

Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/01/2019																
EES Breakfast	Total	170														
Grill Cheese Sand 2 oz. MS760	1 each	25	52	8	171	0.29	0.23	6.4	82	0.35	0	2.48	4.25	2.96	1.68	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	25	29	1	41	0.59	0.21	8.8	29	0.0	2	0.74	5.29	0.59	0.07	0.00
Syrup, Pancake, PC MS1566 new	1 packet	25	18	0	4	0.00	0.00	0.0	0	0.0	4	0.0	4.41	0.0	0.00	0.00
Omelets, Cheese, Indivi,MS1662	1 omelet	50	40	51	83	0.00	0.23	20.8	93	0.01	0	2.17	0.5	3.17	1.00	0.00
Bread, 1 ENR, Toast, MS1604	1slice	50	21	0	44	0.29	0.21	5.9	0	0.35	0	0.59	4.12	0.29	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	50	11	0	2	0.02	0.01	0.4	0	0.12	2	0.01	2.71	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	25	47	0	40	0.29	0.26	5.9	0	0.0	3	0.74	6.03	2.21	1.03	0.00
Donuts Mini Powdered	1 pack	25	40	0	34	0.29	0.11	8.8	0	*N/A*	3	0.59	6.03	1.62	0.44	0.00
Cereals, Assorted, MS1622	1 bowl pac	20	13	0	20	0.16	0.64	12.0	55	0.66	1	0.18	2.71	0.2	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	10	11	0	11	0.18	0.11	5.9	29	0.0	1	0.18	2.24	0.18	0.06	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	11	0	11	0.18	0.11	5.9	29	0.0	1	0.12	2.24	0.15	0.06	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.11	0.01	0.6	4	0.68	0	0.03	0.64	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	4	0	0	0.03	0.02	0.6	4	1.76	1	0.03	1.06	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	78	0	4	0.00	0.00	0.0	0	16.62	16	0.0	18.22	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	32	1	62	0.00	0.00	58.8	221	0.0	5	2.35	5.59	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	15	2	18	0.00	0.00	44.1	74	0.18	2	1.18	1.62	0.37	0.22	0.00
Weighted Daily Average			422	63	545	2.43	2.14	184.8	621	*20.74	42	11.35	67.65	11.73	4.58	0.00
% of Calories											39.6%	10.8%	64.1%	25.0%	9.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Mon - 11/04/2019																
EES Breakfast	Total	207														
French Toast Stix, WGR, MS1626	2 sticks	145	189	7	203	1.40	0.76	42.0	0	0.0	8	4.9	30.12	5.6	0.70	0.00
Syrup, Pancake, PC MS1566 new	1 packet	145	83	0	20	0.00	0.00	0.0	0	0.0	20	0.0	21.01	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	12	8	0	10	0.23	0.10	2.3	0	0.0	0	0.35	1.68	0.06	0.00	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	12	5	1	4	0.00	0.00	1.2	12	0.0	0	0.06	0.29	0.46	0.29	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	10	10	0	14	0.10	0.05	0.0	4	0.0	1	0.24	1.74	0.29	0.07	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	10	0	14	0.10	0.05	0.0	3	0.0	1	0.24	1.74	0.29	0.07	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	11	0	18	0.14	0.55	10.3	47	0.57	1	0.15	2.33	0.17	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	10	0.16	0.10	5.3	27	0.0	1	0.16	2.02	0.16	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.14	0.09	4.8	24	0.0	1	0.1	1.84	0.12	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.26	2.9	14	0.17	0	0.06	0.7	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.5	7	0.08	0	0.02	0.33	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.03	3.9	2	0.02	0	0.04	0.58	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.37	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	64	0	3	0.00	0.00	0.0	0	13.65	13	0.0	14.96	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.56	0	0.02	0.52	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.5	3	1.45	1	0.02	0.87	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	27	1	51	0.00	0.00	48.3	181	0.0	4	1.93	4.59	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	12	2	14	0.00	0.00	36.2	60	0.14	1	0.97	1.33	0.3	0.18	0.00
Weighted Daily Average			452	11	381	2.51	2.11	160.7	392	16.65	53	9.28	87.02	7.60	1.46	0.00
% of Calories											46.7%	8.2%	76.9%	15.1%	2.9%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Tue - 11/05/2019																
EES Breakfast	Total	206														
Chicken Pat & Biscuit, MS1685	1 serving	100	119	0	259	1.25	1.23	53.0	510	0.01	2	5.39	16.67	5.39	1.12	0.00
