

Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/14/2017															
Elementary Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

	Portion Size	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 - 08/15/2017															
Elementary Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

	Portion Size	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 - 08/16/2017															
Elementary Lunch	Total														
Meatball Grinder	1 each	301	37	552	3.80	3.60	158.0	289	6.56	3	18.46	28.31	9.76	3.73	0.00
Chicken Nuggets	serving/4	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Bosco Sticks/Marinara	serving 2	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Country Fat Free	2 oz.	35	0	140	0.00	0.00	0.9	5	0.0	1	0.0	4.94	1.98	0.99	0.00
Carrots, Glazed	1/2 cup	91	0	73	2.40	0.07	32.0	5950	1.41	12	1.19	15.76	1.76	0.80	*0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Pineapple tidbit:canned,lt syr	1/2 cup	73	0	1	1.22	0.44	12.2	61	11.71	17	0.0	19.52	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
BBQ Sauce	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*

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

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Lee's Summit R-7 School District

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	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)
Weighted Daily Average		605	37	1015	5.18	3.98	568.7	2058	32.81	38	29.12	88.11	14.41	5.47	*0.00
% of Calories										25.4%	19.3%	58.3%	21.4%	8.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 08/17/2017															
Elementary Lunch	Total														
Macaroni & Cheese	1 Cup	563	57	979	2.04	1.86	466.4	1231	0.0	7	23.71	48.62	29.09	14.80	*0.00
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Pizza, Cheese Stuffed Pepper	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Green Beans, Seasoned	1/2 cup	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Blueberry/cherry combo	1/2 cup	67	0	5	1.55	0.90	9.4	475	2.23	*3	0.63	16.87	0.31	0.03	0.00
Power Gelatin	1/2 cup	95	0	19	0.00	0.00	119.1	148	76.58	21	0.34	22.47	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		645	38	1167	4.94	3.07	744.8	1708	46.00	*42	27.47	87.02	20.62	8.79	*0.00
% of Calories										*25.8%	17.0%	54.0%	28.8%	12.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/18/2017															
Elementary Lunch	Total														
Chicken Patty/Bun	sandwich	450	25	510	7.00	3.60	140.0	105	0.0	2	24.0	44.0	19.5	3.00	0.00
Hot Dog on Bun	sandwich	310	35	710	2.00	1.44	80.0	5	2.4	1	11.0	21.0	16.0	6.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Baked Beans- district	1/2 CUP	146	0	595	7.64	1.17	47.6	245	1.12	7	6.41	27.91	0.53	0.00	*0.00
Potato, Tator Tots	3 oz servin	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 oz	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		701	37	1154	9.54	3.77	502.2	1449	17.57	*37	30.90	94.54	20.68	5.44	*0.00
% of Calories										*20.8%	17.6%	53.9%	26.5%	7.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/21/2017															
Elementary Lunch	Total														
Pizza, Cheese Wedge	slice	371	27	490	5.45	1.96	381.4	545	13.08	7	26.15	42.5	11.99	6.54	0.00
Pancakes/Sausage/Syrup	serving	502	52	584	2.00	1.44	32.0	192	0.0	22	16.0	61.0	23.0	7.40	0.00
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheesy Hasbrowns	1/2 cup	275	29	1272	2.81	0.64	109.1	331	14.15	4	5.61	36.48	12.12	6.35	0.00
Broccoli Normandy	1/2 cup	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	0.00
Applesauce, Rosey	1/2 cup	108	0	138	0.94	0.00	0.1	75	20.35	*15	3.23	23.81	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 oz	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		816	62	1613	7.17	2.37	630.0	2054	38.86	*45	34.55	112.72	26.76	11.60	*0.00
% of Calories										*22.1%	16.9%	55.3%	29.5%	12.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Tue - 08/22/2017															
Elementary Lunch	Total														
Walking Taco	portions	233	36	373	3.73	2.49	164.8	571	33.2	2	15.3	24.0	8.71	3.64	0.00
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Popcorn Chicken Basket*	Basket	313	34	639	3.09	2.00	16.0	108	3.94	0	17.19	32.69	12.83	2.55	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Fresh Vegetables with Dip	4 oz	39	0	63	2.73	0.50	36.4	9530	42.29	3	1.84	8.37	0.31	0.06	0.00
Black Bean Salsa	1/2 cup	132	0	236	5.56	4.89	35.1	279	5.57	3	5.6	25.7	1.3	0.17	0.00
Mandarin Oranges	1/2 cup	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Salsa	1.50 oz	10	0	69	0.75	0.40	22.5	488	5.85	1	0.0	2.25	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		511	47	796	6.88	4.49	452.0	5631	58.56	36	25.23	77.80	11.91	3.69	*0.00
% of Calories										28.6%	19.8%	61.0%	21.0%	6.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Portion Values - Detailed

