	4	0.0	4.62	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	5	5	0	7	0.15	0.07	1.5	0	0.0	0	0.23	1.12	0.04	0.00	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	5	3	1	3	0.00	0.00	0.8	8	0.0	0	0.04	0.19	0.31	0.19	0.00
Yogurt,Strawberry MS1668	4 ounce cu	5	3	0	2	0.00	0.00	5.8	0	0.0	0	0.15	0.54	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	5	6	1	5	0.08	0.03	5.8	0	0.0	1	0.12	1.0	0.19	0.06	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	5	0	6	0.05	0.02	0.0	2	0.0	0	0.12	0.83	0.14	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	3	0	4	0.03	0.02	0.0	1	0.0	0	0.08	0.55	0.09	0.02	0.00
Donuts Mini Chocolate	1 pack	3	7	0	6	0.05	0.04	0.9	0	0.0	0	0.12	0.95	0.35	0.16	0.00
Donuts Mini Powdered	1 pack	2	4	0	4	0.03	0.01	0.9	0	*N/A*	0	0.06	0.63	0.17	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	7	0	9	0.06	0.55	6.2	31	0.37	1	0.12	1.48	0.06	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	3	0.02	0.11	1.5	8	0.09	0	0.04	0.3	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	3	0	3	0.02	0.10	1.8	9	0.11	0	0.02	0.55	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	3	0	4	0.05	0.08	1.8	9	0.11	0	0.02	0.51	0.07	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	3	0	4	0.02	0.10	2.3	12	0.14	0	0.05	0.51	0.07	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.02	0.03	0.8	4	0.05	0	0.02	0.17	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	10	0	10	0.16	0.10	5.4	27	0.0	1	0.11	2.05	0.13	0.05	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	4	0	4	0.07	0.04	2.3	12	0.0	0	0.07	0.88	0.07	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	42	0	42	0.69	0.42	23.1	115	0.0	3	0.46	8.77	0.58	0.23	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	28	0	29	0.46	0.28	15.4	77	0.0	2	0.46	5.85	0.46	0.15	0.00
Fresh Bananas MS1220	1 each	10	8	0	0	0.24	0.02	0.5	6	0.79	1	0.1	2.07	0.03	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	80	0	4	0.00	0.00	0.0	0	17.16	17	0.0	18.81	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	34	2	65	0.00	0.00	61.5	231	0.0	6	2.46	5.85	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	30	23	3	28	0.00	0.00	69.2	115	0.28	3	1.85	2.54	0.58	0.35	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	14	1	12	0.00	0.00	23.1	87	0.0	3	0.92	2.54	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	14	1	11	0.00	0.00	23.1	87	0.0	3	0.92	2.54	0.0	0.00	0.00
Weighted Daily Average			370	10	314	2.51	2.20	262.9	839	*19.10	48	9.61	72.44	4.62	1.51	0.00
% of Calories											52.1%	10.4%	78.3%	11.2%	3.7%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Mon - 03/23/2020																
AMS Breakfast	Total	140														
Sausage Pancake/Stick, MS1690	1 stick	75	113	13	166	0.54	0.58	10.7	24	0.0	5	3.21	11.79	5.36	1.61	0.00
Syrup, Pancake, PC MS1566	1 packet	75	64	0	16	0.00	0.00	0.0	0	0.0	16	0.0	16.07	0.0	0.00	0.00
Breakfast Boat, WGR, MS	1 serving	10	14	4	24	0.14	0.13	7.1	21	0.0	0	0.57	1.79	0.57	0.18	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	5	0	6	0.04	0.02	0.0	2	0.0	0	0.11	0.77	0.13	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	3	0	4	0.03	0.02	0.0	1	0.0	0	0.07	0.51	0.09	0.02	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	5	6	0	4	0.04	0.04	0.7	0	0.0	0	0.11	0.93	0.16	0.03	0.00
Donuts Mini Chocolate	1 pack	3	7	0	6	0.04	0.04	0.9	0	0.0	0	0.11	0.88	0.32	0.15	0.00