Jelly, Assorted, PC MS1526	1 packet	100	18	0	3	0.03	0.02	0.7	1	0.2	3	0.01	4.48	0.0	0.00	0.00
Breakfast Gravy	2 oz	60	10	0	138	0.11	0.17	3.7	0	0.02	1	0.26	1.62	0.25	0.13	*N/A*
Biscuit, 2 ENR, MS1626	1 biscuit	60	61	0	122	0.26	0.42	29.1	0	0.0	1	1.46	8.16	2.62	1.31	0.00
Cheese 1 oz. String MS938	1 ounce	12	5	1	11	0.00	0.00	11.7	12	0.0	0	0.41	0.06	0.29	0.17	0.00
Muffins & Yogurt Choice,MS1686	1 serving	12	13	0	10	0.06	0.06	9.9	0	0.0	1	0.41	2.33	0.26	0.04	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	8	6	0	4	0.04	0.04	0.8	0	0.0	1	0.12	1.01	0.17	0.03	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	11	0	18	0.14	0.55	10.4	48	0.57	1	0.15	2.34	0.17	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	10	0.16	0.10	5.3	27	0.0	1	0.16	2.03	0.16	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.15	0.09	4.9	24	0.0	1	0.1	1.84	0.12	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.26	2.9	15	0.17	0	0.06	0.7	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.5	7	0.08	0	0.02	0.33	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.03	3.9	2	0.02	0	0.04	0.58	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.37	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	64	0	3	0.00	0.00	0.0	0	13.72	13	0.0	15.04	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.56	0	0.02	0.53	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.5	3	1.46	1	0.02	0.87	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	27	1	51	0.00	0.00	48.5	182	0.0	4	1.94	4.61	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	12	2	15	0.00	0.00	36.4	61	0.15	1	0.97	1.33	0.3	0.18	0.00
Weighted Daily Average			378	4	663	2.45	3.09	224.6	898	16.97	32	11.56	64.90	9.89	3.14	*0.00
% of Calories											33.5%	12.2%	68.7%	23.6%	7.5%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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EES Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/06/2019																
EES Breakfast	Total	195														
Sausage Pancake/Stick, MS1690	1 stick	120	129	15	191	0.62	0.66	12.3	28	0.0	6	3.69	13.54	6.15	1.85	0.00
Syrup, Pancake, PC MS1566 new	1 packet	120	73	0	18	0.00	0.00	0.0	0	0.0	18	0.0	18.46	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	25	0	31	0.21	0.15	2.1	5	0.0	1	0.51	4.1	0.72	0.21	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	13	10	0	7	0.07	0.12	1.3	0	0.0	1	0.2	1.73	0.3	0.03	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	12	10	0	6	0.06	0.02	1.2	0	0.0	1	0.18	1.6	0.28	0.06	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	12	0	19	0.14	0.58	10.9	50	0.6	1	0.16	2.48	0.18	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	11	0.17	0.10	5.6	28	0.0	1	0.17	2.14	0.17	0.06	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.15	0.09	5.1	26	0.0	1	0.1	1.95	0.13	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.28	3.1	15	0.18	0	0.06	0.74	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.6	7	0.09	0	0.02	0.35	0.03	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.04	4.1	2	0.02	0	0.04	0.62	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.39	0.03	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	68	0	3	0.00	0.00	0.0	0	14.49	14	0.0	15.88	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.59	0	0.02	0.56	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	4	0	0	0.03	0.02	0.5	4	1.54	1	0.03	0.92	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	28	1	54	0.00	0.00	51.3	192	0.0	5	2.05	4.87	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	13	2	15	0.00	0.00	38.5	64	0.15	1	1.03	1.41	0.32	0.19	0.00
Weighted Daily Average			402	19	375	1.68	2.17	139.2	430	17.68	51	8.29	71.75	8.40	2.49	0.00
% of Calories											50.2%	8.2%	71.3%	18.8%	5.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Thu - 11/07/2019																
EES Breakfast	Total	230														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	229	24	560	0.63	1.50	83.3	0	0.0	2	10.36	19.48	11.76	5.19	0.00
