

Amory School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/08/2019										
EES Breakfast	Total	206								
Chicken Pat & Biscuit, MS1685	1 serving	100	244	0	533	11.11	34.33	11.11	2.31	0.00
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Breakfast Gravy	2 oz	60	34	1	472	0.89	5.55	0.86	0.44	*N/A*
Biscuit, 2 ENR, MS1626	1 biscuit	60	190	0	430	4.0	24.0	8.0	4.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffins & Yogurt Choice,MS1686	1 serving	12	235	5	170	7.0	42.0	4.5	0.75	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	8	155	0	105	3.0	26.0	4.5	0.75	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			383	4	668	11.91	66.30	9.47	2.92	*0.00
% of Calories						12.4%	69.3%	22.3%	6.9%	*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

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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 - 01/09/2019										
EES Breakfast	Total	195								
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
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	13	150	0	105	3.0	26.0	4.5	0.50	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	12	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			390	19	382	8.98	68.47	8.26	2.42	0.00
% of Calories						9.2%	70.2%	19.0%	5.6%	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

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Amory School District

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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 - 01/10/2019										
EES Breakfast	Total	230								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	30	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	20	155	0	105	3.0	26.0	4.5	0.75	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0	0	0.03	15.5	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			424	28	728	14.17	60.27	12.80	5.27	0.00
% of Calories						13.4%	56.9%	27.2%	11.2%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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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)
Fri - 01/11/2019										
EES Breakfast										
	Total	206								
Burrito, Breakfast,WGR MS1683	1 burrito	36	155	54	210	8.25	15.88	6.97	3.01	0.01
Omelets, Cheese, Indivi,MS1662	1 omelet	84	136	173	283	7.37	1.7	10.77	3.40	0.00
Bread, 1 ENR, Toast, MS1604	1slice	84	70	0	150	2.0	14.0	1.0	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	80	33	0	0	0.0	8.67	0.0	0.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	36	220	15	460	10.0	27.0	8.0	2.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	5	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	5	210	0	280	5.0	36.0	6.0	1.50	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	10	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	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
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			343	86	443	11.65	54.26	8.81	2.69	0.00
% of Calories						13.6%	63.3%	23.1%	7.1%	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)
Mon - 01/14/2019										
EES Breakfast	Total	207								
French Toast Stix, WGR, MS1626	2 sticks	145	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	145	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	12	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	12	90	25	75	1.0	5.0	8.0	5.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	10	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			438	11	386	9.92	82.99	7.44	1.40	0.00
% of Calories						9.1%	75.8%	15.3%	2.9%	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)
Tue - 01/15/2019										
EES Breakfast	Total	206								
Chicken Pat & Biscuit, MS1685	1 serving	100	244	0	533	11.11	34.33	11.11	2.31	0.00
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Breakfast Gravy	2 oz	60	34	1	472	0.89	5.55	0.86	0.44	*N/A*
Biscuit, 2 ENR, MS1626	1 biscuit	60	190	0	430	4.0	24.0	8.0	4.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffins & Yogurt Choice,MS1686	1 serving	12	235	5	170	7.0	42.0	4.5	0.75	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	8	155	0	105	3.0	26.0	4.5	0.75	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			383	4	668	11.91	66.30	9.47	2.92	*0.00
% of Calories						12.4%	69.3%	22.3%	6.9%	*0.0%
Nutrient Guideline			350-500		540				<10.00	

