

**Lee's Summit R-7 School District**

**Dec 3, 2018 thru Dec 19, 2018**

Base Menu Spreadsheet

High School 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 <sup>1</sup> (g)
Mon - 12/03/2018															
High School Lunch	Total														
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Dutch Waffle/Sausage patty	waffle	554	72	694	3.00	1.80	72.0	112	0.0	15	16.0	48.11	33.0	10.40	*0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Potato, Tator Tots	serving of 9	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	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
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		817	56	1165	8.29	3.75	541.1	5273	47.48	*54	28.36	113.23	28.27	9.01	*0.00
% of Calories										*26.3%	13.9%	55.5%	31.2%	9.9%	*0.0%
Nutrient Guideline		750-850		1420										<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

High School 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 <sup>1</sup> (g)
Tue - 12/04/2018															
High School Lunch	Total														
Chipotle Rice Bowl	Bowls	329	96	1187	1.77	3.43	133.7	1129	13.24	8	25.22	27.61	12.69	7.10	*0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	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
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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	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
Black Beans	1/2 cup	154	0	195	11.21	15.28	31.7	12	0.03	0	9.84	28.18	0.78	0.01	0.00
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	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
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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Ketchup packet	PC packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		787	75	1718	9.56	7.64	594.5	7635	98.89	*62	36.25	119.21	18.44	7.08	*0.01
% of Calories										*31.3%	18.4%	60.6%	21.1%	8.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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High School Lunch

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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 <sup>1</sup> (g)
Wed - 12/05/2018															
High School Lunch	Total														
Macaroni & Cheese	1 Cup	563	79	876	2.04	1.86	466.4	1158	0.0	7	23.71	48.62	29.09	16.26	*0.00
Chicken Patty/Bun	sandwich	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	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
Bosco Sticks, Pepperoni	serving/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Peas, Seasoned	1/2 cup	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	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, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
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	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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		796	54	996	9.40	4.37	670.3	6557	49.23	*53	33.41	112.61	24.26	10.72	*0.00
% of Calories										*26.4%	16.8%	56.6%	27.4%	12.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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High School Lunch

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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 <sup>1</sup> (g)
Thu - 12/06/2018															
High School Lunch	Total														
Chicken Nuggets	1 serving/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Breaded Chicken Fried Steak	1 each	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	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
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	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
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	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
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	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, Salad Miracle Whip	pkg- 12.4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		686	33	973	8.98	3.90	410.6	4985	60.13	*49	27.40	100.31	21.28	4.92	*0.00
% of Calories										*28.7%	16.0%	58.5%	27.9%	6.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