Jelly, Assorted, PC MS1526	1 packet	100	16	0	3	0.03	0.02	0.6	1	0.18	3	0.01	4.01	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	29	1	44	0.39	0.19	7.8	0	0.0	2	0.65	4.7	0.91	0.13	0.00
Syrup, Pancake, PC MS1566 new	1 packet	30	16	0	4	0.00	0.00	0.0	0	0.0	4	0.0	3.91	0.0	0.00	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	20	13	0	9	0.09	0.09	1.7	0	0.0	1	0.26	2.26	0.39	0.07	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	10	0	16	0.12	0.49	9.3	43	0.51	1	0.14	2.1	0.15	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	9	0	9	0.14	0.09	4.8	24	0.0	1	0.14	1.82	0.14	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	8	0	8	0.13	0.08	4.3	22	0.0	1	0.09	1.65	0.11	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.23	2.6	13	0.16	0	0.05	0.63	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	1	0	2	0.02	0.07	1.3	6	0.07	0	0.02	0.3	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.05	0.03	3.5	2	0.02	0	0.03	0.52	0.05	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	0.9	4	0.0	0	0.02	0.33	0.02	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.08	0.00	0.4	3	0.5	0	0.02	0.47	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.4	3	1.3	1	0.02	0.78	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	200	60	0	3	0.00	0.00	0.0	0	12.93	13	0.0	14.18	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	24	1	46	0.00	0.00	43.5	163	0.0	4	1.74	4.13	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	11	2	13	0.00	0.00	32.6	54	0.13	1	0.87	1.2	0.27	0.16	0.00
Weighted Daily Average			437	27	725	1.75	2.82	197.2	337	15.81	33	14.42	62.46	13.88	5.68	0.00
% of Calories											30.5%	13.2%	57.2%	28.6%	11.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Fri - 11/08/2019																
EES Breakfast	Total	170														
Grill Cheese Sand 2 oz. MS760	1 each	25	52	8	171	0.29	0.23	6.4	82	0.35	0	2.48	4.25	2.96	1.68	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	25	29	1	41	0.59	0.21	8.8	29	0.0	2	0.74	5.29	0.59	0.07	0.00
Syrup, Pancake, PC MS1566 new	1 packet	25	18	0	4	0.00	0.00	0.0	0	0.0	4	0.0	4.41	0.0	0.00	0.00
Omelets, Cheese, Indivi,MS1662	1 omelet	50	40	51	83	0.00	0.23	20.8	93	0.01	0	2.17	0.5	3.17	1.00	0.00
Bread, 1 ENR, Toast, MS1604	1slice	50	21	0	44	0.29	0.21	5.9	0	0.35	0	0.59	4.12	0.29	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	50	11	0	2	0.02	0.01	0.4	0	0.12	2	0.01	2.71	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	25	47	0	40	0.29	0.26	5.9	0	0.0	3	0.74	6.03	2.21	1.03	0.00
Donuts Mini Powdered	1 pack	25	40	0	34	0.29	0.11	8.8	0	*N/A*	3	0.59	6.03	1.62	0.44	0.00
Cereals, Assorted, MS1622	1 bowl pac	20	13	0	20	0.16	0.64	12.0	55	0.66	1	0.18	2.71	0.2	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	10	11	0	11	0.18	0.11	5.9	29	0.0	1	0.18	2.24	0.18	0.06	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	11	0	11	0.18	0.11	5.9	29	0.0	1	0.12	2.24	0.15	0.06	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.11	0.01	0.6	4	0.68	0	0.03	0.64	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	4	0	0	0.03	0.02	0.6	4	1.76	1	0.03	1.06	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	78	0	4	0.00	0.00	0.0	0	16.62	16	0.0	18.22	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	32	1	62	0.00	0.00	58.8	221	0.0	5	2.35	5.59	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	15	2	18	0.00	0.00	44.1	74	0.18	2	1.18	1.62	0.37	0.22	0.00
Weighted Daily Average			422	63	545	2.43	2.14	184.8	621	*20.74	42	11.35	67.65	11.73	4.58	0.00
% of Calories											39.6%	10.8%	64.1%	25.0%	9.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/11/2019																
EES Breakfast	Total	207														
French Toast Stix, WGR, MS1626	2 sticks	145	189	7	203	1.40	0.76	42.0	0	0.0	8	4.9	30.12	5.6	0.70	0.00
