

Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/13/2018 2:00:54 PM

	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 - 12/03/2018															
Elem Grab N' Go Breakfast	Total														
Turkey bacon/egg/cheese Bosco	1 Each	170	60	380	0.00	1.44	150.0	200	0.0	1	9.0	17.0	7.0	3.00	0.00
Chocolate Chip Muffin	1 each	180	10	120	2.00	1.44	0.0	75	0.0	15	2.0	28.0	6.0	1.50	0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
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
Milk, Choc 1% 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
Salsa, Portion Cup	1 oz	20	0	100	0.50	0.27	5.0	175	3.0	2	0.5	3.5	0.0	0.00	0.00
Weighted Daily Average		478	51	553	3.00	2.13	505.2	1151	48.09	62	16.26	85.88	6.66	2.68	0.00
% of Calories										51.5%	13.6%	71.9%	12.5%	5.0%	0.0%
Nutrient Guideline		400-500		540										<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)
Tue - 12/04/2018															
Elem Grab N' Go Breakfast	Total														
Confetti Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Yogurt, 4 oz/cheese stick	1 each	280	20	390	1.00	0.72	400.0	1200	0.0	17	12.0	37.0	10.5	5.00	0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Applesauce, Cup	1 each	47	0	0	0.93	0.00	0.0	37	0.0	10	0.0	13.01	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
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
Milk, Choc 1% 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
Weighted Daily Average		465	11	371	3.63	1.01	510.4	1148	31.97	56	14.09	88.08	7.26	2.00	0.00
% of Calories										48.2%	12.1%	75.8%	14.1%	3.9%	0.0%
Nutrient Guideline		400-500		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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Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

Page 2

Generated on: 11/13/2018 2:00:54 PM

	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 - 12/05/2018															
Elem Grab N' Go Breakfast	Total														
Sausage Biscuit	1 each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	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
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
Milk, Choc 1% 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
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		521	10	558	3.99	1.68	423.5	913	39.20	50	13.86	79.25	16.66	7.57	*0.00
% of Calories										38.0%	10.6%	60.9%	28.8%	13.1%	*0.0%
Nutrient Guideline		400-500		540										<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)
Thu - 12/06/2018															
Elem Grab N' Go Breakfast	Total														
French Toast Minis	1 Each	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnaminis	bag	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Peach Cup	Serving	118	0	8	2.20	0.46	4.0	355	117.8	16	0.79	29.98	0.16	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
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
Milk, Choc 1% 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
Weighted Daily Average		246	2	225	2.61	1.39	236.4	664	39.99	29	6.41	48.98	3.16	0.90	0.00
% of Calories										47.1%	10.4%	79.6%	11.6%	3.3%	0.0%
Nutrient Guideline		400-500		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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Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

Page 3

Generated on: 11/13/2018 2:00:54 PM

	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)
Fri - 12/07/2018															
Elem Grab N' Go Breakfast	Total														
Tac-Go Breakfast Taco	1 each	190	180	410	2.00	0.72	100.0	300	0.0	1	10.0	15.0	10.0	3.50	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
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	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	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
Milk, Choc 1% 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
Salsa, Portion Cup	1 oz	20	0	100	0.50	0.27	5.0	175	3.0	2	0.5	3.5	0.0	0.00	0.00
Weighted Daily Average		442	68	505	2.85	1.35	439.3	1248	36.97	*53	14.30	83.25	5.58	2.06	*0.00
% of Calories										*47.9%	13.0%	75.4%	11.4%	4.2%	*0.0%
Nutrient Guideline		400-500		540										<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)
Mon - 12/10/2018															
Elem Grab N' Go Breakfast	Total														
Turkey bacon/egg/cheese Bosco	1 Each	170	60	380	0.00	1.44	150.0	200	0.0	1	9.0	17.0	7.0	3.00	0.00
Chocolate Chip Muffin	1 each	180	10	120	2.00	1.44	0.0	75	0.0	15	2.0	28.0	6.0	1.50	0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
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
Milk, Choc 1% 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
Salsa, Portion Cup	1 oz	20	0	100	0.50	0.27	5.0	175	3.0	2	0.5	3.5	0.0	0.00	0.00
Weighted Daily Average		478	51	553	3.00	2.13	505.2	1151	48.09	62	16.26	85.88	6.66	2.68	0.00
% of Calories										51.5%	13.6%	71.9%	12.5%	5.0%	0.0%
Nutrient Guideline		400-500		540										<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)
Tue - 12/11/2018															
Elem Grab N' Go Breakfast	Total														
Confetti Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Yogurt, 4 oz/cheese stick	1 each	280	20	390	1.00	0.72	400.0	1200	0.0	17	12.0	37.0	10.5	5.00	0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Applesauce, Cup	1 each	47	0	0	0.93	0.00	0.0	37	0.0	10	0.0	13.01	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
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
Milk, Choc 1% 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
Weighted Daily Average % of Calories		465	11	371	3.63	1.01	510.4	1148	31.97	56 48.2%	14.09 12.1%	88.08 75.8%	7.26 14.1%	2.00 3.9%	0.00 0.0%
Nutrient Guideline		400-500		540										<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)
Wed - 12/12/2018															
Elem Grab N' Go Breakfast	Total														
Sausage Biscuit	1 each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	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
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
Milk, Choc 1% 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
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		521	10	558	3.99	1.68	423.5	913	39.20	50 38.0%	13.86 10.6%	79.25 60.9%	16.66 28.8%	7.57 13.1%	*0.00 *0.0%
Nutrient Guideline		400-500		540										<10.00	