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Wed - 01/16/2019										
EES Breakfast	Total	195								
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
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	13	150	0	105	3.0	26.0	4.5	0.50	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	12	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			390	19	382	8.98	68.47	8.26	2.42	0.00
% of Calories						9.2%	70.2%	19.0%	5.6%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Thu - 01/17/2019										
EES Breakfast	Total	230								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	30	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	20	155	0	105	3.0	26.0	4.5	0.75	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0	0	0.03	15.5	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			424	28	728	14.17	60.27	12.80	5.27	0.00
% of Calories						13.4%	56.9%	27.2%	11.2%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Fri - 01/18/2019										
EES Breakfast	Total	206								
Burrito, Breakfast,WGR MS1683	1 burrito	36	155	54	210	8.25	15.88	6.97	3.01	0.01
Omelets, Cheese, Indivi,MS1662	1 omelet	84	136	173	283	7.37	1.7	10.77	3.40	0.00
Bread, 1 ENR, Toast, MS1604	1slice	84	70	0	150	2.0	14.0	1.0	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	80	33	0	0	0.0	8.67	0.0	0.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	36	220	15	460	10.0	27.0	8.0	2.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	5	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	5	210	0	280	5.0	36.0	6.0	1.50	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	10	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	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
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			343	86	443	11.65	54.26	8.81	2.69	0.00
% of Calories						13.6%	63.3%	23.1%	7.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Tue - 01/22/2019										
EES Breakfast	Total	206								
Chicken Pat & Biscuit, MS1685	1 serving	100	244	0	533	11.11	34.33	11.11	2.31	0.00
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Breakfast Gravy	2 oz	60	34	1	472	0.89	5.55	0.86	0.44	*N/A*
Biscuit, 2 ENR, MS1626	1 biscuit	60	190	0	430	4.0	24.0	8.0	4.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffins & Yogurt Choice,MS1686	1 serving	12	235	5	170	7.0	42.0	4.5	0.75	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	8	155	0	105	3.0	26.0	4.5	0.75	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			383	4	668	11.91	66.30	9.47	2.92	*0.00
% of Calories						12.4%	69.3%	22.3%	6.9%	*0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Wed - 01/23/2019										
EES Breakfast	Total	195								
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
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	13	150	0	105	3.0	26.0	4.5	0.50	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	12	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			390	19	382	8.98	68.47	8.26	2.42	0.00
% of Calories						9.2%	70.2%	19.0%	5.6%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/24/2019										
EES Breakfast	Total	230								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	30	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	20	155	0	105	3.0	26.0	4.5	0.75	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0	0	0.03	15.5	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			424	28	728	14.17	60.27	12.80	5.27	0.00
% of Calories						13.4%	56.9%	27.2%	11.2%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Fri - 01/25/2019										
EES Breakfast	Total	206								
Burrito, Breakfast,WGR MS1683	1 burrito	36	155	54	210	8.25	15.88	6.97	3.01	0.01
Omelets, Cheese, Indivi,MS1662	1 omelet	84	136	173	283	7.37	1.7	10.77	3.40	0.00
Bread, 1 ENR, Toast, MS1604	1slice	84	70	0	150	2.0	14.0	1.0	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	80	33	0	0	0.0	8.67	0.0	0.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	36	220	15	460	10.0	27.0	8.0	2.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	5	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	5	210	0	280	5.0	36.0	6.0	1.50	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	10	240	0	300	5.0	40.0	7.0	2.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	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
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			343	86	443	11.65	54.26	8.81	2.69	0.00
% of Calories						13.6%	63.3%	23.1%	7.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Mon - 01/28/2019										
EES Breakfast	Total	207								
French Toast Stix, WGR, MS1626	2 sticks	145	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	145	80	0	30	0.0	20.0	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	12	163	0	172	5.9	33.5	0.61	0.06	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	12	90	25	75	1.0	5.0	8.0	5.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	10	210	0	280	5.0	36.0	6.0	1.50	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	210	0	280	5.0	36.0	6.0	1.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			438	11	386	9.92	82.99	7.44	1.40	0.00
% of Calories						9.1%	75.8%	15.3%	2.9%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Tue - 01/29/2019										
EES Breakfast	Total	206								
Chicken Pat & Biscuit, MS1685	1 serving	100	244	0	533	11.11	34.33	11.11	2.31	0.00
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Breakfast Gravy	2 oz	60	34	1	472	0.89	5.55	0.86	0.44	*N/A*
Biscuit, 2 ENR, MS1626	1 biscuit	60	190	0	430	4.0	24.0	8.0	4.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffins & Yogurt Choice,MS1686	1 serving	12	235	5	170	7.0	42.0	4.5	0.75	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	8	155	0	105	3.0	26.0	4.5	0.75	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			383	4	668	11.91	66.30	9.47	2.92	*0.00
% of Calories						12.4%	69.3%	22.3%	6.9%	*0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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)
Wed - 01/30/2019										
EES Breakfast	Total	195								
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
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	240	0	300	5.0	40.0	7.0	2.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	13	150	0	105	3.0	26.0	4.5	0.50	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	12	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	190	65	0	0	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			390	19	382	8.98	68.47	8.26	2.42	0.00
% of Calories						9.2%	70.2%	19.0%	5.6%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/31/2019										
EES Breakfast	Total	230								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	100	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	30	80	0	30	0.0	20.0	0.0	0.00	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loaf	20	155	0	105	3.0	26.0	4.5	0.75	0.00
Cereals, Assorted, MS1622	1 bowl pack	21	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	180	0	190	3.0	38.0	3.0	1.00	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	3	220	0	280	4.0	48.0	2.0	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pack	3	100	0	167	1.46	21.33	1.46	0.17	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	84	0	1	0.87	21.72	0.24	0.05	0.00
Raisins, Flavored, MS1291	Packages	5	140	0	5	1.0	36.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0	0	0.03	15.5	0.0	0.00	0.00
EAES Milk	1/2 Pint	75	152	8	206	9.72	26.37	0.54	0.32	0.00
Weighted Daily Average			424	28	728	14.17	60.27	12.80	5.27	0.00
% of Calories						13.4%	56.9%	27.2%	11.2%	0.0%
Nutrient Guideline			350-500		540				<10.00	

Weighted Average			394	28	542	11.47	65.23	9.61	3.14	*0.00
						11.7%	66.3%	22.0%	7.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	394		350 - 500	100%				
Cholesterol (mg)	28							
Sodium (mg)	542		540				2	Correction Required - Sodium too High
Protein (g)	11.47	11.66%						
Carbohydrate (g)	65.23	66.28%						
Total Fat (g)	9.61	21.98%						
Saturated Fat (g)	3.14	7.17%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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