Syrup, Pancake, PC MS1566 new	1 packet	145	83	0	20	0.00	0.00	0.0	0	0.0	20	0.0	21.01	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	12	8	0	10	0.23	0.10	2.3	0	0.0	0	0.35	1.68	0.06	0.00	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	12	5	1	4	0.00	0.00	1.2	12	0.0	0	0.06	0.29	0.46	0.29	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	10	10	0	14	0.10	0.05	0.0	4	0.0	1	0.24	1.74	0.29	0.07	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	10	0	14	0.10	0.05	0.0	3	0.0	1	0.24	1.74	0.29	0.07	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	11	0	18	0.14	0.55	10.3	47	0.57	1	0.15	2.33	0.17	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	10	0.16	0.10	5.3	27	0.0	1	0.16	2.02	0.16	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.14	0.09	4.8	24	0.0	1	0.1	1.84	0.12	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.26	2.9	14	0.17	0	0.06	0.7	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.5	7	0.08	0	0.02	0.33	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.03	3.9	2	0.02	0	0.04	0.58	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.37	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	64	0	3	0.00	0.00	0.0	0	13.65	13	0.0	14.96	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.56	0	0.02	0.52	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.5	3	1.45	1	0.02	0.87	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	27	1	51	0.00	0.00	48.3	181	0.0	4	1.93	4.59	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	12	2	14	0.00	0.00	36.2	60	0.14	1	0.97	1.33	0.3	0.18	0.00
Weighted Daily Average			452	11	381	2.51	2.11	160.7	392	16.65	53	9.28	87.02	7.60	1.46	0.00
% of Calories											46.7%	8.2%	76.9%	15.1%	2.9%	0.0%
Nutrient Guideline			350-500		540											<10.00

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/12/2019																
EES Breakfast	Total	206														
Chicken Pat & Biscuit, MS1685	1 serving	100	119	0	259	1.25	1.23	53.0	510	0.01	2	5.39	16.67	5.39	1.12	0.00
Jelly, Assorted, PC MS1526	1 packet	100	18	0	3	0.03	0.02	0.7	1	0.2	3	0.01	4.48	0.0	0.00	0.00
Breakfast Gravy	2 oz	60	10	0	138	0.11	0.17	3.7	0	0.02	1	0.26	1.62	0.25	0.13	*N/A*
Biscuit, 2 ENR, MS1626	1 biscuit	60	61	0	122	0.26	0.42	29.1	0	0.0	1	1.46	8.16	2.62	1.31	0.00
Cheese 1 oz. String MS938	1 ounce	12	5	1	11	0.00	0.00	11.7	12	0.0	0	0.41	0.06	0.29	0.17	0.00
Muffins & Yogurt Choice,MS1686	1 serving	12	13	0	10	0.06	0.06	9.9	0	0.0	1	0.41	2.33	0.26	0.04	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	8	6	0	4	0.04	0.04	0.8	0	0.0	1	0.12	1.01	0.17	0.03	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	11	0	18	0.14	0.55	10.4	48	0.57	1	0.15	2.34	0.17	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	10	0.16	0.10	5.3	27	0.0	1	0.16	2.03	0.16	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.15	0.09	4.9	24	0.0	1	0.1	1.84	0.12	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.26	2.9	15	0.17	0	0.06	0.7	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.5	7	0.08	0	0.02	0.33	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.03	3.9	2	0.02	0	0.04	0.58	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.37	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	64	0	3	0.00	0.00	0.0	0	13.72	13	0.0	15.04	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.56	0	0.02	0.53	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.5	3	1.46	1	0.02	0.87	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	27	1	51	0.00	0.00	48.5	182	0.0	4	1.94	4.61	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	12	2	15	0.00	0.00	36.4	61	0.15	1	0.97	1.33	0.3	0.18	0.00
Weighted Daily Average			378	4	663	2.45	3.09	224.6	898	16.97	32	11.56	64.90	9.89	3.14	*0.00
% of Calories											33.5%	12.2%	68.7%	23.6%	7.5%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/13/2019																
EES Breakfast	Total	195														
Sausage Pancake/Stick, MS1690	1 stick	120	129	15	191	0.62	0.66	12.3	28	0.0	6	3.69	13.54	6.15	1.85	0.00