Donuts Mini Powdered	1 pack	2	4	0	3	0.03	0.01	0.9	0	*N/A*	0	0.06	0.59	0.16	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	6	0	8	0.06	0.51	5.7	29	0.34	1	0.11	1.37	0.06	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	3	0.02	0.10	1.4	7	0.09	0	0.04	0.28	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	3	0.02	0.10	1.7	9	0.1	0	0.02	0.51	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.04	0.08	1.7	9	0.1	0	0.02	0.47	0.06	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	3	0	3	0.02	0.10	2.1	11	0.13	0	0.04	0.47	0.06	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.7	4	0.04	0	0.01	0.16	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	9	0	9	0.15	0.09	5.0	25	0.0	1	0.1	1.9	0.13	0.05	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	4	0	4	0.06	0.04	2.1	11	0.0	0	0.06	0.81	0.06	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	39	0	39	0.64	0.39	21.4	107	0.0	3	0.43	8.14	0.54	0.21	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	26	0	27	0.43	0.26	14.3	71	0.0	2	0.43	5.43	0.43	0.14	0.00
Raisins, Flavored, MS1291	Packages	10	10	0	0	0.07	0.05	1.4	10	4.29	2	0.07	2.57	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	74	0	4	0.00	0.00	0.0	0	15.94	16	0.0	17.47	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	31	1	60	0.00	0.00	57.1	214	0.0	5	2.29	5.43	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	21	3	26	0.00	0.00	64.3	107	0.26	2	1.71	2.36	0.54	0.32	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	13	1	10	0.00	0.00	21.4	80	0.0	2	0.86	2.36	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	13	1	11	0.00	0.00	21.4	80	0.0	2	0.86	2.36	0.0	0.00	0.00
Weighted Daily Average			470	23	439	2.39	2.58	242.3	822	*21.29	60	11.29	85.41	8.71	2.83	0.00
% of Calories											51.0%	9.6%	72.7%	16.7%	5.4%	0.0%
Nutrient Guideline			400-550		600											<10.00

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Tue - 03/24/2020																
AMS Breakfast	Total	175														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	120	225	24	552	0.62	1.48	82.1	0	0.0	2	10.21	19.2	11.6	5.12	0.00
Jelly, Assorted, PC MS1526	1 packet	120	25	0	5	0.04	0.03	1.0	1	0.28	5	0.02	6.33	0.01	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	10	11	0	16	0.23	0.08	3.4	11	0.0	1	0.29	2.06	0.23	0.03	0.00
Syrup, Pancake, PC MS1566	1 packet	10	7	0	2	0.00	0.00	0.0	0	0.0	2	0.0	1.71	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	5	9	0	8	0.06	0.05	1.1	0	0.0	1	0.14	1.17	0.43	0.20	0.00
Donuts Mini Powdered	1 pack	5	8	0	7	0.06	0.02	1.7	0	*N/A*	1	0.11	1.17	0.31	0.09	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	5	0	6	0.05	0.41	4.6	23	0.27	1	0.09	1.1	0.05	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	2	0.02	0.08	1.1	6	0.07	0	0.03	0.22	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.08	1.4	7	0.08	0	0.02	0.41	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.03	0.06	1.4	7	0.08	0	0.02	0.38	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.08	1.7	9	0.1	0	0.03	0.38	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.6	3	0.03	0	0.01	0.13	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	4.0	20	0.0	1	0.08	1.52	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.7	9	0.0	0	0.05	0.65	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	31	0	31	0.51	0.31	17.1	86	0.0	3	0.34	6.51	0.43	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	21	0	22	0.34	0.21	11.4	57	0.0	2	0.34	4.34	0.34	0.11	0.00
Raisins, Flavored, MS1291	Packages	10	8	0	0	0.06	0.04	1.1	8	3.43	2	0.06	2.06	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	59	0	3	0.00	0.00	0.0	0	12.75	12	0.0	13.97	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	25	1	48	0.00	0.00	45.7	171	0.0	4	1.83	4.34	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	10	0	9	0.00	0.00	17.1	64	0.0	2	0.69	1.89	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	10	0	8	0.00	0.00	17.1	64	0.0	2	0.69	1.89	0.0	0.00	0.00
Weighted Daily Average			490	29	758	2.23	3.05	267.0	631	*17.31	40	16.42	73.31	14.12	6.06	0.00
