

Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES Breakfast

Portion Values - Detailed

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Generated on: 3/29/2018 10:39:47 AM

	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 - 04/02/2018										
EES Breakfast	Total	188								
Bagel, 2WGR, Toasted, MS1600	1 bagel	24	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	24	90	25	75	1.0	5.0	8.0	5.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	96	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffins & Yogurt Choice, MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	75	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
Weighted Daily Average			351	17	405	12.29	60.30	6.53	2.60	0.00
% of Calories						14.0%	68.7%	16.7%	6.7%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/03/2018										
EES Breakfast	Total	231								
French Toast Stix, WGR, MS1626	2 sticks	135	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	135	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	48	169	14	335	8.4	21.8	5.4	1.90	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	75	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
Weighted Daily Average			405	12	389	10.46	74.85	7.06	1.41	0.00
% of Calories						10.3%	74.0%	15.7%	3.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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

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Base Menu Spreadsheet

Portion Values - Detailed

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EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/04/2018										
EES Breakfast	Total	214								
Sausage Pancake/Stick, MS1690	1 stick	120	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	120	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffins & Yogurt Choice,MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	15	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	4	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	4	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	4	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	12	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Weighted Daily Average			390	20	378	10.02	66.68	8.52	2.63	0.00
% of Calories						10.3%	68.4%	19.7%	6.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/05/2018										
EES Breakfast	Total	222								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	309	35	816	13.89	24.0	15.91	6.97	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	200	10	300	4.0	34.0	5.0	1.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	20	180	0	125	3.0	26.0	6.0	1.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	4	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	3	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	15	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Jelly, Assorted, PC MS1526	1 packet	160	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	30	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			441	30	747	15.06	61.98	13.36	5.53	0.00
% of Calories						13.7%	56.2%	27.3%	11.3%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/06/2018										
EES Breakfast	Total	199								
Omelets, Cheese, Indivi,MS1662	1 omelet	100	136	173	283	7.37	1.7	10.77	3.40	0.00
Bread, 1 ENR, Toast, MS1604	1 slice	100	70	0	150	2.0	14.0	1.0	0.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	50	220	15	460	10.0	27.0	8.0	2.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	5	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	15	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	7	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	7	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			368	95	487	12.60	58.03	9.40	2.71	0.00
% of Calories						13.7%	63.1%	23.0%	6.6%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Mon - 04/09/2018										
EES Breakfast	Total	188								
Bagel, 2WGR, Toasted, MS1600	1 bagel	24	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	24	90	25	75	1.0	5.0	8.0	5.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	96	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffins & Yogurt Choice,MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Weighted Daily Average			351	17	405	12.29	60.30	6.53	2.60	0.00
% of Calories						14.0%	68.7%	16.7%	6.7%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Tue - 04/10/2018										
EES Breakfast	Total	231								
French Toast Stix, WGR, MS1626	2 sticks	135	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	135	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	48	169	14	335	8.4	21.8	5.4	1.90	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	75	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
Weighted Daily Average			405	12	389	10.46	74.85	7.06	1.41	0.00
% of Calories						10.3%	74.0%	15.7%	3.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Wed - 04/11/2018										
EES Breakfast	Total	214								
Sausage Pancake/Stick, MS1690	1 stick	120	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	120	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffins & Yogurt Choice,MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	15	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	4	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	4	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	4	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	12	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Weighted Daily Average			390	20	378	10.02	66.68	8.52	2.63	0.00
% of Calories						10.3%	68.4%	19.7%	6.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/12/2018										
EES Breakfast	Total	222								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	309	35	816	13.89	24.0	15.91	6.97	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	200	10	300	4.0	34.0	5.0	1.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	20	180	0	125	3.0	26.0	6.0	1.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	4	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	3	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	15	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Jelly, Assorted, PC MS1526	1 packet	160	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	30	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			441	30	747	15.06	61.98	13.36	5.53	0.00
% of Calories						13.7%	56.2%	27.3%	11.3%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/16/2018										
EES Breakfast	Total	188								
Bagel, 2WGR, Toasted, MS1600	1 bagel	24	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	24	90	25	75	1.0	5.0	8.0	5.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	96	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffins & Yogurt Choice,MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Weighted Daily Average			351	17	405	12.29	60.30	6.53	2.60	0.00
% of Calories						14.0%	68.7%	16.7%	6.7%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 2, 2018 thru Apr 30, 2018

EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2018										
EES Breakfast	Total	231								
French Toast Stix, WGR, MS1626	2 sticks	135	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	135	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	48	169	14	335	8.4	21.8	5.4	1.90	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	75	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
Weighted Daily Average			405	12	389	10.46	74.85	7.06	1.41	0.00
% of Calories						10.3%	74.0%	15.7%	3.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 2, 2018 thru Apr 30, 2018

EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/18/2018										
EES Breakfast	Total	214								
Sausage Pancake/Stick, MS1690	1 stick	120	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	120	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffins & Yogurt Choice,MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	15	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	4	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	4	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	4	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	12	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Weighted Daily Average			390	20	378	10.02	66.68	8.52	2.63	0.00
% of Calories						10.3%	68.4%	19.7%	6.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES 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 - 04/19/2018										
EES Breakfast	Total	222								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	309	35	816	13.89	24.0	15.91	6.97	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	200	10	300	4.0	34.0	5.0	1.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	20	180	0	125	3.0	26.0	6.0	1.00	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	4	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	3	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	15	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	75	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
Jelly, Assorted, PC MS1526	1 packet	160	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	30	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			441	30	747	15.06	61.98	13.36	5.53	0.00
% of Calories						13.7%	56.2%	27.3%	11.3%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 2, 2018 thru Apr 30, 2018

EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/20/2018										
EES Breakfast	Total	199								
Omelets, Cheese, Indivi,MS1662	1 omelet	100	136	173	283	7.37	1.7	10.77	3.40	0.00
Bread, 1 ENR, Toast, MS1604	1 slice	100	70	0	150	2.0	14.0	1.0	0.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	50	220	15	460	10.0	27.0	8.0	2.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	5	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	15	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	7	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	7	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			368	95	487	12.60	58.03	9.40	2.71	0.00
% of Calories						13.7%	63.1%	23.0%	6.6%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 2, 2018 thru Apr 30, 2018

EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/23/2018										
EES Breakfast	Total	188								
Bagel, 2WGR, Toasted, MS1600	1 bagel	24	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	24	90	25	75	1.0	5.0	8.0	5.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	96	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffins & Yogurt Choice,MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Weighted Daily Average			351	17	405	12.29	60.30	6.53	2.60	0.00
% of Calories						14.0%	68.7%	16.7%	6.7%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/24/2018										
EES Breakfast	Total	231								
French Toast Stix, WGR, MS1626	2 sticks	135	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	135	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	48	169	14	335	8.4	21.8	5.4	1.90	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, Trix, Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs, WG, MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	75	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
Weighted Daily Average			405	12	389	10.46	74.85	7.06	1.41	0.00
% of Calories						10.3%	74.0%	15.7%	3.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 2, 2018 thru Apr 30, 2018

EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/25/2018										
EES Breakfast	Total	214								
Sausage Pancake/Stick, MS1690	1 stick	120	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	120	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffins & Yogurt Choice,MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	15	150	0	105	3.0	26.0	4.5	0.50	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	4	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	4	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	4	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	12	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Weighted Daily Average			390	20	378	10.02	66.68	8.52	2.63	0.00
% of Calories						10.3%	68.4%	19.7%	6.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/26/2018										
EES Breakfast	Total	222								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	309	35	816	13.89	24.0	15.91	6.97	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	200	10	300	4.0	34.0	5.0	1.00	0.00
Muffin, Banana, 1 WGR, MS1632	1 muffin	20	180	0	125	3.0	26.0	6.0	1.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	4	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	3	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	3	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	15	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Jelly, Assorted, PC MS1526	1 packet	160	33	0	0	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	30	80	0	30	0.0	20.0	0.0	0.00	0.00
Weighted Daily Average			441	30	747	15.06	61.98	13.36	5.53	0.00
% of Calories						13.7%	56.2%	27.3%	11.3%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 2, 2018 thru Apr 30, 2018

EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/27/2018										
EES Breakfast	Total	199								
Omelets, Cheese, Indivi,MS1662	1 omelet	100	136	173	283	7.37	1.7	10.77	3.40	0.00
Bread, 1 ENR, Toast, MS1604	1 slice	100	70	0	150	2.0	14.0	1.0	0.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	50	220	15	460	10.0	27.0	8.0	2.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	20	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	5	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	15	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	7	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	7	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	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	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average			368	95	487	12.60	58.03	9.40	2.71	0.00
% of Calories						13.7%	63.1%	23.0%	6.6%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

EES Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/30/2018										
EES Breakfast	Total	188								
Bagel, 2WGR, Toasted, MS1600	1 bagel	24	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	24	90	25	75	1.0	5.0	8.0	5.00	0.00
Bagel, Breakfast, WG, MRS 1695	Bagels	96	169	14	335	8.4	21.8	5.4	1.90	0.00
Muffins & Yogurt Choice,MS1686	1 serving	20	235	5	170	7.0	42.0	4.5	0.75	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereal, Trix,Less Sugar MS1621	1 bowl pack	6	82	0	105	0.75	18.0	0.75	0.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	5	100	0	190	1.0	24.0	0.5	0.00	0.00
Cereal, Reeses Puffs,WG,MS1619	1 each	5	100	0	135	2.0	18.0	2.5	0.50	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	16	180	0	180	2.0	38.0	2.5	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	6	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	6	150	0	110	2.0	30.0	3.0	0.50	0.00
Fresh Fruit Cup MS1250	1/2 cup	10	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	75	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
Weighted Daily Average			351	17	405	12.29	60.30	6.53	2.60	0.00
% of Calories						14.0%	68.7%	16.7%	6.7%	0.0%
Nutrient Guideline			350-500		540				<10.00	

Weighted Average			390	31	477	12.07	64.48	8.83	2.97	0.00
						12.4%	66.1%	20.4%	6.9%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	390		350 - 500	100%				
Cholesterol (mg)	31							
Sodium (mg)	477		540					
Protein (g)	12.07	12.38%						
Carbohydrate (g)	64.48	66.12%						
Total Fat (g)	8.83	20.37%						
Saturated Fat (g)	2.97	6.86%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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