	Portion Size	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 - 08/23/2017															
Elementary Lunch	Total														
Cheeseburger on Bun	1 each	275	48	417	2.00	2.16	181.2	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Chicken Nuggets	serving/5	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Bosco Sticks/Marinara	serving 2	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Broccoli, Seasoned	1/2 cup	43	0	45	3.29	0.79	65.8	2274	59.25	1	2.19	5.49	1.76	0.80	0.00
Strawberries: frozen	1/2 cup	131	0	0	2.00	0.36	20.0	145	21.0	29	1.0	31.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 oz	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		618	39	1065	5.52	3.09	504.2	1783	50.67	*45	28.47	89.41	16.41	4.33	*0.00
% of Calories										*29.4%	18.4%	57.8%	23.9%	6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/24/2017															
Elementary Lunch	Total														
Spaghetti & Meatballs	servings	366	36	703	4.07	4.48	108.2	597	7.87	4	18.91	46.47	10.91	3.50	0.00
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pizza, Cheese Stuffed Pepper	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad Bar Set Up/Tossed Salad	salad	57	0	80	3.71	1.91	75.5	7567	89.95	*2	4.06	11.07	0.37	0.02	0.00
Green Beans, Seasoned	1/2 cup	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Pineapple tidbit:canned,lt syr	1/2 cup	73	0	1	1.22	0.44	12.2	61	11.71	17	0.0	19.52	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 oz	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		518	39	905	6.42	4.38	469.5	4524	97.86	*34	27.87	74.79	12.28	3.76	*0.00
% of Calories										*26.0%	21.5%	57.8%	21.4%	6.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/25/2017															
Elementary Lunch	Total														
Corn Dog	1 each	280	40	660	2.00	0.00	0.0	45	0.0	9	9.0	31.0	13.0	3.50	0.00
BBQ Rib/bun	sandwich	316	25	565	5.47	2.88	120.0	198	1.2	9	19.0	38.74	10.5	2.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Baked Beans- district	1/2 CUP	146	0	595	7.64	1.17	47.6	245	1.12	7	6.41	27.91	0.53	0.00	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 oz	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		594	41	1122	7.92	2.42	444.8	1571	17.24	*43	25.83	91.33	14.30	4.27	*0.00
% of Calories										*28.9%	17.4%	61.5%	21.7%	6.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/28/2017															
Elementary Lunch	Total														
Dutch Waffle/Sausage patty	waffle	542	60	710	3.00	2.16	40.0	0	0.0	15	12.0	46.11	35.0	11.00	*0.00
Pizza, Cheese Wedge	slice	371	27	490	5.45	1.96	381.4	545	13.08	7	26.15	42.5	11.99	6.54	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pretzel Stick with Cheese	1 each	270	30	720	3.00	1.80	350.0	305	1.2	1	13.0	35.0	9.5	6.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Potato, Tator Tots	3 oz servin	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Green Beans, Seasoned	1/2 cup	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Apples, Cinnamon	1/2 cup	83	0	19	2.65	0.03	3.0	56	0.01	17	0.01	19.59	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 oz	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		720	48	1103	7.49	2.65	573.3	1445	18.90	40	28.34	92.44	26.88	9.64	*0.00
% of Calories										22.3%	15.8%	51.4%	33.6%	12.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/29/2017															
Elementary Lunch	Total														
Nachos and Cheese	serving	325	30	743	3.00	0.54	390.0	300	3.6	0	11.0	32.0	18.0	7.50	0.00
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Popcorn Chicken Basket*	Basket	313	34	639	3.09	2.00	16.0	108	3.94	0	17.19	32.69	12.83	2.55	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Corn, Seasoned	1/2 cup	80	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.82	2.75	0.80	0.00
Pears, Rosey	1/2 cup	91	0	132	2.54	0.46	0.1	70	22.69	*14	2.39	19.2	0.0	0.00	*0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	0.00
Salsa, Portion Cup	2 oz	13	0	92	1.00	0.54	30.0	650	7.8	2	0.0	3.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		555	44	904	5.84	1.63	534.6	1372	38.95	*41	22.10	82.52	16.30	5.58	*0.00
% of Calories										*29.6%	15.9%	59.4%	26.4%	9.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/30/2017															
Elementary Lunch	Total														
Meatball Grinder	1 each	301	37	552	3.80	3.60	158.0	289	6.56	3	18.46	28.31	9.76	3.73	0.00
Chicken Nuggets	serving/4	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Bosco Sticks/Marinara	serving 2	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Country Fat Free	2 oz.	35	0	140	0.00	0.00	0.9	5	0.0	1	0.0	4.94	1.98	0.99	0.00
Peaches: canned,light syrup	1/2 cup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Shape Up	1 each	40	0	10	0.00	0.00	0.0	45	1.2	9	0.0	10.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
BBQ Sauce	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		595	37	1010	4.63	3.86	562.5	1496	30.19	37	29.00	85.88	14.23	5.39	*0.00
% of Calories										24.6%	19.5%	57.7%	21.5%	8.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	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 - 08/31/2017															
Elementary Lunch	Total														
Macaroni & Cheese	1 Cup	563	57	979	2.04	1.86	466.4	1231	0.0	7	23.71	48.62	29.09	14.80	*0.00
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pizza, Cheese Stuffed Pepperoni	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Peas, Seasoned	1/2 cup	73	0	69	3.77	1.27	20.2	1793	8.26	4	4.3	11.93	1.11	0.44	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Apricots: canned,light syrup	1/2 cup	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	0.06	0.00	0.00
Power Gelatin	1/2 cup	95	0	19	0.00	0.00	119.1	148	76.58	21	0.34	22.47	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		634	47	935	6.07	3.31	615.0	2944	93.59	46	30.30	86.63	18.35	7.68	*0.00
% of Calories										29.3%	19.1%	54.7%	26.0%	10.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average		626	43	1066	6.47	3.25	550.1	2336	45.10	*40 *58.0%	28.27 18.1%	88.60 56.6%	17.76 25.5%	6.30 9.1%	*0.00 *0.0%

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	626		600 - 650	100%													
Cholesterol (mg)	43																
Sodium (mg)	1066		1230														
Fiber (g)	6.47																
Iron (mg)	3.25																
Calcium (mg)	550.1																
Vitamin A (IU)	2336																
Sugars (g)	40	25.79%				Missing											
Vitamin C (mg)	45.10																
Protein (g)	28.27	18.06%															
Carbohydrate (g)	88.60	56.62%															
Total Fat (g)	17.76	25.54%															
Saturated Fat (g)	6.30	9.06%															
Trans Fat ¹ (g)	0.00	0.00%															
						Missing											

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