% of Calories											33.0%	13.4%	59.9%	25.9%	11.1%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Wed - 03/25/2020																
AMS Breakfast	Total	180														
Omelets, Cheese, Indivi,MS1662	1 omelet	55	42	53	87	0.00	0.24	21.6	97	0.01	0	2.25	0.52	3.29	1.04	0.00
Sausage Patty, 1 Oz.,MS1665	1 patty	55	36	11	118	0.00	0.22	6.0	0	0.0	0	3.02	0.0	2.42	0.91	0.00
Bread, 1 ENR, Toast, MS1604	1slice	55	21	0	46	0.31	0.22	6.1	0	0.37	0	0.61	4.28	0.31	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	60	12	0	2	0.02	0.01	0.5	0	0.14	2	0.01	3.08	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	70	86	2	132	1.17	0.56	23.3	0	0.0	6	1.94	14.0	2.72	0.39	0.00
Syrup, Pancake, PC MS1566	1 packet	70	46	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.67	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	5	7	0	8	0.06	0.04	0.6	1	0.0	0	0.14	1.11	0.19	0.06	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	5	4	0	3	0.03	0.03	0.6	0	0.0	0	0.08	0.72	0.13	0.02	0.00
Donuts Mini Chocolate	1 pack	3	5	0	5	0.03	0.03	0.7	0	0.0	0	0.08	0.68	0.25	0.12	0.00
Donuts Mini Powdered	1 pack	2	3	0	3	0.02	0.01	0.7	0	*N/A*	0	0.04	0.46	0.12	0.03	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	5	6	0	8	0.06	0.50	5.6	28	0.33	1	0.11	1.33	0.06	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.07	1.3	7	0.08	0	0.02	0.4	0.02	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.03	0.06	1.3	7	0.08	0	0.02	0.37	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.07	1.7	8	0.1	0	0.03	0.37	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.02	0.6	3	0.03	0	0.01	0.12	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	3.9	19	0.0	1	0.08	1.48	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.7	8	0.0	0	0.05	0.63	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	30	0	30	0.50	0.30	16.7	83	0.0	3	0.33	6.33	0.42	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	20	0	21	0.33	0.20	11.1	56	0.0	2	0.33	4.22	0.33	0.11	0.00
Fresh Bananas MS1220	1 each	10	6	0	0	0.17	0.02	0.3	4	0.57	1	0.07	1.5	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	58	0	3	0.00	0.00	0.0	0	12.4	12	0.0	13.58	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	24	1	47	0.00	0.00	44.4	167	0.0	4	1.78	4.22	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	17	3	20	0.00	0.00	50.0	83	0.2	2	1.33	1.83	0.42	0.25	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	10	0	8	0.00	0.00	16.7	63	0.0	2	0.67	1.83	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	10	0	8	0.00	0.00	16.7	63	0.0	2	0.67	1.83	0.0	0.00	0.00
Weighted Daily Average			460	70	578	2.93	2.71	231.8	697	*14.30	50	13.69	76.57	10.96	3.17	0.00
% of Calories											43.2%	11.9%	66.7%	21.5%	6.2%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Thu - 03/26/2020																
AMS Breakfast	Total	170														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	115	222	23	545	0.61	1.46	81.0	0	0.0	2	10.07	18.94	11.44	5.05	0.00
Jelly, Assorted, PC MS1526	1 packet	115	24	0	5	0.04	0.03	0.9	1	0.28	5	0.02	6.24	0.01	0.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	2	2	0	1	0.01	0.00	0.2	0	0.0	0	0.04	0.31	0.05	0.01	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	3	3	0	2	0.02	0.03	0.4	0	0.0	0	0.05	0.46	0.08	0.01	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	4	0	5	0.04	0.02	0.0	1	0.0	0	0.09	0.64	0.11	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	2	0	3	0.02	0.01	0.0	1	0.0	0	0.06	0.42	0.07	0.02	0.00
Donuts Mini Chocolate	1 pack	3	6	0	5	0.04	0.03	0.7	0	0.0	0	0.09	0.72	0.26	0.12	0.00