Syrup, Pancake, PC MS1566 new	1 packet	120	73	0	18	0.00	0.00	0.0	0	0.0	18	0.0	18.46	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	25	0	31	0.21	0.15	2.1	5	0.0	1	0.51	4.1	0.72	0.21	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	13	10	0	7	0.07	0.12	1.3	0	0.0	1	0.2	1.73	0.3	0.03	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	12	10	0	6	0.06	0.02	1.2	0	0.0	1	0.18	1.6	0.28	0.06	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	12	0	19	0.14	0.58	10.9	50	0.6	1	0.16	2.48	0.18	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	11	0.17	0.10	5.6	28	0.0	1	0.17	2.14	0.17	0.06	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.15	0.09	5.1	26	0.0	1	0.1	1.95	0.13	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.28	3.1	15	0.18	0	0.06	0.74	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.6	7	0.09	0	0.02	0.35	0.03	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.04	4.1	2	0.02	0	0.04	0.62	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.39	0.03	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	68	0	3	0.00	0.00	0.0	0	14.49	14	0.0	15.88	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.59	0	0.02	0.56	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	4	0	0	0.03	0.02	0.5	4	1.54	1	0.03	0.92	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	28	1	54	0.00	0.00	51.3	192	0.0	5	2.05	4.87	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	13	2	15	0.00	0.00	38.5	64	0.15	1	1.03	1.41	0.32	0.19	0.00
Weighted Daily Average			402	19	375	1.68	2.17	139.2	430	17.68	51	8.29	71.75	8.40	2.49	0.00
% of Calories											50.2%	8.2%	71.3%	18.8%	5.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/14/2019																
EES Breakfast	Total	230														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	229	24	560	0.63	1.50	83.3	0	0.0	2	10.36	19.48	11.76	5.19	0.00
Jelly, Assorted, PC MS1526	1 packet	100	16	0	3	0.03	0.02	0.6	1	0.18	3	0.01	4.01	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	29	1	44	0.39	0.19	7.8	0	0.0	2	0.65	4.7	0.91	0.13	0.00
Syrup, Pancake, PC MS1566 new	1 packet	30	16	0	4	0.00	0.00	0.0	0	0.0	4	0.0	3.91	0.0	0.00	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	20	13	0	9	0.09	0.09	1.7	0	0.0	1	0.26	2.26	0.39	0.07	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	10	0	16	0.12	0.49	9.3	43	0.51	1	0.14	2.1	0.15	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	9	0	9	0.14	0.09	4.8	24	0.0	1	0.14	1.82	0.14	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	8	0	8	0.13	0.08	4.3	22	0.0	1	0.09	1.65	0.11	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.23	2.6	13	0.16	0	0.05	0.63	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	1	0	2	0.02	0.07	1.3	6	0.07	0	0.02	0.3	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.05	0.03	3.5	2	0.02	0	0.03	0.52	0.05	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	0.9	4	0.0	0	0.02	0.33	0.02	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.08	0.00	0.4	3	0.5	0	0.02	0.47	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.4	3	1.3	1	0.02	0.78	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	200	60	0	3	0.00	0.00	0.0	0	12.93	13	0.0	14.18	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	24	1	46	0.00	0.00	43.5	163	0.0	4	1.74	4.13	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	11	2	13	0.00	0.00	32.6	54	0.13	1	0.87	1.2	0.27	0.16	0.00
Weighted Daily Average			437	27	725	1.75	2.82	197.2	337	15.81	33	14.42	62.46	13.88	5.68	0.00
% of Calories											30.5%	13.2%	57.2%	28.6%	11.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

Page 11

Generated on: 10/30/2019 9:27:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/15/2019																
EES Breakfast	Total	170														
Grill Cheese Sand 2 oz. MS760	1 each	25	52	8	171	0.29	0.23	6.4	82	0.35	0	2.48	4.25	2.96	1.68	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	25	29	1	41	0.59	0.21	8.8	29	0.0	2	0.74	5.29	0.59	0.07	0.00
Syrup, Pancake, PC MS1566 new	1 packet	25	18	0	4	0.00	0.00	0.0	0	0.0	4	0.0	4.41	0.0	0.00	0.00
Omelets, Cheese, Indivi,MS1662	1 omelet	50	40	51	83	0.00	0.23	20.8	93	0.01	0	2.17	0.5	3.17	1.00	0.00
Bread, 1 ENR, Toast, MS1604	1slice	50	21	0	44	0.29	0.21	5.9	0	0.35	0	0.59	4.12	0.29	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	50	11	0	2	0.02	0.01	0.4	0	0.12	2	0.01	2.71	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	25	47	0	40	0.29	0.26	5.9	0	0.0	3	0.74	6.03	2.21	1.03	0.00
