

Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 8/7/2017 9:40:10 AM

	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															
High School Breakfast NO BREAKFAST	Total 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		450-600		640										<10.00	

Tue - 08/15/2017															
High School Breakfast NO SCHOOL TODAY	Total 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		450-600		640										<10.00	

Wed - 08/16/2017															
High School Breakfast Breakfast Burrito	Total 1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
Weighted Daily Average % of Calories		501	141	684	3.86	1.70	461.5	1171	26.06	*40 *31.7%	19.59 15.6%	68.67 54.8%	16.15 29.0%	7.17 12.9%	*0.00 *0.0%
Nutrient Guideline		450-600		640										<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

High School Breakfast

Portion Values - Detailed

Page 2

Generated on: 8/7/2017 9:40:10 AM

	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 - 08/17/2017															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	426	40	814	1.00	1.45	81.0	11	0.0	2	12.0	24.79	30.32	12.16	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
French Toast Sticks/Sausage*	serving	251	26	222	0.07	0.04	18.1	136	0.0	16	6.25	33.52	10.28	3.74	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
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
Jelly	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		521	26	478	2.77	1.03	400.0	1145	31.33	*57	14.21	92.38	11.16	3.83	*0.00
% of Calories										*44.0%	10.9%	71.0%	19.3%	6.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 08/18/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
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
Weighted Daily Average		425	30	396	2.56	1.80	371.1	1282	29.10	*51	13.77	82.52	4.20	1.21	*0.00
% of Calories										*47.6%	13.0%	77.7%	8.9%	2.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

High School Breakfast

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															
High School Breakfast	Total														
French Toast Sticks/Sausage*	1 serving	251	26	222	0.07	0.04	18.1	136	0.0	16	6.25	33.52	10.28	3.74	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
Weighted Daily Average		518	9	510	4.45	1.83	363.9	997	21.95	*47	13.30	79.74	16.99	7.57	*0.00
% of Calories										*36.1%	10.3%	61.5%	29.5%	13.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 08/22/2017															
High School Breakfast	Total														
Sausage Biscuit	each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
Weighted Daily Average		454	7	456	2.08	1.02	428.1	994	34.34	*56	13.16	89.60	4.81	1.69	*0.00
% of Calories										*49.5%	11.6%	78.9%	9.5%	3.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

High School Breakfast

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															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
Weighted Daily Average		501	141	684	3.86	1.70	461.5	1171	26.06	*40	19.59	68.67	16.15	7.17	*0.00
% of Calories										*31.7%	15.6%	54.8%	29.0%	12.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

	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															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	426	40	814	1.00	1.45	81.0	11	0.0	2	12.0	24.79	30.32	12.16	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
French Toast Sticks/Sausage*	serving	251	26	222	0.07	0.04	18.1	136	0.0	16	6.25	33.52	10.28	3.74	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
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
Jelly	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		521	26	478	2.77	1.03	400.0	1145	31.33	*57	14.21	92.38	11.16	3.83	*0.00
% of Calories										*44.0%	10.9%	71.0%	19.3%	6.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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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)
Fri - 08/25/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
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
Weighted Daily Average		425	30	396	2.56	1.80	371.1	1282	29.10	*51	13.77	82.52	4.20	1.21	*0.00
% of Calories										*47.6%	13.0%	77.7%	8.9%	2.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 08/28/2017															
High School Breakfast	Total														
French Toast Sticks/Sausage*	serving	251	26	222	0.07	0.04	18.1	136	0.0	16	6.25	33.52	10.28	3.74	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
Weighted Daily Average		518	9	510	4.45	1.83	363.9	997	21.95	*47	13.30	79.74	16.99	7.57	*0.00
% of Calories										*36.1%	10.3%	61.5%	29.5%	13.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

High School Breakfast

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)
Tue - 08/29/2017															
High School Breakfast	Total														
Sausage Biscuit	each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
Weighted Daily Average		454	7	456	2.08	1.02	428.1	994	34.34	*56	13.16	89.60	4.81	1.69	*0.00
% of Calories										*49.5%	11.6%	78.9%	9.5%	3.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 08/30/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
Weighted Daily Average		501	141	684	3.86	1.70	461.5	1171	26.06	*40	19.59	68.67	16.15	7.17	*0.00
% of Calories										*31.7%	15.6%	54.8%	29.0%	12.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

High School Breakfast

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															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	426	40	814	1.00	1.45	81.0	11	0.0	2	12.0	24.79	30.32	12.16	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
French Toast Sticks/Sausage*	serving	251	26	222	0.07	0.04	18.1	136	0.0	16	6.25	33.52	10.28	3.74	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	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
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, 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
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
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
Jelly	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		521	26	478	2.77	1.03	400.0	1145	31.33	*57	14.21	92.38	11.16	3.83	*0.00
% of Calories										*44.0%	10.9%	71.0%	19.3%	6.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average		488	49	517	3.17	1.46	409.2	1125	28.58	*50	15.16	82.24	11.16	4.49	*0.00
										*91.8%	12.4%	67.4%	20.6%	8.3%	*0.0%

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Lee's Summit R-7 School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

High School Breakfast

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	488		450 - 600	100%													
Cholesterol (mg)	49																
Sodium (mg)	517		640														
Fiber (g)	3.17																
Iron (mg)	1.46																
Calcium (mg)	409.2																
Vitamin A (IU)	1125																
Sugars (g)	50	40.82%				Missing											
Vitamin C (mg)	28.58																
Protein (g)	15.16	12.41%															
Carbohydrate (g)	82.24	67.35%															
Total Fat (g)	11.16	20.57%															
Saturated Fat (g)	4.49	8.28%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%			Missing											

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