

Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020																
WES Breakfast	Total	325														
Eggs, Scrambled,FRZ Mix,MS1661	2 ounces	120	18	47	20	0.00	0.30	9.7	0	0.0	0	1.52	0.3	1.22	0.46	0.00
Ham, Sliced for Biscuit,MS1680	1 slice	120	15	6	144	0.00	1.33	0.0	0	0.0	0	2.22	0.0	0.37	0.18	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	60	41	1	63	0.55	0.27	11.1	0	0.0	3	0.92	6.65	1.29	0.18	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	45	28	1	39	0.55	0.20	8.3	28	0.0	2	0.69	4.98	0.55	0.07	0.00
Donut, Glazed	100 grams	140	78	*N/A*	95	0.43	0.00	64.6	0	0.0	4	1.29	11.2	3.02	1.29	*N/A*
Potato Rounds, Fried MS1096	1/2 cup	100	61	0	74	0.39	0.00	0.0	0	0.0	0	0.39	6.25	3.71	0.49	0.00
Sausage Patty, 1 Oz.,MS1665	1 patty	70	26	7	83	0.00	0.15	4.3	0	0.0	0	2.13	0.0	1.7	0.64	0.00
Bacon, 2 Slices, MS1500	2 slices	75	12	2	46	0.00	0.00	0.0	0	0.0	0	0.62	0.0	1.08	0.38	0.00
Cheese 1 oz. String MS938	1 ounce	30	7	1	18	0.00	0.00	18.5	18	0.0	0	0.65	0.09	0.46	0.28	0.00
Yogurt,Strawberry MS1668	4 ounce cu	15	3	0	3	0.00	0.00	6.9	0	0.0	0	0.18	0.65	0.0	0.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	15	8	0	9	0.14	0.08	4.6	23	0.0	1	0.14	1.75	0.14	0.05	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	25	14	0	14	0.23	0.14	7.7	38	0.0	1	0.15	2.92	0.19	0.08	0.00
Cereals, Assorted, MS1622	1 bowl pac	20	7	0	11	0.08	0.33	6.3	29	0.34	0	0.09	1.42	0.1	0.01	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	12	6	0	4	0.04	0.01	0.7	0	0.0	1	0.11	0.96	0.17	0.04	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	10	5	0	3	0.03	0.06	0.6	0	0.0	0	0.09	0.8	0.14	0.02	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	30	8	0	0	0.34	0.02	1.9	11	2.14	1	0.08	2.01	0.02	0.00	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	350	75	0	4	0.00	0.00	0.0	0	16.02	16	0.0	17.56	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	75	32	0	1	0.23	0.17	4.6	32	13.85	6	0.23	8.31	0.0	0.00	0.00
Biscuit, 2 ENR, MS1626	1 biscuit	200	129	0	258	0.55	0.89	61.5	0	0.0	2	3.08	17.23	5.54	2.77	0.00
Bread, 1 ENR, Toast, MS1604	1slice	24	5	0	11	0.07	0.05	1.5	0	0.09	0	0.15	1.03	0.07	0.00	0.00
Cereal Rice Treat Bar MS1610	1 bar	12	6	0	4	0.03	0.07	0.0	11	0.0	0	0.07	1.11	0.15	0.04	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	4	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	4	2	0	2	0.04	0.03	3.1	12	0.0	0	0.02	0.36	0.05	0.01	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	3	1	0	1	0.03	0.02	1.8	1	0.01	0	0.02	0.28	0.03	0.00	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	75	23	3	28	0.00	0.00	69.2	115	0.28	3	1.85	2.54	0.58	0.35	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	51	2	97	0.00	0.00	92.3	346	0.0	8	3.69	8.77	0.0	0.00	0.00
Yogurt Parfait, Blue Amory1691	1 parfait	6	7	0	4	0.08	0.02	3.6	2	0.04	1	0.15	1.32	0.09	0.01	0.00
Syrup, Pancake, PC MS1566	1 packet	100	37	0	9	0.00	0.00	0.0	0	0.0	9	0.0	9.23	0.0	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	200	22	0	4	0.04	0.02	0.9	1	0.25	4	0.02	5.68	0.01	0.00	0.00
Ketchup PC MS1528	1 packet	75	2	0	20	0.00	0.00	0.0	0	0.0	0	0.0	0.69	0.0	0.00	0.00
Weighted Daily Average			729	*72	1069	3.89	4.16	383.7	669	33.01	64	20.60	114.39	20.73	7.36	*0.00
% of Calories											35.2%	11.3%	62.8%	25.6%	9.1%	*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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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/03/2020																
WES Breakfast	Total	243														
Breakfast Pizza,Sausage,MS1684	1 slice	70	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	27	1	42	0.37	0.18	7.4	0	0.0	2	0.62	4.44	0.86	0.12	0.00
Syrup, Pancake, PC MS1566	1 packet	30	15	0	4	0.00	0.00	0.0	0	0.0	4	0.0	3.7	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	15	12	0	17	0.25	0.09	3.7	12	0.0	1	0.31	2.22	0.25	0.03	0.00
Syrup, Pancake, PC MS1566	1 packet	15	7	0	2	0.00	0.00	0.0	0	0.0	2	0.0	1.85	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	24	32	0	27	0.20	0.18	4.0	0	0.0	2	0.49	4.05	1.48	0.69	0.00
Donuts Mini Powdered	1 pack	12	13	0	11	0.10	0.04	3.0	0	*N/A*	1	0.2	2.02	0.54	0.15	0.00
Yogurt,Strawberry MS1668	4 ounce cu	6	2	0	1	0.00	0.00	3.7	0	0.0	0	0.1	0.35	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	4	1	9	0.00	0.00	9.9	10	0.0	0	0.35	0.05	0.25	0.15	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	10	0	6	0.06	0.02	1.2	0	0.0	1	0.19	1.6	0.28	0.06	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pac	5	2	0	3	0.06	0.07	0.0	8	0.25	0	0.04	0.49	0.02	0.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	15	7	0	11	0.08	0.33	6.3	29	0.35	0	0.09	1.42	0.1	0.01	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	7	0	7	0.12	0.07	4.1	21	0.0	1	0.08	1.56	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	4	0	4	0.06	0.04	2.1	10	0.0	0	0.06	0.78	0.06	0.02	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	2	0	2	0.05	0.03	3.3	2	0.02	0	0.03	0.49	0.05	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.99	0.13	0.03	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	3	0	3	0.06	0.06	5.1	21	0.0	0	0.04	0.6	0.08	0.01	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	3	0	5	0.03	0.02	0.0	1	0.0	0	0.08	0.59	0.1	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.3	15	0.0	16.77	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	14	0	1	0.10	0.07	2.1	14	6.17	3	0.1	3.7	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	50	2	95	0.00	0.00	90.5	340	0.0	8	3.62	8.6	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.4	82	0.2	2	1.32	1.81	0.41	0.25	0.00