Donuts Mini Powdered	1 pack	25	40	0	34	0.29	0.11	8.8	0	*N/A*	3	0.59	6.03	1.62	0.44	0.00
Cereals, Assorted, MS1622	1 bowl pac	20	13	0	20	0.16	0.64	12.0	55	0.66	1	0.18	2.71	0.2	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	10	11	0	11	0.18	0.11	5.9	29	0.0	1	0.18	2.24	0.18	0.06	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	11	0	11	0.18	0.11	5.9	29	0.0	1	0.12	2.24	0.15	0.06	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.11	0.01	0.6	4	0.68	0	0.03	0.64	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	4	0	0	0.03	0.02	0.6	4	1.76	1	0.03	1.06	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	78	0	4	0.00	0.00	0.0	0	16.62	16	0.0	18.22	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	32	1	62	0.00	0.00	58.8	221	0.0	5	2.35	5.59	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	15	2	18	0.00	0.00	44.1	74	0.18	2	1.18	1.62	0.37	0.22	0.00
Weighted Daily Average			422	63	545	2.43	2.14	184.8	621	*20.74	42	11.35	67.65	11.73	4.58	0.00
% of Calories											39.6%	10.8%	64.1%	25.0%	9.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/18/2019																
EES Breakfast	Total	207														
French Toast Stix, WGR, MS1626	2 sticks	145	189	7	203	1.40	0.76	42.0	0	0.0	8	4.9	30.12	5.6	0.70	0.00
Syrup, Pancake, PC MS1566 new	1 packet	145	83	0	20	0.00	0.00	0.0	0	0.0	20	0.0	21.01	0.0	0.00	0.00
Bagel, 2WGR, Toasted, MS1600	1 bagel	12	8	0	10	0.23	0.10	2.3	0	0.0	0	0.35	1.68	0.06	0.00	0.00
Cream Cheese, PC Stwb MS1570	1 pc cup	12	5	1	4	0.00	0.00	1.2	12	0.0	0	0.06	0.29	0.46	0.29	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	10	10	0	14	0.10	0.05	0.0	4	0.0	1	0.24	1.74	0.29	0.07	0.00
Frudel, 2WGR, Cherry, MS1628	1 frudel	10	10	0	14	0.10	0.05	0.0	3	0.0	1	0.24	1.74	0.29	0.07	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	11	0	18	0.14	0.55	10.3	47	0.57	1	0.15	2.33	0.17	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	10	0.16	0.10	5.3	27	0.0	1	0.16	2.02	0.16	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.14	0.09	4.8	24	0.0	1	0.1	1.84	0.12	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.26	2.9	14	0.17	0	0.06	0.7	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.5	7	0.08	0	0.02	0.33	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.03	3.9	2	0.02	0	0.04	0.58	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.37	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	64	0	3	0.00	0.00	0.0	0	13.65	13	0.0	14.96	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.56	0	0.02	0.52	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.5	3	1.45	1	0.02	0.87	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	27	1	51	0.00	0.00	48.3	181	0.0	4	1.93	4.59	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	12	2	14	0.00	0.00	36.2	60	0.14	1	0.97	1.33	0.3	0.18	0.00
Weighted Daily Average			452	11	381	2.51	2.11	160.7	392	16.65	53	9.28	87.02	7.60	1.46	0.00
% of Calories											46.7%	8.2%	76.9%	15.1%	2.9%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/19/2019																
EES Breakfast	Total	206														
Chicken Pat & Biscuit, MS1685	1 serving	100	119	0	259	1.25	1.23	53.0	510	0.01	2	5.39	16.67	5.39	1.12	0.00
Jelly, Assorted, PC MS1526	1 packet	100	18	0	3	0.03	0.02	0.7	1	0.2	3	0.01	4.48	0.0	0.00	0.00
Breakfast Gravy	2 oz	60	10	0	138	0.11	0.17	3.7	0	0.02	1	0.26	1.62	0.25	0.13	*N/A*
Biscuit, 2 ENR, MS1626	1 biscuit	60	61	0	122	0.26	0.42	29.1	0	0.0	1	1.46	8.16	2.62	1.31	0.00
Cheese 1 oz. String MS938	1 ounce	12	5	1	11	0.00	0.00	11.7	12	0.0	0	0.41	0.06	0.29	0.17	0.00