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	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)
Thu - 12/13/2018															
Elem Grab N' Go Breakfast	Total														
French Toast Minis	1 Each	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnamini	bag	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Peach Cup	Serving	118	0	8	2.20	0.46	4.0	355	117.8	16	0.79	29.98	0.16	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
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
Milk, Choc 1% 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
Weighted Daily Average		246	2	225	2.61	1.39	236.4	664	39.99	29	6.41	48.98	3.16	0.90	0.00
% of Calories										47.1%	10.4%	79.6%	11.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<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)
Fri - 12/14/2018															
Elem Grab N' Go Breakfast	Total														
Tac-Go Breakfast Taco	1 each	190	180	410	2.00	0.72	100.0	300	0.0	1	10.0	15.0	10.0	3.50	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
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	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	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
Milk, Choc 1% 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
Salsa, Portion Cup	1 oz	20	0	100	0.50	0.27	5.0	175	3.0	2	0.5	3.5	0.0	0.00	0.00
Weighted Daily Average		442	68	505	2.85	1.35	439.3	1248	36.97	*53	14.30	83.25	5.58	2.06	*0.00
% of Calories										*47.9%	13.0%	75.4%	11.4%	4.2%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

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Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

Elem Grab N' Go 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 - 12/17/2018															
Elem Grab N' Go Breakfast	Total														
Turkey bacon/egg/cheese Bosco	1 Each	170	60	380	0.00	1.44	150.0	200	0.0	1	9.0	17.0	7.0	3.00	0.00
Chocolate Chip Muffin	1 each	180	10	120	2.00	1.44	0.0	75	0.0	15	2.0	28.0	6.0	1.50	0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
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
Milk, Choc 1% 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
Salsa, Portion Cup	1 oz	20	0	100	0.50	0.27	5.0	175	3.0	2	0.5	3.5	0.0	0.00	0.00
Weighted Daily Average		478	51	553	3.00	2.13	505.2	1151	48.09	62	16.26	85.88	6.66	2.68	0.00
% of Calories										51.5%	13.6%	71.9%	12.5%	5.0%	0.0%
Nutrient Guideline		400-500		540										<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)
Tue - 12/18/2018															
Elem Grab N' Go Breakfast	Total														
Confetti Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Yogurt, 4 oz/cheese stick	1 each	280	20	390	1.00	0.72	400.0	1200	0.0	17	12.0	37.0	10.5	5.00	0.00
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Applesauce, Cup	1 each	47	0	0	0.93	0.00	0.0	37	0.0	10	0.0	13.01	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
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
Milk, Choc 1% 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
Weighted Daily Average		465	11	371	3.63	1.01	510.4	1148	31.97	56	14.09	88.08	7.26	2.00	0.00
% of Calories										48.2%	12.1%	75.8%	14.1%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

Page 7

Generated on: 11/13/2018 2:00:54 PM

	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 - 12/19/2018															
Elem Grab N' Go Breakfast	Total														
Sausage Biscuit	1 each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	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
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	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
Milk, Choc 1% 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
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		521	10	558	3.99	1.68	423.5	913	39.20	50	13.86	79.25	16.66	7.57	*0.00
% of Calories										38.0%	10.6%	60.9%	28.8%	13.1%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		443	27	454	3.29	1.54	436.0	1036	39.36	*51 *103.8	13.39 12.1%	78.78 71.1%	8.40 17.0%	3.28 6.7%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	443		400 - 500	100%				
Cholesterol (mg)	27							
Sodium 1 (mg)	454		540					
Sodium 2 (mg)	454		485					
Fiber (g)	3.29							
Iron (mg)	1.54							
Calcium (mg)	436.0							
Vitamin A (IU)	1036							
Sugars (g)	51	46.13%			Missing			
Vitamin C (mg)	39.36							
Protein (g)	13.39	12.08%						
Carbohydrate (g)	78.78	71.05%						
Total Fat (g)	8.40	17.05%						
Saturated Fat (g)	3.28	6.65%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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