Weighted Daily Average			310	7	280	1.61	1.27	195.7	560	*22.29	42	7.83	58.42	4.78	1.62	0.00
% of Calories											54.7%	10.1%	75.3%	13.9%	4.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Wed - 03/04/2020																
WES Breakfast																
	Total	250														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	60	79	8	193	0.22	0.52	28.7	0	0.0	1	3.57	6.72	4.06	1.79	0.00
Jelly, Assorted, PC MS1526	1 packet	25	4	0	1	0.01	0.00	0.1	0	0.04	1	0.0	0.92	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	79	2	122	1.08	0.52	21.6	0	0.0	5	1.8	12.96	2.52	0.36	0.00
Syrup, Pancake, PC MS1566	1 packet	90	43	0	10	0.00	0.00	0.0	0	0.0	10	0.0	10.8	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	70	76	3	81	0.56	0.30	16.8	0	0.0	3	1.96	12.04	2.24	0.28	0.00
Syrup, Pancake, PC MS1566	1 packet	70	33	0	8	0.00	0.00	0.0	0	0.0	8	0.0	8.4	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.0	0	0.0	1	0.24	0.84	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	6	1	15	0.00	0.00	16.0	16	0.0	0	0.56	0.08	0.4	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.3	2.6	0.45	0.10	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	10	4	0	7	0.12	0.14	0.0	16	0.48	0	0.08	0.96	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	35	15	0	24	0.19	0.76	14.2	65	0.78	1	0.21	3.22	0.23	0.02	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	15	11	0	11	0.18	0.11	6.0	30	0.0	1	0.12	2.28	0.15	0.06	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.0	20	0.0	1	0.12	1.52	0.12	0.04	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.36	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.06	0.96	0.13	0.03	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.3	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	3	0	3	0.06	0.05	5.0	20	0.0	0	0.04	0.58	0.08	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	69	0	3	0.00	0.00	0.0	0	14.87	15	0.0	16.3	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.8	20	8.4	4	0.14	5.04	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	6	3	0	0	0.07	0.01	0.1	2	0.25	0	0.03	0.65	0.01	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	48	2	92	0.00	0.00	88.0	330	0.0	8	3.52	8.36	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	16	2	19	0.00	0.00	48.0	80	0.19	2	1.28	1.76	0.4	0.24	0.00
Weighted Daily Average			545	19	621	2.93	2.71	264.9	610	25.03	63	14.10	97.65	10.93	3.22	0.00
% of Calories											45.9%	10.3%	71.6%	18.0%	5.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Thu - 03/05/2020																
WES Breakfast	Total	257														
Sausage Pancake/Stick, MS1690	1 stick	60	49	6	72	0.23	0.25	4.7	11	0.0	2	1.4	5.14	2.33	0.70	0.00
Syrup, Pancake, PC MS1566	1 packet	60	28	0	7	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	40	34	1	53	0.47	0.22	9.3	0	0.0	2	0.78	5.6	1.09	0.16	0.00
Syrup, Pancake, PC MS1566	1 packet	40	19	0	5	0.00	0.00	0.0	0	0.0	5	0.0	4.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	75	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	6	2	0	1	0.00	0.00	3.5	0	0.0	0	0.09	0.33	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	4	1	9	0.00	0.00	9.3	9	0.0	0	0.33	0.05	0.23	0.14	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	9	0	6	0.06	0.02	1.2	0	0.0	1	0.18	1.52	0.26	0.06	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	5	2	0	3	0.06	0.07	0.0	8	0.23	0	0.04	0.47	0.02	0.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	10	4	0	7	0.05	0.21	4.0	18	0.22	0	0.06	0.89	0.06	0.01	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	10	7	0	7	0.12	0.07	3.9	19	0.0	1	0.08	1.48	0.1	0.04	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	5	4	0	4	0.06	0.04	1.9	10	0.0	0	0.06	0.74	0.06	0.02	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.3	1	0.01	0	0.02	0.35	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	6	4	0	3	0.02	0.04	0.0	7	0.0	0	0.05	0.7	0.09	0.02	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.29	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	2	0	2	0.04	0.03	2.9	12	0.0	0	0.02	0.34	0.05	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	67	0	3	0.00	0.00	0.0	0	14.47	14	0.0	15.86	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	14	0	0	0.10	0.07	1.9	14	5.84	3	0.1	3.5	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	3	0	4	0.03	0.02	0.0	1	0.0	0	0.08	0.56	0.09	0.02	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	47	2	90	0.00	0.00	85.6	321	0.0	8	3.42	8.13	0.0	0.00	0.00