Muffins & Yogurt Choice,MS1686	1 serving	12	13	0	10	0.06	0.06	9.9	0	0.0	1	0.41	2.33	0.26	0.04	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	8	6	0	4	0.04	0.04	0.8	0	0.0	1	0.12	1.01	0.17	0.03	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	11	0	18	0.14	0.55	10.4	48	0.57	1	0.15	2.34	0.17	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	10	0.16	0.10	5.3	27	0.0	1	0.16	2.03	0.16	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.15	0.09	4.9	24	0.0	1	0.1	1.84	0.12	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.26	2.9	15	0.17	0	0.06	0.7	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.5	7	0.08	0	0.02	0.33	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.03	3.9	2	0.02	0	0.04	0.58	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.37	0.02	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	64	0	3	0.00	0.00	0.0	0	13.72	13	0.0	15.04	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.56	0	0.02	0.53	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.5	3	1.46	1	0.02	0.87	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	27	1	51	0.00	0.00	48.5	182	0.0	4	1.94	4.61	0.0	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	25	12	2	15	0.00	0.00	36.4	61	0.15	1	0.97	1.33	0.3	0.18	0.00
Weighted Daily Average			378	4	663	2.45	3.09	224.6	898	16.97	32	11.56	64.90	9.89	3.14	*0.00
% of Calories											33.5%	12.2%	68.7%	23.6%	7.5%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/20/2019																
EES Breakfast	Total	195														
Sausage Pancake/Stick, MS1690	1 stick	120	129	15	191	0.62	0.66	12.3	28	0.0	6	3.69	13.54	6.15	1.85	0.00
Syrup, Pancake, PC MS1566 new	1 packet	120	73	0	18	0.00	0.00	0.0	0	0.0	18	0.0	18.46	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	20	25	0	31	0.21	0.15	2.1	5	0.0	1	0.51	4.1	0.72	0.21	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	13	10	0	7	0.07	0.12	1.3	0	0.0	1	0.2	1.73	0.3	0.03	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	12	10	0	6	0.06	0.02	1.2	0	0.0	1	0.18	1.6	0.28	0.06	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	12	0	19	0.14	0.58	10.9	50	0.6	1	0.16	2.48	0.18	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	10	0	11	0.17	0.10	5.6	28	0.0	1	0.17	2.14	0.17	0.06	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	9	0	9	0.15	0.09	5.1	26	0.0	1	0.1	1.95	0.13	0.05	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.28	3.1	15	0.18	0	0.06	0.74	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	2	0	3	0.02	0.08	1.6	7	0.09	0	0.02	0.35	0.03	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.06	0.04	4.1	2	0.02	0	0.04	0.62	0.06	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	1.0	5	0.0	0	0.02	0.39	0.03	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	68	0	3	0.00	0.00	0.0	0	14.49	14	0.0	15.88	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.09	0.01	0.5	3	0.59	0	0.02	0.56	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	4	0	0	0.03	0.02	0.5	4	1.54	1	0.03	0.92	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	28	1	54	0.00	0.00	51.3	192	0.0	5	2.05	4.87	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	13	2	15	0.00	0.00	38.5	64	0.15	1	1.03	1.41	0.32	0.19	0.00
Weighted Daily Average			402	19	375	1.68	2.17	139.2	430	17.68	51	8.29	71.75	8.40	2.49	0.00
% of Calories											50.2%	8.2%	71.3%	18.8%	5.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/21/2019																
EES Breakfast	Total	230														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	160	229	24	560	0.63	1.50	83.3	0	0.0	2	10.36	19.48	11.76	5.19	0.00
Jelly, Assorted, PC MS1526	1 packet	100	16	0	3	0.03	0.02	0.6	1	0.18	3	0.01	4.01	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	29	1	44	0.39	0.19	7.8	0	0.0	2	0.65	4.7	0.91	0.13	0.00
Syrup, Pancake, PC MS1566 new	1 packet	30	16	0	4	0.00	0.00	0.0	0	0.0	4	0.0	3.91	0.0	0.00	0.00
Muffin Loaves Asrtd 1GR MS1635	1 muffin loa	20	13	0	9	0.09	0.09	1.7	0	0.0	1	0.26	2.26	0.39	0.07	0.00