Donuts Mini Powdered	1 pack	2	3	0	3	0.02	0.01	0.7	0	*N/A*	0	0.05	0.48	0.13	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	5	0	7	0.05	0.42	4.7	24	0.28	1	0.09	1.13	0.05	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	2	0.02	0.08	1.2	6	0.07	0	0.03	0.23	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.08	1.4	7	0.08	0	0.02	0.42	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.04	0.06	1.4	7	0.08	0	0.02	0.39	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.08	1.8	9	0.11	0	0.04	0.39	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.6	3	0.04	0	0.01	0.13	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	4.1	21	0.0	1	0.08	1.56	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.8	9	0.0	0	0.05	0.67	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	32	0	32	0.53	0.32	17.6	88	0.0	3	0.35	6.71	0.44	0.18	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	21	0	22	0.35	0.21	11.8	59	0.0	2	0.35	4.47	0.35	0.12	0.00
Fresh Bananas MS1220	1 each	10	6	0	0	0.18	0.02	0.3	4	0.6	1	0.08	1.59	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	61	0	3	0.00	0.00	0.0	0	13.12	13	0.0	14.38	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	26	1	49	0.00	0.00	47.1	176	0.0	4	1.88	4.47	0.0	0.00	0.00
Milk, FF White 1/2 pt.PF MS1706	1/2 pint	30	14	1	21	0.00	0.00	52.9	88	0.42	2	1.41	1.94	0.0	0.00	0.00
Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	15	11	0	8	0.00	0.00	17.6	66	0.0	2	0.71	1.94	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt.PF MS1704	1/2 pint	15	11	0	9	0.00	0.00	17.6	66	0.0	2	0.71	1.94	0.0	0.00	0.00
Weighted Daily Average			471	26	742	2.18	3.00	266.0	636	*15.09	38	16.29	70.58	13.32	5.66	0.00
% of Calories											32.5%	13.8%	59.9%	25.4%	10.8%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Fri - 03/27/2020																
AMS Breakfast	Total	130														
Breakfast Pizza,Sausage,MS1684	1 slice	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	20	42	2	45	0.31	0.17	9.2	0	0.0	2	1.08	6.62	1.23	0.15	0.00
Syrup, Pancake, PC MS1566	1 packet	20	18	0	4	0.00	0.00	0.0	0	0.0	4	0.0	4.62	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	5	5	0	7	0.15	0.07	1.5	0	0.0	0	0.23	1.12	0.04	0.00	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	5	3	1	3	0.00	0.00	0.8	8	0.0	0	0.04	0.19	0.31	0.19	0.00
Yogurt,Strawberry MS1668	4 ounce cu	5	3	0	2	0.00	0.00	5.8	0	0.0	0	0.15	0.54	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	5	6	1	5	0.08	0.03	5.8	0	0.0	1	0.12	1.0	0.19	0.06	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	5	0	6	0.05	0.02	0.0	2	0.0	0	0.12	0.83	0.14	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	3	0	4	0.03	0.02	0.0	1	0.0	0	0.08	0.55	0.09	0.02	0.00
Donuts Mini Chocolate	1 pack	3	7	0	6	0.05	0.04	0.9	0	0.0	0	0.12	0.95	0.35	0.16	0.00
Donuts Mini Powdered	1 pack	2	4	0	4	0.03	0.01	0.9	0	*N/A*	0	0.06	0.63	0.17	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	7	0	9	0.06	0.55	6.2	31	0.37	1	0.12	1.48	0.06	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	3	0.02	0.11	1.5	8	0.09	0	0.04	0.3	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	3	0	3	0.02	0.10	1.8	9	0.11	0	0.02	0.55	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	3	0	4	0.05	0.08	1.8	9	0.11	0	0.02	0.51	0.07	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	3	0	4	0.02	0.10	2.3	12	0.14	0	0.05	0.51	0.07	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.02	0.03	0.8	4	0.05	0	0.02	0.17	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	10	0	10	0.16	0.10	5.4	27	0.0	1	0.11	2.05	0.13	0.05	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	4	0	4	0.07	0.04	2.3	12	0.0	0	0.07	0.88	0.07	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	42	0	42	0.69	0.42	23.1	115	0.0	3	0.46	8.77	0.58	0.23	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	28	0	29	0.46	0.28	15.4	77	0.0	2	0.46	5.85	0.46	0.15	0.00