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	40	16	2	19	0.00	0.00	46.7	78	0.19	2	1.25	1.71	0.39	0.23	0.00
Weighted Daily Average			317	12	298	1.29	1.07	177.3	509	20.96	45	7.98	59.33	4.88	1.43	0.00
% of Calories											57.0%	10.1%	74.8%	13.8%	4.1%	0.0%
Nutrient Guideline			350-500		540											<10.00

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Fri - 03/06/2020																
WES Breakfast	Total	245														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	113	12	276	0.31	0.74	41.1	0	0.0	1	5.1	9.6	5.8	2.56	0.00
Jelly, Assorted, PC MS1526	1 packet	20	3	0	1	0.00	0.00	0.1	0	0.03	1	0.0	0.75	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	81	2	125	1.10	0.53	22.0	0	0.0	6	1.84	13.22	2.57	0.37	0.00
Syrup, Pancake, PC MS1566	1 packet	90	44	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.02	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.2	0	0.0	1	0.24	0.86	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	7	1	16	0.00	0.00	16.3	16	0.0	0	0.57	0.08	0.41	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.31	2.65	0.46	0.10	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	10	4	0	7	0.12	0.15	0.0	16	0.49	0	0.08	0.98	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	40	18	0	28	0.22	0.88	16.6	76	0.91	1	0.24	3.76	0.27	0.03	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	20	15	0	15	0.24	0.15	8.2	41	0.0	1	0.16	3.1	0.2	0.08	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.1	20	0.0	1	0.12	1.55	0.12	0.04	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.37	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.98	0.13	0.03	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	2	0	2	0.04	0.03	3.1	12	0.0	0	0.02	0.36	0.05	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.18	15	0.0	16.63	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.9	20	8.57	4	0.14	5.14	0.0	0.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	5	5	0	6	0.04	0.03	0.4	1	0.0	0	0.1	0.82	0.14	0.04	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	49	2	94	0.00	0.00	89.8	337	0.0	8	3.59	8.53	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.0	82	0.2	2	1.31	1.8	0.41	0.25	0.00
Weighted Daily Average			484	20	633	2.54	2.81	267.2	633	25.40	53	13.97	82.51	10.71	3.79	0.00
% of Calories											43.6%	11.6%	68.2%	19.9%	7.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/16/2020																
WES Breakfast																
	Total	245														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	113	12	276	0.31	0.74	41.1	0	0.0	1	5.1	9.6	5.8	2.56	0.00
Jelly, Assorted, PC MS1526	1 packet	25	4	0	1	0.01	0.00	0.1	0	0.04	1	0.0	0.94	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	81	2	125	1.10	0.53	22.0	0	0.0	6	1.84	13.22	2.57	0.37	0.00
Syrup, Pancake, PC MS1566	1 packet	90	44	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.02	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.2	0	0.0	1	0.24	0.86	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	7	1	16	0.00	0.00	16.3	16	0.0	0	0.57	0.08	0.41	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.31	2.65	0.46	0.10	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pac	10	4	0	7	0.12	0.15	0.0	16	0.49	0	0.08	0.98	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	35	15	0	25	0.19	0.77	14.5	67	0.8	1	0.21	3.29	0.24	0.02	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	20	15	0	15	0.24	0.15	8.2	41	0.0	1	0.16	3.1	0.2	0.08	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.1	20	0.0	1	0.12	1.55	0.12	0.04	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.37	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.98	0.13	0.03	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	3	0	3	0.06	0.06	5.1	20	0.0	0	0.04	0.59	0.08	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.18	15	0.0	16.63	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.9	20	8.57	4	0.14	5.14	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	5	5	0	6	0.04	0.03	0.4	1	0.0	0	0.1	0.82	0.14	0.04	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	49	2	94	0.00	0.00	89.8	337	0.0	8	3.59	8.53	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.0	82	0.2	2	1.31	1.8	0.41	0.25	0.00
Weighted Daily Average			484	20	631	2.53	2.72	267.2	632	25.29	53	13.96	82.46	10.70	3.79	0.00
% of Calories											43.7%	11.5%	68.2%	19.9%	7.1%	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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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/17/2020																
WES Breakfast	Total	243														
Breakfast Pizza,Sausage,MS1684	1 slice	70	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	27	1	42	0.37	0.18	7.4	0	0.0	2	0.62	4.44	0.86	0.12	0.00
Syrup, Pancake, PC MS1566	1 packet	30	15	0	4	0.00	0.00	0.0	0	0.0	4	0.0	3.7	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	15	12	0	17	0.25	0.09	3.7	12	0.0	1	0.31	2.22	0.25	0.03	0.00
