

Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WES 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 - 01/08/2019										
WES Breakfast	Total	254								
Breakfast Pizza,Sausage,MS1684	1 slice	30	220	15	460	10.0	27.0	8.0	2.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	60	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	60	80	0	30	0.0	20.0	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	72	200	0	220	4.0	35.0	5.0	1.50	0.00
Syrup, Pancake, PC MS1566	1 packet	72	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt,Strawberry MS1668	4 ounce cup	6	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pack	5	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	15	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	210	0	280	5.0	36.0	6.0	1.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			372	10	357	9.32	71.38	5.14	1.52	0.00
% of Calories						10.0%	76.8%	12.4%	3.7%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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

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

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Amory School District

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Base Menu Spreadsheet

WES 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 - 01/09/2019										
WES Breakfast	Total	250								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	60	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	25	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	70	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	70	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	35	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	15	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	6	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			513	21	593	13.62	90.93	9.97	3.12	0.00
% of Calories						10.6%	70.9%	17.5%	5.5%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Base Menu Spreadsheet

WES 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 - 01/10/2019										
WES Breakfast										
	Total	257								
Sausage Pancake/Stick, MS1690	1 stick	60	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	60	80	0	30	0.0	20.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	40	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	40	80	0	30	0.0	20.0	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	75	0	0	0	0.0	0.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	6	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	5	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	10	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	6	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	210	0	280	5.0	36.0	6.0	1.50	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			304	13	277	7.95	56.60	4.59	1.45	0.00
% of Calories						10.4%	74.4%	13.6%	4.3%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Fri - 01/11/2019										
WES Breakfast	Total	245								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	20	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	40	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	20	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	5	240	0	300	5.0	40.0	7.0	2.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			460	22	605	13.39	78.09	9.62	3.63	0.00
% of Calories						11.6%	67.9%	18.8%	7.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WES Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/14/2019										
WES Breakfast	Total	245								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	25	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	35	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	20	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	5	240	0	300	5.0	40.0	7.0	2.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			460	22	603	13.37	78.07	9.63	3.63	0.00
% of Calories						11.6%	67.9%	18.8%	7.1%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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Base Menu Spreadsheet

WES 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 - 01/15/2019										
WES Breakfast	Total	254								
Breakfast Pizza,Sausage,MS1684	1 slice	30	220	15	460	10.0	27.0	8.0	2.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	60	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	60	80	0	30	0.0	20.0	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	72	200	0	220	4.0	35.0	5.0	1.50	0.00
Syrup, Pancake, PC MS1566	1 packet	72	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt,Strawberry MS1668	4 ounce cup	6	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pack	5	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	15	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	210	0	280	5.0	36.0	6.0	1.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			372	10	357	9.32	71.38	5.14	1.52	0.00
% of Calories						10.0%	76.8%	12.4%	3.7%	0.0%
Nutrient Guideline			350-500		540				<10.00	

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WES Breakfast

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Wed - 01/16/2019										
WES Breakfast	Total	250								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	60	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	25	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	70	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	70	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	35	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	15	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	6	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			513	21	593	13.62	90.93	9.97	3.12	0.00
% of Calories						10.6%	70.9%	17.5%	5.5%	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

WES 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 - 01/17/2019										
WES Breakfast	Total	257								
Sausage Pancake/Stick, MS1690	1 stick	60	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	60	80	0	30	0.0	20.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	40	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	40	80	0	30	0.0	20.0	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	75	0	0	0	0.0	0.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	6	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	5	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	10	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	6	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	210	0	280	5.0	36.0	6.0	1.50	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			304	13	277	7.95	56.60	4.59	1.45	0.00
% of Calories						10.4%	74.4%	13.6%	4.3%	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

WES 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 - 01/18/2019										
WES Breakfast	Total	245								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	20	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	40	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	20	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	5	240	0	300	5.0	40.0	7.0	2.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			460	22	605	13.39	78.09	9.62	3.63	0.00
% of Calories						11.6%	67.9%	18.8%	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

WES 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										
WES Breakfast	Total	254								
Breakfast Pizza,Sausage,MS1684	1 slice	30	220	15	460	10.0	27.0	8.0	2.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	60	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	60	80	0	30	0.0	20.0	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	72	200	0	220	4.0	35.0	5.0	1.50	0.00
Syrup, Pancake, PC MS1566	1 packet	72	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt,Strawberry MS1668	4 ounce cup	6	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pack	5	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	15	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	210	0	280	5.0	36.0	6.0	1.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			372	10	357	9.32	71.38	5.14	1.52	0.00
% of Calories						10.0%	76.8%	12.4%	3.7%	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

WES 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)
Wed - 01/23/2019										
WES Breakfast	Total	250								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	60	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	25	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	70	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	70	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	35	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	15	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	6	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			513	21	593	13.62	90.93	9.97	3.12	0.00
% of Calories						10.6%	70.9%	17.5%	5.5%	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

WES 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 - 01/24/2019										
WES Breakfast	Total	257								
Sausage Pancake/Stick, MS1690	1 stick	60	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	60	80	0	30	0.0	20.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	40	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	40	80	0	30	0.0	20.0	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	75	0	0	0	0.0	0.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	6	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	5	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	10	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	6	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	210	0	280	5.0	36.0	6.0	1.50	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			304	13	277	7.95	56.60	4.59	1.45	0.00
% of Calories						10.4%	74.4%	13.6%	4.3%	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

WES 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										
WES Breakfast	Total	245								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	20	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	40	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	20	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	5	240	0	300	5.0	40.0	7.0	2.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			460	22	605	13.39	78.09	9.62	3.63	0.00
% of Calories						11.6%	67.9%	18.8%	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