High School 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 <sup>1</sup> (g)
Fri - 12/07/2018															
High School Lunch	Total														
Corn Dog Nuggets	serving of 6	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Thai Pork Ramen Bowl	bowls	537	53	677	6.19	4.16	25.4	4370	6.54	29	21.98	72.15	15.74	5.45	0.00
*Bacon Cheeseburger Basket*	sandwich	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Spicy Chicken Tender Basket	serving/3	368	45	708	3.88	11.05	0.0	0	61.43	3	21.88	28.05	17.95	4.04	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
Ketchup packet	PC packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	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, Salad Miracle Whip	pkg- 12.4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		720	44	909	12.44	5.00	518.8	14173	145.19	*61	29.60	112.42	18.38	4.59	*0.00
% of Calories										*33.7%	16.5%	62.5%	23.0%	5.7%	*0.0%
Nutrient Guideline		750-850		1420										<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 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 <sup>1</sup> (g)
Mon - 12/10/2018															
High School Lunch	Total														
Pizza, Cheese Wedge	slice	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
BBQ Nachos	4.4 oz porti	615	123	1007	5.41	*0.81	*89.6	*187	*5.38	6	31.57	47.8	27.21	8.35	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheesy Hashbrowns	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
Mixed Vegetables	1/2 cup	83	4	94	2.66	0.32	0.4	928	4.22	4	3.53	14.13	1.32	0.84	0.00
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	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
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		766	45	1154	10.13	*4.72	*731.1	*8829	*68.61	*51	36.84	117.22	17.73	8.31	*0.00
% of Calories										*26.8%	19.2%	61.2%	20.8%	9.8%	*0.0%
Nutrient Guideline		750-850		1420										<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 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 <sup>1</sup> (g)
Tue - 12/11/2018															
High School Lunch	Total														
Tacos, Beef Hard Shells	tacos	304	34	450	3.14	1.99	124.5	457	3.09	1	12.86	22.74	18.24	6.39	*0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	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
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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	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
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	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
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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Ketchup packet	PC packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		769	40	1236	8.89	3.84	579.8	7259	97.37	*59	27.81	116.20	22.34	6.93	*0.01
% of Calories										*30.7%	14.5%	60.4%	26.1%	8.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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 <sup>1</sup> (g)
Wed - 12/12/2018															
High School Lunch	Total														
Sweet and Sour Chicken/Rice	Servings	649	34	726	2.75	4.98	31.3	253	3.62	*49	19.88	120.27	9.44	2.09	*0.00
Chicken Patty/Bun	sandwich	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	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
Bosco Sticks, Pepperoni	serving/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	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, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
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	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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		808	33	901	10.35	5.45	491.1	6589	85.69	*61	33.05	127.76	19.24	4.27	*0.00
% of Calories										*30.4%	16.4%	63.2%	21.4%	4.8%	*0.0%
Nutrient Guideline		750-850		1420										<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 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 <sup>1</sup> (g)
Thu - 12/13/2018															
High School Lunch	Total														
Turkey, Roast	3 oz	91	46	470	0.00	0.47	0.0	0	0.0	0	15.65	0.0	2.61	0.65	0.00
Stuffing	1/4 cup	87	16	200	0.34	0.36	7.5	187	0.4	0	1.01	7.09	6.0	3.62	0.00
Breaded Chicken Fried Steak	1 each	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	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
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	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
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	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, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
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	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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		650	37	1056	8.83	3.81	438.2	5110	60.10	*49	26.42	94.52	19.52	5.31	*0.00
% of Calories										*29.9%	16.3%	58.2%	27.0%	7.4%	*0.0%
Nutrient Guideline		750-850		1420										<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 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 <sup>1</sup> (g)
Fri - 12/14/2018															
High School Lunch	Total														
Pizza, Southwest (Fiestada)	slice	360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
Cuban Pork Sandwich	1 sandwich	418	99	1231	3.98	3.46	137.2	844	6.35	3	30.26	33.69	14.4	5.38	0.00
Chicken Fried Steak Basket	basket	435	30	498	4.03	3.44	40.0	100	6.13	1	17.05	39.61	24.21	6.05	0.00
Spicy Chicken Tender Basket	serving/3	368	45	708	3.88	11.05	0.0	0	61.43	3	21.88	28.05	17.95	4.04	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	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	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
Ketchup packet	PC packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	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, Salad Miracle Whip	pkg- 12.4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		763	39	968	10.92	5.28	455.1	7258	62.49	*53	31.14	110.45	23.80	6.17	*0.00
% of Calories										*27.7%	16.3%	57.9%	28.1%	7.3%	*0.0%
Nutrient Guideline		750-850		1420										<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 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 <sup>1</sup> (g)
Mon - 12/17/2018															
High School Lunch	Total														
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Dutch Waffle/Sausage patty	waffle	554	72	694	3.00	1.80	72.0	112	0.0	15	16.0	48.11	33.0	10.40	*0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Potato, Tator Tots	serving of 9	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	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
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		814	55	1168	8.17	3.81	549.0	5263	45.56	*53	28.87	113.81	27.41	8.95	*0.00
% of Calories										*26.0%	14.2%	55.9%	30.3%	9.9%	*0.0%
Nutrient Guideline		750-850		1420										<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 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 <sup>1</sup> (g)
Tue - 12/18/2018															
High School Lunch	Total														
Walking Taco (Secondary)	4 portions	336	34	397	3.81	1.95	106.5	510	3.69	2	13.51	31.46	17.04	6.32	0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	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
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	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
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Refried Beans: canned	1/2 cup	122	1	182	5.28	2.40	67.1	51	8.1	1	7.67	20.97	0.56	0.30	0.00
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	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, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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
Vegetable Variety	2.6 oz	147	0	240	11.03	3.31	151.9	27446	146.42	14	6.96	30.64	1.18	0.20	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	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 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
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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
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, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	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
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
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		707	41	879	9.96	4.19	439.6	5187	51.72	*47	28.36	106.23	20.39	6.15	*0.00
% of Calories										*26.9%	16.1%	60.1%	26.0%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 12/19/2018															
High School Lunch	Total														
NO LUNCH	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Lee's Summit R-7 School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

High School 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 <sup>1</sup> (g)
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		750-850		1420										<10.00	

Weighted Average		757	46	1094	9.66	*4.65	*534.9	*7010	*72.70	*54 *64.6%	30.63 16.2%	112.00 59.2%	21.76 25.9%	6.87 8.2%	*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	757		750 - 850	100%				
Cholesterol (mg)	46							
Sodium 1 (mg)	1094		1420					
Sodium 2 (mg)	1094		1080				14	Correction Required - Sodium too High
Fiber (g)	9.66							
Iron (mg)	4.65				Missing			
Calcium (mg)	534.9				Missing			
Vitamin A (IU)	7010				Missing			
Sugars (g)	54	28.69%			Missing			
Vitamin C (mg)	72.70				Missing			
Protein (g)	30.63	16.19%						
Carbohydrate (g)	112.00	59.19%						
Total Fat (g)	21.76	25.87%						
Saturated Fat (g)	6.87	8.17%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.