Syrup, Pancake, PC MS1566	1 packet	15	7	0	2	0.00	0.00	0.0	0	0.0	2	0.0	1.85	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	24	32	0	27	0.20	0.18	4.0	0	0.0	2	0.49	4.05	1.48	0.69	0.00
Donuts Mini Powdered	1 pack	12	13	0	11	0.10	0.04	3.0	0	*N/A*	1	0.2	2.02	0.54	0.15	0.00
Yogurt,Strawberry MS1668	4 ounce cu	6	2	0	1	0.00	0.00	3.7	0	0.0	0	0.1	0.35	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	4	1	9	0.00	0.00	9.9	10	0.0	0	0.35	0.05	0.25	0.15	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	10	0	6	0.06	0.02	1.2	0	0.0	1	0.19	1.6	0.28	0.06	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pac	5	2	0	3	0.06	0.07	0.0	8	0.25	0	0.04	0.49	0.02	0.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	15	7	0	11	0.08	0.33	6.3	29	0.35	0	0.09	1.42	0.1	0.01	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	7	0	7	0.12	0.07	4.1	21	0.0	1	0.08	1.56	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	4	0	4	0.06	0.04	2.1	10	0.0	0	0.06	0.78	0.06	0.02	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	2	0	2	0.05	0.03	3.3	2	0.02	0	0.03	0.49	0.05	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.99	0.13	0.03	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	3	0	3	0.06	0.06	5.1	21	0.0	0	0.04	0.6	0.08	0.01	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	3	0	5	0.03	0.02	0.0	1	0.0	0	0.08	0.59	0.1	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.3	15	0.0	16.77	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	14	0	1	0.10	0.07	2.1	14	6.17	3	0.1	3.7	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	50	2	95	0.00	0.00	90.5	340	0.0	8	3.62	8.6	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.4	82	0.2	2	1.32	1.81	0.41	0.25	0.00
Weighted Daily Average			310	7	280	1.61	1.27	195.7	560	*22.29	42	7.83	58.42	4.78	1.62	0.00
% of Calories											54.7%	10.1%	75.3%	13.9%	4.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/18/2020																
WES Breakfast	Total	250														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	60	79	8	193	0.22	0.52	28.7	0	0.0	1	3.57	6.72	4.06	1.79	0.00
Jelly, Assorted, PC MS1526	1 packet	25	4	0	1	0.01	0.00	0.1	0	0.04	1	0.0	0.92	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	79	2	122	1.08	0.52	21.6	0	0.0	5	1.8	12.96	2.52	0.36	0.00
Syrup, Pancake, PC MS1566	1 packet	90	43	0	10	0.00	0.00	0.0	0	0.0	10	0.0	10.8	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	70	76	3	81	0.56	0.30	16.8	0	0.0	3	1.96	12.04	2.24	0.28	0.00
Syrup, Pancake, PC MS1566	1 packet	70	33	0	8	0.00	0.00	0.0	0	0.0	8	0.0	8.4	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.0	0	0.0	1	0.24	0.84	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	6	1	15	0.00	0.00	16.0	16	0.0	0	0.56	0.08	0.4	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.3	2.6	0.45	0.10	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	10	4	0	7	0.12	0.14	0.0	16	0.48	0	0.08	0.96	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	35	15	0	24	0.19	0.76	14.2	65	0.78	1	0.21	3.22	0.23	0.02	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	15	11	0	11	0.18	0.11	6.0	30	0.0	1	0.12	2.28	0.15	0.06	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.0	20	0.0	1	0.12	1.52	0.12	0.04	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.36	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.06	0.96	0.13	0.03	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.3	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	3	0	3	0.06	0.05	5.0	20	0.0	0	0.04	0.58	0.08	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	69	0	3	0.00	0.00	0.0	0	14.87	15	0.0	16.3	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.8	20	8.4	4	0.14	5.04	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	6	3	0	0	0.07	0.01	0.1	2	0.25	0	0.03	0.65	0.01	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	48	2	92	0.00	0.00	88.0	330	0.0	8	3.52	8.36	0.0	0.00	0.00
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	40	16	2	19	0.00	0.00	48.0	80	0.19	2	1.28	1.76	0.4	0.24	0.00
Weighted Daily Average			545	19	621	2.93	2.71	264.9	610	25.03	63	14.10	97.65	10.93	3.22	0.00
% of Calories											45.9%	10.3%	71.6%	18.0%	5.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/19/2020																
WES Breakfast	Total	257														
Sausage Pancake/Stick, MS1690	1 stick	60	49	6	72	0.23	0.25	4.7	11	0.0	2	1.4	5.14	2.33	0.70	0.00
Syrup, Pancake, PC MS1566	1 packet	60	28	0	7	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	40	34	1	53	0.47	0.22	9.3	0	0.0	2	0.78	5.6	1.09	0.16	0.00