Fresh Bananas MS1220	1 each	10	8	0	0	0.24	0.02	0.5	6	0.79	1	0.1	2.07	0.03	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	80	0	4	0.00	0.00	0.0	0	17.16	17	0.0	18.81	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	34	2	65	0.00	0.00	61.5	231	0.0	6	2.46	5.85	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	30	23	3	28	0.00	0.00	69.2	115	0.28	3	1.85	2.54	0.58	0.35	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	14	1	12	0.00	0.00	23.1	87	0.0	3	0.92	2.54	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	14	1	11	0.00	0.00	23.1	87	0.0	3	0.92	2.54	0.0	0.00	0.00
Weighted Daily Average			370	10	314	2.51	2.20	262.9	839	*19.10	48	9.61	72.44	4.62	1.51	0.00
% of Calories											52.1%	10.4%	78.3%	11.2%	3.7%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Mon - 03/30/2020																
AMS Breakfast	Total	140														
Sausage Pancake/Stick, MS1690	1 stick	75	113	13	166	0.54	0.58	10.7	24	0.0	5	3.21	11.79	5.36	1.61	0.00
Syrup, Pancake, PC MS1566	1 packet	75	64	0	16	0.00	0.00	0.0	0	0.0	16	0.0	16.07	0.0	0.00	0.00
Breakfast Boat, WGR, MS	1 serving	10	14	4	24	0.14	0.13	7.1	21	0.0	0	0.57	1.79	0.57	0.18	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	3	5	0	6	0.04	0.02	0.0	2	0.0	0	0.11	0.77	0.13	0.03	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	3	0	4	0.03	0.02	0.0	1	0.0	0	0.07	0.51	0.09	0.02	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	5	6	0	4	0.04	0.04	0.7	0	0.0	0	0.11	0.93	0.16	0.03	0.00
Donuts Mini Chocolate	1 pack	3	7	0	6	0.04	0.04	0.9	0	0.0	0	0.11	0.88	0.32	0.15	0.00
Donuts Mini Powdered	1 pack	2	4	0	3	0.03	0.01	0.9	0	*N/A*	0	0.06	0.59	0.16	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	6	0	8	0.06	0.51	5.7	29	0.34	1	0.11	1.37	0.06	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	3	0.02	0.10	1.4	7	0.09	0	0.04	0.28	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	3	0.02	0.10	1.7	9	0.1	0	0.02	0.51	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.04	0.08	1.7	9	0.1	0	0.02	0.47	0.06	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	3	0	3	0.02	0.10	2.1	11	0.13	0	0.04	0.47	0.06	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.7	4	0.04	0	0.01	0.16	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	9	0	9	0.15	0.09	5.0	25	0.0	1	0.1	1.9	0.13	0.05	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	4	0	4	0.06	0.04	2.1	11	0.0	0	0.06	0.81	0.06	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	39	0	39	0.64	0.39	21.4	107	0.0	3	0.43	8.14	0.54	0.21	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	26	0	27	0.43	0.26	14.3	71	0.0	2	0.43	5.43	0.43	0.14	0.00
Raisins, Flavored, MS1291	Packages	10	10	0	0	0.07	0.05	1.4	10	4.29	2	0.07	2.57	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	74	0	4	0.00	0.00	0.0	0	15.94	16	0.0	17.47	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	31	1	60	0.00	0.00	57.1	214	0.0	5	2.29	5.43	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	21	3	26	0.00	0.00	64.3	107	0.26	2	1.71	2.36	0.54	0.32	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	13	1	10	0.00	0.00	21.4	80	0.0	2	0.86	2.36	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	13	1	11	0.00	0.00	21.4	80	0.0	2	0.86	2.36	0.0	0.00	0.00
Weighted Daily Average			470	23	439	2.39	2.58	242.3	822	*21.29	60	11.29	85.41	8.71	2.83	0.00
% of Calories											51.0%	9.6%	72.7%	16.7%	5.4%	0.0%
Nutrient Guideline			400-550		600											<10.00

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS 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 ¹ (g)
Tue - 03/31/2020																
