

Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

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 - 12/03/2018															
High School Breakfast	Total														
French Toast /Sausage*	1 serving	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	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
Sausage/Egg/Cheese Bagel	1 each	351	149	749	4.00	1.80	111.9	408	0.0	6	20.54	33.01	16.53	5.97	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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		560	30	558	5.01	1.67	408.1	966	47.34	*56	15.17	88.11	17.12	7.37	*0.00
% of Calories										*39.7%	10.8%	62.9%	27.5%	11.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 12/04/2018															
High School 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
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	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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		444	7	442	2.54	0.82	401.4	810	47.34	*58	12.22	88.16	4.65	1.78	*0.00
% of Calories										*52.0%	11.0%	79.4%	9.4%	3.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

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)
Wed - 12/05/2018															
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
Bacon/Egg/Cheese Bagel	1 each	266	129	745	4.00	1.91	95.9	353	0.0	6	16.84	32.01	9.44	3.32	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	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		524	59	617	4.69	1.87	436.9	1048	43.41	*50	15.54	81.40	15.54	6.90	*0.00
% of Calories										*37.9%	11.9%	62.1%	26.7%	11.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 12/06/2018															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	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
French Toast /Sausage*	serving	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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		603	50	645	3.39	1.52	466.7	1115	50.39	*58	17.56	96.85	16.09	5.93	0.00
% of Calories										*38.4%	11.6%	64.3%	24.0%	8.9%	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

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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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)
Fri - 12/07/2018															
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	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		466	80	526	3.75	1.81	435.9	1175	46.39	*52	15.77	83.07	7.34	2.84	*0.00
% of Calories										*44.8%	13.5%	71.3%	14.2%	5.5%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 12/10/2018															
High School Breakfast	Total														
French Toast /Sausage*	serving	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	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
Sausage/Egg/Cheese Bagel	1 each	351	149	749	4.00	1.80	111.9	408	0.0	6	20.54	33.01	16.53	5.97	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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		560	30	558	5.01	1.67	408.1	966	47.34	*56	15.17	88.11	17.12	7.37	*0.00
% of Calories										*39.7%	10.8%	62.9%	27.5%	11.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Dec 3, 2018 thru Dec 19, 2018

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 - 12/11/2018															
High School 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
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	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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		444	7	442	2.54	0.82	401.4	810	47.34	*58	12.22	88.16	4.65	1.78	*0.00
% of Calories										*52.0%	11.0%	79.4%	9.4%	3.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 12/12/2018															
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
Bacon/Egg/Cheese Bagel	1 each	266	129	745	4.00	1.91	95.9	353	0.0	6	16.84	32.01	9.44	3.32	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	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		524	59	617	4.69	1.87	436.9	1048	43.41	*50	15.54	81.40	15.54	6.90	*0.00
% of Calories										*37.9%	11.9%	62.1%	26.7%	11.8%	*0.0%
Nutrient Guideline		450-600		640										<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															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	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
French Toast /Sausage*	serving	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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		603	50	645	3.39	1.52	466.7	1115	50.39	*58	17.56	96.85	16.09	5.93	0.00
% of Calories										*38.4%	11.6%	64.3%	24.0%	8.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 12/14/2018															
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	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		466	80	526	3.75	1.81	435.9	1175	46.39	*52	15.77	83.07	7.34	2.84	*0.00
% of Calories										*44.8%	13.5%	71.3%	14.2%	5.5%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

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 - 12/17/2018															
High School Breakfast	Total														
French Toast /Sausage*	1 serving	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	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
Sausage/Egg/Cheese Bagel	1 each	351	149	749	4.00	1.80	111.9	408	0.0	6	20.54	33.01	16.53	5.97	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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		560	30	558	5.01	1.67	408.1	966	47.34	*56	15.17	88.11	17.12	7.37	*0.00
% of Calories										*39.7%	10.8%	62.9%	27.5%	11.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 12/18/2018															
High School 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
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	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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		444	7	442	2.54	0.82	401.4	810	47.34	*58	12.22	88.16	4.65	1.78	*0.00
% of Calories										*52.0%	11.0%	79.4%	9.4%	3.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

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)
Wed - 12/19/2018															
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
Bacon/Egg/Cheese Bagel	1 each	266	129	745	4.00	1.91	95.9	353	0.0	6	16.84	32.01	9.44	3.32	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	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
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	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	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		524	59	617	4.69	1.87	436.9	1048	43.41	*50	15.54	81.40	15.54	6.90	*0.00
% of Calories										*37.9%	11.9%	62.1%	26.7%	11.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		517	42	553	3.92	1.52	426.5	1004	46.76	*55	15.03	87.14	12.21	5.05	*0.00
										*94.9%	11.6%	67.4%	21.3%	8.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	517		450 - 600	100%				
Cholesterol (mg)	42							
Sodium 1 (mg)	553		640					
Sodium 2 (mg)	553		570					
Fiber (g)	3.92							
Iron (mg)	1.52							
Calcium (mg)	426.5							
Vitamin A (IU)	1004							
Sugars (g)	55	42.18%			Missing			
Vitamin C (mg)	46.76							
Protein (g)	15.03	11.63%						
Carbohydrate (g)	87.14	67.39%						
Total Fat (g)	12.21	21.25%						
Saturated Fat (g)	5.05	8.79%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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