Syrup, Pancake, PC MS1566	1 packet	40	19	0	5	0.00	0.00	0.0	0	0.0	5	0.0	4.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	75	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	6	2	0	1	0.00	0.00	3.5	0	0.0	0	0.09	0.33	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	4	1	9	0.00	0.00	9.3	9	0.0	0	0.33	0.05	0.23	0.14	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	9	0	6	0.06	0.02	1.2	0	0.0	1	0.18	1.52	0.26	0.06	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	5	2	0	3	0.06	0.07	0.0	8	0.23	0	0.04	0.47	0.02	0.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	10	4	0	7	0.05	0.21	4.0	18	0.22	0	0.06	0.89	0.06	0.01	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	10	7	0	7	0.12	0.07	3.9	19	0.0	1	0.08	1.48	0.1	0.04	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	5	4	0	4	0.06	0.04	1.9	10	0.0	0	0.06	0.74	0.06	0.02	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.3	1	0.01	0	0.02	0.35	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	6	4	0	3	0.02	0.04	0.0	7	0.0	0	0.05	0.7	0.09	0.02	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.29	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	2	0	2	0.04	0.03	2.9	12	0.0	0	0.02	0.34	0.05	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	67	0	3	0.00	0.00	0.0	0	14.47	14	0.0	15.86	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	14	0	0	0.10	0.07	1.9	14	5.84	3	0.1	3.5	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	3	0	4	0.03	0.02	0.0	1	0.0	0	0.08	0.56	0.09	0.02	0.00
Milk, FF Choc 1/2 pt, PF MS1700	1/2 pint	110	47	2	90	0.00	0.00	85.6	321	0.0	8	3.42	8.13	0.0	0.00	0.00
Milk, LF White 1/2 pt, PF MS1708	1/2 pint	40	16	2	19	0.00	0.00	46.7	78	0.19	2	1.25	1.71	0.39	0.23	0.00
Weighted Daily Average			317	12	298	1.29	1.07	177.3	509	20.96	45	7.98	59.33	4.88	1.43	0.00
% of Calories											57.0%	10.1%	74.8%	13.8%	4.1%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/20/2020																
WES Breakfast	Total	245														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	113	12	276	0.31	0.74	41.1	0	0.0	1	5.1	9.6	5.8	2.56	0.00
Jelly, Assorted, PC MS1526	1 packet	20	3	0	1	0.00	0.00	0.1	0	0.03	1	0.0	0.75	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	81	2	125	1.10	0.53	22.0	0	0.0	6	1.84	13.22	2.57	0.37	0.00
Syrup, Pancake, PC MS1566	1 packet	90	44	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.02	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.2	0	0.0	1	0.24	0.86	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	7	1	16	0.00	0.00	16.3	16	0.0	0	0.57	0.08	0.41	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.31	2.65	0.46	0.10	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	10	4	0	7	0.12	0.15	0.0	16	0.49	0	0.08	0.98	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	40	18	0	28	0.22	0.88	16.6	76	0.91	1	0.24	3.76	0.27	0.03	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	20	15	0	15	0.24	0.15	8.2	41	0.0	1	0.16	3.1	0.2	0.08	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.1	20	0.0	1	0.12	1.55	0.12	0.04	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.37	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.98	0.13	0.03	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	2	0	2	0.04	0.03	3.1	12	0.0	0	0.02	0.36	0.05	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.18	15	0.0	16.63	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.9	20	8.57	4	0.14	5.14	0.0	0.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	5	5	0	6	0.04	0.03	0.4	1	0.0	0	0.1	0.82	0.14	0.04	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	49	2	94	0.00	0.00	89.8	337	0.0	8	3.59	8.53	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.0	82	0.2	2	1.31	1.8	0.41	0.25	0.00
Weighted Daily Average			484	20	633	2.54	2.81	267.2	633	25.40	53	13.97	82.51	10.71	3.79	0.00
% of Calories											43.6%	11.6%	68.2%	19.9%	7.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/23/2020																
WES Breakfast		Total	245													
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	113	12	276	0.31	0.74	41.1	0	0.0	1	5.1	9.6	5.8	2.56	0.00
Jelly, Assorted, PC MS1526	1 packet	25	4	0	1	0.01	0.00	0.1	0	0.04	1	0.0	0.94	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	81	2	125	1.10	0.53	22.0	0	0.0	6	1.84	13.22	2.57	0.37	0.00
Syrup, Pancake, PC MS1566	1 packet	90	44	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.02	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.2	0	0.0	1	0.24	0.86	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	7	1	16	0.00	0.00	16.3	16	0.0	0	0.57	0.08	0.41	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.31	2.65	0.46	0.10	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pac	10	4	0	7	0.12	0.15	0.0	16	0.49	0	0.08	0.98	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	35	15	0	25	0.19	0.77	14.5	67	0.8	1	0.21	3.29	0.24	0.02	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	20	15	0	15	0.24	0.15	8.2	41	0.0	1	0.16	3.1	0.2	0.08	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.1	20	0.0	1	0.12	1.55	0.12	0.04	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.37	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.98	0.13	0.03	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	3	0	3	0.06	0.06	5.1	20	0.0	0	0.04	0.59	0.08	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.18	15	0.0	16.63	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.9	20	8.57	4	0.14	5.14	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	5	5	0	6	0.04	0.03	0.4	1	0.0	0	0.1	0.82	0.14	0.04	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	49	2	94	0.00	0.00	89.8	337	0.0	8	3.59	8.53	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.0	82	0.2	2	1.31	1.8	0.41	0.25	0.00