Cereals, Assorted, MS1622	1 bowl pac	21	10	0	16	0.12	0.49	9.3	43	0.51	1	0.14	2.1	0.15	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	11	9	0	9	0.14	0.09	4.8	24	0.0	1	0.14	1.82	0.14	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	8	0	8	0.13	0.08	4.3	22	0.0	1	0.09	1.65	0.11	0.04	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pac	3	3	0	4	0.03	0.23	2.6	13	0.16	0	0.05	0.63	0.03	0.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	3	1	0	2	0.02	0.07	1.3	6	0.07	0	0.02	0.3	0.02	0.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	3	0	2	0.05	0.03	3.5	2	0.02	0	0.03	0.52	0.05	0.01	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	2	0	2	0.03	0.02	0.9	4	0.0	0	0.02	0.33	0.02	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.08	0.00	0.4	3	0.5	0	0.02	0.47	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	3	0	0	0.02	0.02	0.4	3	1.3	1	0.02	0.78	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	200	60	0	3	0.00	0.00	0.0	0	12.93	13	0.0	14.18	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	24	1	46	0.00	0.00	43.5	163	0.0	4	1.74	4.13	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	11	2	13	0.00	0.00	32.6	54	0.13	1	0.87	1.2	0.27	0.16	0.00
Weighted Daily Average			437	27	725	1.75	2.82	197.2	337	15.81	33	14.42	62.46	13.88	5.68	0.00
% of Calories											30.5%	13.2%	57.2%	28.6%	11.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/22/2019																
EES Breakfast	Total	170														
Grill Cheese Sand 2 oz. MS760	1 each	25	52	8	171	0.29	0.23	6.4	82	0.35	0	2.48	4.25	2.96	1.68	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	25	29	1	41	0.59	0.21	8.8	29	0.0	2	0.74	5.29	0.59	0.07	0.00
Syrup, Pancake, PC MS1566 new	1 packet	25	18	0	4	0.00	0.00	0.0	0	0.0	4	0.0	4.41	0.0	0.00	0.00
Omelets, Cheese, Indivi,MS1662	1 omelet	50	40	51	83	0.00	0.23	20.8	93	0.01	0	2.17	0.5	3.17	1.00	0.00
Bread, 1 ENR, Toast, MS1604	1slice	50	21	0	44	0.29	0.21	5.9	0	0.35	0	0.59	4.12	0.29	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	50	11	0	2	0.02	0.01	0.4	0	0.12	2	0.01	2.71	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	25	47	0	40	0.29	0.26	5.9	0	0.0	3	0.74	6.03	2.21	1.03	0.00
Donuts Mini Powdered	1 pack	25	40	0	34	0.29	0.11	8.8	0	*N/A*	3	0.59	6.03	1.62	0.44	0.00
Cereals, Assorted, MS1622	1 bowl pac	20	13	0	20	0.16	0.64	12.0	55	0.66	1	0.18	2.71	0.2	0.02	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	10	11	0	11	0.18	0.11	5.9	29	0.0	1	0.18	2.24	0.18	0.06	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	11	0	11	0.18	0.11	5.9	29	0.0	1	0.12	2.24	0.15	0.06	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	5	2	0	0	0.11	0.01	0.6	4	0.68	0	0.03	0.64	0.01	0.00	0.00
Raisins, Flavored, MS1291	Packages	5	4	0	0	0.03	0.02	0.6	4	1.76	1	0.03	1.06	0.0	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	190	78	0	4	0.00	0.00	0.0	0	16.62	16	0.0	18.22	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	50	32	1	62	0.00	0.00	58.8	221	0.0	5	2.35	5.59	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	25	15	2	18	0.00	0.00	44.1	74	0.18	2	1.18	1.62	0.37	0.22	0.00
Weighted Daily Average			422	63	545	2.43	2.14	184.8	621	*20.74	42	11.35	67.65	11.73	4.58	0.00
% of Calories											39.6%	10.8%	64.1%	25.0%	9.8%	0.0%
Nutrient Guideline			350-500		540										<10.00	
Weighted Average			419	27	538	2.18	2.45	181.5	541	*17.77	42	11.01	70.56	10.39	3.54	*0.00
											90.3%	10.5%	67.4%	22.3%	7.6%	*0.0%

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

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

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

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Amory School District

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

EES Breakfast

Weighted Values - Detailed

Page 17

Generated on: 10/30/2019 9:27:41 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	419		350 - 500	100%														
Cholesterol (mg)	27																	
Sodium 1 (mg)	538		540															
Sodium 2 (mg)	538		485						53	Correction Required - Sodium too High								
Fiber (g)	2.18																	
Iron (mg)	2.45																	
Calcium (mg)	181.5																	
Vitamin A (IU)	541																	
Sugars (g)	42	40.13%																
Vitamin C (mg)	17.77					Missing												
Protein (g)	11.01	10.52%																
Carbohydrate (g)	70.56	67.42%																
Total Fat (g)	10.39	22.33%																
Saturated Fat (g)	3.54	7.61%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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