WES 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										
WES Breakfast	Total	245								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	84	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	25	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	35	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	20	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Buns, Mini Cinnis, 2WGR, MS1605	1 pouch	5	240	0	300	5.0	40.0	7.0	2.00	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			460	22	603	13.37	78.07	9.63	3.63	0.00
% of Calories						11.6%	67.9%	18.8%	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

WES 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										
WES Breakfast	Total	254								
Breakfast Pizza,Sausage,MS1684	1 slice	30	220	15	460	10.0	27.0	8.0	2.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	60	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	60	80	0	30	0.0	20.0	0.0	0.00	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	72	200	0	220	4.0	35.0	5.0	1.50	0.00
Syrup, Pancake, PC MS1566	1 packet	72	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt,Strawberry MS1668	4 ounce cup	6	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G,MS1648	1 bowl pack	5	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	15	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past,Choc,1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar,Fruit F 1WGR,MS1606	1 bar	4	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp,ChChp,1WGR,MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar,Strwb,1WGR,MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	210	0	280	5.0	36.0	6.0	1.50	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt.PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			372	10	357	9.32	71.38	5.14	1.52	0.00
% of Calories						10.0%	76.8%	12.4%	3.7%	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

WES 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)
Wed - 01/30/2019										
WES Breakfast	Total	250								
Sausa 1 & Biscuit 2ENR, MS1689	1 Each	60	309	35	816	13.89	24.0	15.91	6.97	0.00
Jelly, Assorted, PC MS1526	1 packet	25	33	0	0	0.0	8.67	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	90	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	90	80	0	30	0.0	20.0	0.0	0.00	0.00
French Toast Stix, WGR, MS1626	2 sticks	70	270	10	290	7.0	43.0	8.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	70	80	0	30	0.0	20.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	15	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	20	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	25	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	10	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	35	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	15	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	10	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	8	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	5	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	35	140	0	5	1.0	36.0	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	6	105	0	1	1.29	26.95	0.39	0.13	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			513	21	593	13.62	90.93	9.97	3.12	0.00
% of Calories						10.6%	70.9%	17.5%	5.5%	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

WES 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										
WES Breakfast										
	Total	257								
Sausage Pancake/Stick, MS1690	1 stick	60	210	25	310	6.0	22.0	10.0	3.00	0.00
Syrup, Pancake, PC MS1566	1 packet	60	80	0	30	0.0	20.0	0.0	0.00	0.00
Pancakes, Mini, 2WGR, MS1637	1 pouch	40	200	10	300	4.0	34.0	5.0	1.00	0.00
Syrup, Pancake, PC MS1566	1 packet	40	80	0	30	0.0	20.0	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	75	0	0	0	0.0	0.0	0.0	0.00	0.00
Yogurt, Strawberry MS1668	4 ounce cup	6	80	5	65	4.0	16.0	0.0	0.00	0.00
Cheese 1 oz. String MS938	1 ounce	12	80	15	190	7.0	1.0	5.0	3.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	15	160	0	105	3.0	26.0	4.5	1.00	0.00
Cereal, Fruit Loop, 2 G, MS1648	1 bowl pack	5	110	0	170	2.0	24.0	1.0	0.50	0.00
Cereals, Assorted, MS1622	1 bowl pack	10	100	0	167	1.46	21.33	1.46	0.17	0.00
Toaster Past, Strbr, 1WGRMS1641	1 pastry	10	180	0	180	2.0	38.0	2.5	1.00	0.00
Toaster Past, Choc, 1WGRMS1643	1 pastry	5	180	0	190	3.0	38.0	3.0	1.00	0.00
Cereal Bar, Fruit F 1WGR, MS1606	1 bar	3	150	0	110	2.0	30.0	3.0	0.50	0.00
Cereal Rice Treat Bar MS1610	1 bar	6	160	0	120	2.0	30.0	4.0	1.00	0.00
Cereal Crisp, ChChp, 1WGR, MS1608	1 bag	3	150	0	135	3.0	25.0	5.0	1.00	0.00
Cereal Bar, Strwb, 1WGR, MS1607	1 bar	3	160	0	150	2.0	29.0	4.0	0.50	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0	0	0.03	15.5	0.0	0.00	0.00
Raisins, Flavored, MS1291	Packages	25	140	0	5	1.0	36.0	0.0	0.00	0.00
Frudel, 2WGR, Apple, MS1627	1 frudel	4	210	0	280	5.0	36.0	6.0	1.50	0.00
Milk, FF Choc 1/2 pt. PF MS1700	1/2 pint	110	130	5	180	8.0	24.0	0.0	0.00	0.00
Milk, LF White 1/2 pt. PFMS1708	1/2 pint	40	108	16	129	8.61	11.83	2.69	1.61	0.00
Weighted Daily Average			304	13	277	7.95	56.60	4.59	1.45	0.00
% of Calories						10.4%	74.4%	13.6%	4.3%	0.0%
Nutrient Guideline			350-500		540				<10.00	

Weighted Average			415	17	466	11.20	74.47	7.46	2.50	0.00
						10.8%	71.7%	16.2%	5.4%	0.0%

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Amory School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WES Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	415		350 - 500	100%									
Cholesterol (mg)	17												
Sodium (mg)	466		540										
Protein (g)	11.20	10.79%											
Carbohydrate (g)	74.47	71.74%											
Total Fat (g)	7.46	16.18%											
Saturated Fat (g)	2.50	5.42%	<10.00%										
Trans Fat ¹ (g)	0.00	0.00%											

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