Weighted Daily Average			484	20	631	2.53	2.72	267.2	632	25.29	53	13.96	82.46	10.70	3.79	0.00
% of Calories											43.7%	11.5%	68.2%	19.9%	7.1%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/24/2020																
WES Breakfast	Total	243														
Breakfast Pizza,Sausage,MS1684	1 slice	70	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	27	1	42	0.37	0.18	7.4	0	0.0	2	0.62	4.44	0.86	0.12	0.00
Syrup, Pancake, PC MS1566	1 packet	30	15	0	4	0.00	0.00	0.0	0	0.0	4	0.0	3.7	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	15	12	0	17	0.25	0.09	3.7	12	0.0	1	0.31	2.22	0.25	0.03	0.00
Syrup, Pancake, PC MS1566	1 packet	15	7	0	2	0.00	0.00	0.0	0	0.0	2	0.0	1.85	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	24	32	0	27	0.20	0.18	4.0	0	0.0	2	0.49	4.05	1.48	0.69	0.00
Donuts Mini Powdered	1 pack	12	13	0	11	0.10	0.04	3.0	0	*N/A*	1	0.2	2.02	0.54	0.15	0.00
Yogurt,Strawberry MS1668	4 ounce cu	6	2	0	1	0.00	0.00	3.7	0	0.0	0	0.1	0.35	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	4	1	9	0.00	0.00	9.9	10	0.0	0	0.35	0.05	0.25	0.15	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	10	0	6	0.06	0.02	1.2	0	0.0	1	0.19	1.6	0.28	0.06	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pac	5	2	0	3	0.06	0.07	0.0	8	0.25	0	0.04	0.49	0.02	0.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	15	7	0	11	0.08	0.33	6.3	29	0.35	0	0.09	1.42	0.1	0.01	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	7	0	7	0.12	0.07	4.1	21	0.0	1	0.08	1.56	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	4	0	4	0.06	0.04	2.1	10	0.0	0	0.06	0.78	0.06	0.02	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	2	0	2	0.05	0.03	3.3	2	0.02	0	0.03	0.49	0.05	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.99	0.13	0.03	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	3	0	3	0.06	0.06	5.1	21	0.0	0	0.04	0.6	0.08	0.01	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	3	0	5	0.03	0.02	0.0	1	0.0	0	0.08	0.59	0.1	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.3	15	0.0	16.77	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	14	0	1	0.10	0.07	2.1	14	6.17	3	0.1	3.7	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	50	2	95	0.00	0.00	90.5	340	0.0	8	3.62	8.6	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.4	82	0.2	2	1.32	1.81	0.41	0.25	0.00
Weighted Daily Average			310	7	280	1.61	1.27	195.7	560	*22.29	42	7.83	58.42	4.78	1.62	0.00
% of Calories											54.7%	10.1%	75.3%	13.9%	4.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/25/2020																
WES Breakfast	Total	250														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	60	79	8	193	0.22	0.52	28.7	0	0.0	1	3.57	6.72	4.06	1.79	0.00
Jelly, Assorted, PC MS1526	1 packet	25	4	0	1	0.01	0.00	0.1	0	0.04	1	0.0	0.92	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	79	2	122	1.08	0.52	21.6	0	0.0	5	1.8	12.96	2.52	0.36	0.00
Syrup, Pancake, PC MS1566	1 packet	90	43	0	10	0.00	0.00	0.0	0	0.0	10	0.0	10.8	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	70	76	3	81	0.56	0.30	16.8	0	0.0	3	1.96	12.04	2.24	0.28	0.00
Syrup, Pancake, PC MS1566	1 packet	70	33	0	8	0.00	0.00	0.0	0	0.0	8	0.0	8.4	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.0	0	0.0	1	0.24	0.84	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	6	1	15	0.00	0.00	16.0	16	0.0	0	0.56	0.08	0.4	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.3	2.6	0.45	0.10	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	10	4	0	7	0.12	0.14	0.0	16	0.48	0	0.08	0.96	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	35	15	0	24	0.19	0.76	14.2	65	0.78	1	0.21	3.22	0.23	0.02	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	15	11	0	11	0.18	0.11	6.0	30	0.0	1	0.12	2.28	0.15	0.06	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.0	20	0.0	1	0.12	1.52	0.12	0.04	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.36	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.06	0.96	0.13	0.03	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.3	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	3	0	3	0.06	0.05	5.0	20	0.0	0	0.04	0.58	0.08	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	69	0	3	0.00	0.00	0.0	0	14.87	15	0.0	16.3	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.8	20	8.4	4	0.14	5.04	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	6	3	0	0	0.07	0.01	0.1	2	0.25	0	0.03	0.65	0.01	0.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	48	2	92	0.00	0.00	88.0	330	0.0	8	3.52	8.36	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	16	2	19	0.00	0.00	48.0	80	0.19	2	1.28	1.76	0.4	0.24	0.00
Weighted Daily Average			545	19	621	2.93	2.71	264.9	610	25.03	63	14.10	97.65	10.93	3.22	0.00
% of Calories											45.9%	10.3%	71.6%	18.0%	5.3%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/26/2020																
WES Breakfast	Total	257														
