

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/30/2018 2:37:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/01/2018										
AMS Breakfast	Total	170								
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
Frudel, 2WGR, Apple, MS1627	1 frudel	3	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	210	0	280	5.0	36.0	6.0	1.50	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			451	23	725	15.57	69.02	12.12	4.81	0.00
% of Calories						13.8%	61.2%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 2

Generated on: 1/30/2018 2:37:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/02/2018										
AMS Breakfast	Total	130								
Breakfast Pizza,Sausage,MS1684	1 slice	60	220	15	460	10.0	27.0	8.0	2.00	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
Cheese 1 oz. String MS938	1 ounce	5	80	15	190	7.0	1.0	5.0	3.00	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
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, 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			444	16	513	13.83	80.22	7.34	2.29	0.00
% of Calories						12.5%	72.2%	14.9%	4.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 3

Generated on: 1/30/2018 2:37:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/05/2018										
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
Breakfast Boat, WGR, MS	1 serving	10	200	50	330	8.0	25.0	8.0	2.50	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			458	24	451	11.61	81.66	8.84	2.87	0.00
% of Calories						10.1%	71.2%	17.3%	5.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 4

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/06/2018										
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, Banana, 1 WGR, MS1632	1 muffin	10	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, 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			468	28	749	15.70	69.38	13.09	5.56	0.00
% of Calories						13.4%	59.2%	25.2%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 5

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/07/2018										
AMS Breakfast	Total	180								
French Toast Stix, WGR, MS1626	2 sticks	75	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	75	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	15	180	0	125	3.0	26.0	6.0	1.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	50	190	0	430	4.0	24.0	8.0	4.00	0.00
Breakfast Gravy	2 oz	50	34	1	472	0.89	5.55	0.86	0.44	*N/A*
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, HoneyNut Cheerios MS1614	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, FF Strwbr, 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			430	9	562	10.48	78.68	7.83	2.36	*0.00
% of Calories						9.8%	73.2%	16.4%	4.9%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 6

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/08/2018										
AMS Breakfast	Total	170								
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
Frudel, 2WGR, Apple, MS1627	1 frudel	3	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	210	0	280	5.0	36.0	6.0	1.50	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			451	23	725	15.57	69.02	12.12	4.81	0.00
% of Calories						13.8%	61.2%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 7

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/09/2018										
AMS Breakfast	Total	130								
Breakfast Pizza,Sausage,MS1684	1 slice	60	220	15	460	10.0	27.0	8.0	2.00	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
Cheese 1 oz. String MS938	1 ounce	5	80	15	190	7.0	1.0	5.0	3.00	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
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, 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			444	16	513	13.83	80.22	7.34	2.29	0.00
% of Calories						12.5%	72.2%	14.9%	4.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 8

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/12/2018										
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
Breakfast Boat, WGR, MS	1 serving	10	200	50	330	8.0	25.0	8.0	2.50	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			458	24	451	11.61	81.66	8.84	2.87	0.00
% of Calories						10.1%	71.2%	17.3%	5.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 9

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/13/2018										
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, Banana, 1 WGR, MS1632	1 muffin	10	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, 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			468	28	749	15.70	69.38	13.09	5.56	0.00
% of Calories						13.4%	59.2%	25.2%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 10

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/14/2018										
AMS Breakfast	Total	180								
French Toast Stix, WGR, MS1626	2 sticks	75	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	75	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	15	180	0	125	3.0	26.0	6.0	1.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	50	190	0	430	4.0	24.0	8.0	4.00	0.00
Breakfast Gravy	2 oz	50	34	1	472	0.89	5.55	0.86	0.44	*N/A*
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, HoneyNut Cheerios MS1614	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, FF Strwbr, 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			430	9	562	10.48	78.68	7.83	2.36	*0.00
% of Calories						9.8%	73.2%	16.4%	4.9%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

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 ¹ (g)
Thu - 02/15/2018										
AMS Breakfast	Total	170								
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
Frudel, 2WGR, Apple, MS1627	1 frudel	3	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	210	0	280	5.0	36.0	6.0	1.50	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			451	23	725	15.57	69.02	12.12	4.81	0.00
% of Calories						13.8%	61.2%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 12