AMS Breakfast	Total	175														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	120	225	24	552	0.62	1.48	82.1	0	0.0	2	10.21	19.2	11.6	5.12	0.00
Jelly, Assorted, PC MS1526	1 packet	120	25	0	5	0.04	0.03	1.0	1	0.28	5	0.02	6.33	0.01	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	10	11	0	16	0.23	0.08	3.4	11	0.0	1	0.29	2.06	0.23	0.03	0.00
Syrup, Pancake, PC MS1566	1 packet	10	7	0	2	0.00	0.00	0.0	0	0.0	2	0.0	1.71	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	5	9	0	8	0.06	0.05	1.1	0	0.0	1	0.14	1.17	0.43	0.20	0.00
Donuts Mini Powdered	1 pack	5	8	0	7	0.06	0.02	1.7	0	*N/A*	1	0.11	1.17	0.31	0.09	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	4	5	0	6	0.05	0.41	4.6	23	0.27	1	0.09	1.1	0.05	0.00	0.00
Cereal, Honey Nut Scoot,MS1616	1 bowl pac	1	1	0	2	0.02	0.08	1.1	6	0.07	0	0.03	0.22	0.01	0.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pac	3	2	0	2	0.02	0.08	1.4	7	0.08	0	0.02	0.41	0.03	0.00	0.00
Cereal, Cinnamon Toast, MS1612	1 bowl pac	3	2	0	3	0.03	0.06	1.4	7	0.08	0	0.02	0.38	0.05	0.01	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	2	0	3	0.02	0.08	1.7	9	0.1	0	0.03	0.38	0.05	0.01	0.00
Cereal, HoneyNutCheeriosMS1614	1 bowl pac	1	1	0	1	0.01	0.03	0.6	3	0.03	0	0.01	0.13	0.01	0.00	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	7	7	0	7	0.12	0.07	4.0	20	0.0	1	0.08	1.52	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	3	3	0	3	0.05	0.03	1.7	9	0.0	0	0.05	0.65	0.05	0.02	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	15	31	0	31	0.51	0.31	17.1	86	0.0	3	0.34	6.51	0.43	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	20	21	0	22	0.34	0.21	11.4	57	0.0	2	0.34	4.34	0.34	0.11	0.00
Raisins, Flavored, MS1291	Packages	10	8	0	0	0.06	0.04	1.1	8	3.43	2	0.06	2.06	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	150	59	0	3	0.00	0.00	0.0	0	12.75	12	0.0	13.97	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	25	1	48	0.00	0.00	45.7	171	0.0	4	1.83	4.34	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	30	17	3	21	0.00	0.00	51.4	86	0.21	2	1.37	1.89	0.43	0.26	0.00
Milk, FF, Van,1/2 pt.PF MS1704	1/2 pint	15	10	0	9	0.00	0.00	17.1	64	0.0	2	0.69	1.89	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	15	10	0	8	0.00	0.00	17.1	64	0.0	2	0.69	1.89	0.0	0.00	0.00
Weighted Daily Average			490	29	758	2.23	3.05	267.0	631	*17.31	40	16.42	73.31	14.12	6.06	0.00
% of Calories											33.0%	13.4%	59.9%	25.9%	11.1%	0.0%
Nutrient Guideline			400-550		600										<10.00	

Weighted Average			455	31	570	2.43	2.72	254.1	725	*17.64	48	13.51	76.10	10.47	3.92	0.00
											94.1%	11.9%	66.8%	20.7%	7.7%	0.0%

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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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

AMS Breakfast

Weighted Values - Detailed

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Generated on: 2/26/2020 10:27:12 AM

Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	455		400 - 550	100%													
Cholesterol (mg)	31																
Sodium 1 (mg)	570		600														
Sodium 2 (mg)	570		535						35	Correction Required - Sodium too High							
Fiber (g)	2.43																
Iron (mg)	2.72																
Calcium (mg)	254.1																
Vitamin A (IU)	725																
Sugars (g)	48	41.84%															
Vitamin C (mg)	17.64					Missing											
Protein (g)	13.51	11.86%															
Carbohydrate (g)	76.10	66.84%															
Total Fat (g)	10.47	20.69%															
Saturated Fat (g)	3.92	7.74%															
Trans Fat ¹ (g)	0.00	0.00%															

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

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