Sausage Pancake/Stick, MS1690	1 stick	60	49	6	72	0.23	0.25	4.7	11	0.0	2	1.4	5.14	2.33	0.70	0.00
Syrup, Pancake, PC MS1566	1 packet	60	28	0	7	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	40	34	1	53	0.47	0.22	9.3	0	0.0	2	0.78	5.6	1.09	0.16	0.00
Syrup, Pancake, PC MS1566	1 packet	40	19	0	5	0.00	0.00	0.0	0	0.0	5	0.0	4.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	75	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	6	2	0	1	0.00	0.00	3.5	0	0.0	0	0.09	0.33	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	4	1	9	0.00	0.00	9.3	9	0.0	0	0.33	0.05	0.23	0.14	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	9	0	6	0.06	0.02	1.2	0	0.0	1	0.18	1.52	0.26	0.06	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	5	2	0	3	0.06	0.07	0.0	8	0.23	0	0.04	0.47	0.02	0.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	10	4	0	7	0.05	0.21	4.0	18	0.22	0	0.06	0.89	0.06	0.01	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	10	7	0	7	0.12	0.07	3.9	19	0.0	1	0.08	1.48	0.1	0.04	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	5	4	0	4	0.06	0.04	1.9	10	0.0	0	0.06	0.74	0.06	0.02	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.3	1	0.01	0	0.02	0.35	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	6	4	0	3	0.02	0.04	0.0	7	0.0	0	0.05	0.7	0.09	0.02	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.29	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	2	0	2	0.04	0.03	2.9	12	0.0	0	0.02	0.34	0.05	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	67	0	3	0.00	0.00	0.0	0	14.47	14	0.0	15.86	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	14	0	0	0.10	0.07	1.9	14	5.84	3	0.1	3.5	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	3	0	4	0.03	0.02	0.0	1	0.0	0	0.08	0.56	0.09	0.02	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	47	2	90	0.00	0.00	85.6	321	0.0	8	3.42	8.13	0.0	0.00	0.00
Milk, LF White 1/2 pt. PF MS1708	1/2 pint	40	16	2	19	0.00	0.00	46.7	78	0.19	2	1.25	1.71	0.39	0.23	0.00
Weighted Daily Average			317	12	298	1.29	1.07	177.3	509	20.96	45	7.98	59.33	4.88	1.43	0.00
% of Calories											57.0%	10.1%	74.8%	13.8%	4.1%	0.0%
Nutrient Guideline			350-500		540											<10.00

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES 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 - 03/27/2020																
WES Breakfast	Total	245														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	113	12	276	0.31	0.74	41.1	0	0.0	1	5.1	9.6	5.8	2.56	0.00
Jelly, Assorted, PC MS1526	1 packet	20	3	0	1	0.00	0.00	0.1	0	0.03	1	0.0	0.75	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	81	2	125	1.10	0.53	22.0	0	0.0	6	1.84	13.22	2.57	0.37	0.00
Syrup, Pancake, PC MS1566	1 packet	90	44	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.02	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.2	0	0.0	1	0.24	0.86	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	7	1	16	0.00	0.00	16.3	16	0.0	0	0.57	0.08	0.41	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.31	2.65	0.46	0.10	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pac	10	4	0	7	0.12	0.15	0.0	16	0.49	0	0.08	0.98	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	40	18	0	28	0.22	0.88	16.6	76	0.91	1	0.24	3.76	0.27	0.03	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	20	15	0	15	0.24	0.15	8.2	41	0.0	1	0.16	3.1	0.2	0.08	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.1	20	0.0	1	0.12	1.55	0.12	0.04	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.37	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.98	0.13	0.03	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	3	2	0	2	0.04	0.03	3.1	12	0.0	0	0.02	0.36	0.05	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.18	15	0.0	16.63	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.9	20	8.57	4	0.14	5.14	0.0	0.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	5	5	0	6	0.04	0.03	0.4	1	0.0	0	0.1	0.82	0.14	0.04	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	49	2	94	0.00	0.00	89.8	337	0.0	8	3.59	8.53	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.0	82	0.2	2	1.31	1.8	0.41	0.25	0.00
Weighted Daily Average			484	20	633	2.54	2.81	267.2	633	25.40	53	13.97	82.51	10.71	3.79	0.00
% of Calories											43.6%	11.6%	68.2%	19.9%	7.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/30/2020																
WES Breakfast	Total	245														
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	113	12	276	0.31	0.74	41.1	0	0.0	1	5.1	9.6	5.8	2.56	0.00
Jelly, Assorted, PC MS1526	1 packet	25	4	0	1	0.01	0.00	0.1	0	0.04	1	0.0	0.94	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	81	2	125	1.10	0.53	22.0	0	0.0	6	1.84	13.22	2.57	0.37	0.00
Syrup, Pancake, PC MS1566	1 packet	90	44	0	11	0.00	0.00	0.0	0	0.0	11	0.0	11.02	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cu	15	4	0	4	0.00	0.00	9.2	0	0.0	1	0.24	0.86	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	7	1	16	0.00	0.00	16.3	16	0.0	0	0.57	0.08	0.41	0.24	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	16	0	11	0.10	0.04	2.0	0	0.0	1	0.31	2.65	0.46	0.10	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pac	10	4	0	7	0.12	0.15	0.0	16	0.49	0	0.08	0.98	0.04	0.02	0.00