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/16/2018										
AMS Breakfast	Total	130								
Breakfast Pizza,Sausage,MS1684	1 slice	60	220	15	460	10.0	27.0	8.0	2.00	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
Cheese 1 oz. String MS938	1 ounce	5	80	15	190	7.0	1.0	5.0	3.00	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
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, 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			444	16	513	13.83	80.22	7.34	2.29	0.00
% of Calories						12.5%	72.2%	14.9%	4.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

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 ¹ (g)
Mon - 02/19/2018										
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
Breakfast Boat, WGR, MS	1 serving	10	200	50	330	8.0	25.0	8.0	2.50	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			458	24	451	11.61	81.66	8.84	2.87	0.00
% of Calories						10.1%	71.2%	17.3%	5.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 14

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/20/2018										
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, Banana, 1 WGR, MS1632	1 muffin	10	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, 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			468	28	749	15.70	69.38	13.09	5.56	0.00
% of Calories						13.4%	59.2%	25.2%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 15

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/21/2018										
AMS Breakfast	Total	180								
French Toast Stix, WGR, MS1626	2 sticks	75	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	75	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	15	180	0	125	3.0	26.0	6.0	1.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	50	190	0	430	4.0	24.0	8.0	4.00	0.00
Breakfast Gravy	2 oz	50	34	1	472	0.89	5.55	0.86	0.44	*N/A*
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, HoneyNut Cheerios MS1614	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, FF Strwbr, 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			430	9	562	10.48	78.68	7.83	2.36	*0.00
% of Calories						9.8%	73.2%	16.4%	4.9%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 16

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/22/2018										
AMS Breakfast	Total	170								
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
Frudel, 2WGR, Apple, MS1627	1 frudel	3	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	2	210	0	280	5.0	36.0	6.0	1.50	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			451	23	725	15.57	69.02	12.12	4.81	0.00
% of Calories						13.8%	61.2%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 17

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/23/2018										
AMS Breakfast	Total	130								
Breakfast Pizza,Sausage,MS1684	1 slice	60	220	15	460	10.0	27.0	8.0	2.00	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
Cheese 1 oz. String MS938	1 ounce	5	80	15	190	7.0	1.0	5.0	3.00	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
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, 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			444	16	513	13.83	80.22	7.34	2.29	0.00
% of Calories						12.5%	72.2%	14.9%	4.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 18

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/26/2018										
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
Breakfast Boat, WGR, MS	1 serving	10	200	50	330	8.0	25.0	8.0	2.50	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			458	24	451	11.61	81.66	8.84	2.87	0.00
% of Calories						10.1%	71.2%	17.3%	5.6%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 19

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/27/2018										
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, Banana, 1 WGR, MS1632	1 muffin	10	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, 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			468	28	749	15.70	69.38	13.09	5.56	0.00
% of Calories						13.4%	59.2%	25.2%	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 20

Generated on: 1/30/2018 2:37:05 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/28/2018										
AMS Breakfast	Total	180								
French Toast Stix, WGR, MS1626	2 sticks	75	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	75	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	15	180	0	125	3.0	26.0	6.0	1.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	50	190	0	430	4.0	24.0	8.0	4.00	0.00
Breakfast Gravy	2 oz	50	34	1	472	0.89	5.55	0.86	0.44	*N/A*
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, HoneyNut Cheerios MS1614	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, FF Strwbr, 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			430	9	562	10.48	78.68	7.83	2.36	*0.00
% of Calories						9.8%	73.2%	16.4%	4.9%	*0.0%
Nutrient Guideline			400-550		600				<10.00	

Weighted Average			450	20	600	13.44	75.79	9.84	3.58	*0.00
						11.9%	67.3%	19.7%	7.1%	*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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Amory School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AMS Breakfast

Portion Values - Detailed

Page 21

Generated on: 1/30/2018 2:37:05 PM

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) Overage	T-Fat (g) Error Messages (if any)	S-Fat (g) Error Messages (if any)	Tr-Fat ¹ (g) Error Messages (if any)
Calories	450		400 - 550	100%								
Cholesterol (mg)	20											
Sodium (mg)	600		600									
Protein (g)	13.44	11.93%										
Carbohydrate (g)	75.79	67.31%										
Total Fat (g)	9.84	19.67%										
Saturated Fat (g)	3.58	7.15%	<10.00%									
Trans Fat ¹ (g)	0.00	0.00%			Missing							

**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.

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.