Cereals, Assorted, MS1622	1 bowl pac	35	15	0	25	0.19	0.77	14.5	67	0.8	1	0.21	3.29	0.24	0.02	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	20	15	0	15	0.24	0.15	8.2	41	0.0	1	0.16	3.1	0.2	0.08	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	7	0	8	0.12	0.07	4.1	20	0.0	1	0.12	1.55	0.12	0.04	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	2	0	1	0.04	0.02	2.4	1	0.01	0	0.02	0.37	0.04	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.98	0.13	0.03	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	3	0	3	0.06	0.06	5.1	20	0.0	0	0.04	0.59	0.08	0.01	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.18	15	0.0	16.63	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	20	0	1	0.14	0.10	2.9	20	8.57	4	0.14	5.14	0.0	0.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	5	5	0	6	0.04	0.03	0.4	1	0.0	0	0.1	0.82	0.14	0.04	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	49	2	94	0.00	0.00	89.8	337	0.0	8	3.59	8.53	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.0	82	0.2	2	1.31	1.8	0.41	0.25	0.00
Weighted Daily Average			484	20	631	2.53	2.72	267.2	632	25.29	53	13.96	82.46	10.70	3.79	0.00
% of Calories											43.7%	11.5%	68.2%	19.9%	7.1%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/31/2020																
WES Breakfast	Total	243														
Breakfast Pizza,Sausage,MS1684	1 slice	70	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	30	27	1	42	0.37	0.18	7.4	0	0.0	2	0.62	4.44	0.86	0.12	0.00
Syrup, Pancake, PC MS1566	1 packet	30	15	0	4	0.00	0.00	0.0	0	0.0	4	0.0	3.7	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	15	12	0	17	0.25	0.09	3.7	12	0.0	1	0.31	2.22	0.25	0.03	0.00
Syrup, Pancake, PC MS1566	1 packet	15	7	0	2	0.00	0.00	0.0	0	0.0	2	0.0	1.85	0.0	0.00	0.00
Donuts Mini Chocolate	1 pack	24	32	0	27	0.20	0.18	4.0	0	0.0	2	0.49	4.05	1.48	0.69	0.00
Donuts Mini Powdered	1 pack	12	13	0	11	0.10	0.04	3.0	0	*N/A*	1	0.2	2.02	0.54	0.15	0.00
Yogurt,Strawberry MS1668	4 ounce cu	6	2	0	1	0.00	0.00	3.7	0	0.0	0	0.1	0.35	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	4	1	9	0.00	0.00	9.9	10	0.0	0	0.35	0.05	0.25	0.15	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	10	0	6	0.06	0.02	1.2	0	0.0	1	0.19	1.6	0.28	0.06	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pac	5	2	0	3	0.06	0.07	0.0	8	0.25	0	0.04	0.49	0.02	0.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	15	7	0	11	0.08	0.33	6.3	29	0.35	0	0.09	1.42	0.1	0.01	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	7	0	7	0.12	0.07	4.1	21	0.0	1	0.08	1.56	0.1	0.04	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	4	0	4	0.06	0.04	2.1	10	0.0	0	0.06	0.78	0.06	0.02	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	2	0	2	0.05	0.03	3.3	2	0.02	0	0.03	0.49	0.05	0.01	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	5	0	4	0.03	0.06	0.0	10	0.0	0	0.07	0.99	0.13	0.03	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	2	0	2	0.02	0.01	0.0	1	0.0	0	0.04	0.31	0.06	0.01	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	3	0	3	0.06	0.06	5.1	21	0.0	0	0.04	0.6	0.08	0.01	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	3	0	5	0.03	0.02	0.0	1	0.0	0	0.08	0.59	0.1	0.02	0.00
Fruit Juice, Assort, 4, MS1246	1 4-oz. cup	250	71	0	4	0.00	0.00	0.0	0	15.3	15	0.0	16.77	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	14	0	1	0.10	0.07	2.1	14	6.17	3	0.1	3.7	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	50	2	95	0.00	0.00	90.5	340	0.0	8	3.62	8.6	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	16	2	20	0.00	0.00	49.4	82	0.2	2	1.32	1.81	0.41	0.25	0.00
Weighted Daily Average			310	7	280	1.61	1.27	195.7	560	*22.29	42	7.83	58.42	4.78	1.62	0.00
% of Calories											54.7%	10.1%	75.3%	13.9%	4.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Weighted Average			439	*18	514	2.25	2.19	240.9	592	*24.25	51	11.88	77.29	8.91	2.97	*0.00
											105.5%	10.8%	70.4%	18.3%	6.1%	*0.0%

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Amory School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

WES Breakfast

Weighted Values - Detailed

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	439		350 - 500	100%														
Cholesterol (mg)	18				Missing													
Sodium 1 (mg)	514		540															
Sodium 2 (mg)	514		485						29	Correction Required - Sodium too High								
Fiber (g)	2.25																	
Iron (mg)	2.19																	
Calcium (mg)	240.9																	
Vitamin A (IU)	592																	
Sugars (g)	51	46.88%																
Vitamin C (mg)	24.25				Missing													
Protein (g)	11.88	10.83%																
Carbohydrate (g)	77.29	70.44%																
Total Fat (g)	8.91	18.27%																
Saturated Fat (g)	2.97	6.10%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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