

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

**Jan 3, 2018 thru Jan 31, 2018**

Base Menu Spreadsheet

Elem Grab N' Go 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 <sup>1</sup> (g)
Wed - 01/03/2018															
Elem Grab N' Go Breakfast	Total														
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
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, 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
Weighted Daily Average		534	5	510	5.47	2.79	493.3	1337	34.68	58	12.57	98.13	10.04	4.53	*0.00
% of Calories										43.7%	9.4%	73.5%	16.9%	7.6%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 01/04/2018															
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
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, 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
Weighted Daily Average		424	5	430	4.22	1.80	389.6	802	28.56	50	12.97	78.96	7.57	1.87	0.00
% of Calories										46.8%	12.2%	74.5%	16.1%	4.0%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Jan 3, 2018 thru Jan 31, 2018**

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

Page 2

Generated on: 12/8/2017 1:30:25 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 <sup>1</sup> (g)
Fri - 01/05/2018															
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
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
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, 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
Weighted Daily Average		467	95	530	4.57	2.18	518.0	1337	36.56	51	15.03	84.51	7.41	2.75	0.00
% of Calories										44.1%	12.9%	72.4%	14.3%	5.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 01/08/2018															
Elem Grab N' Go Breakfast	Total														
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	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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, 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		473	10	389	4.57	2.54	493.5	1278	42.60	61	11.34	93.45	5.51	1.75	0.00
% of Calories										51.5%	9.6%	79.0%	10.5%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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**Jan 3, 2018 thru Jan 31, 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 <sup>1</sup> (g)
<b>Tue - 01/09/2018</b>															
Elem Grab N' Go Breakfast	Total														
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
Ring WG Wrapped Donut	1 each	310	25	270	2.00	1.80	150.0	300	30.0	24	3.0	44.0	13.0	6.00	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 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		462	17	337	4.74	1.27	408.9	753	26.73	52	11.54	83.80	9.63	3.25	0.00
% of Calories										45.1%	10.0%	72.5%	18.7%	6.3%	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 <sup>1</sup> (g)
<b>Wed - 01/10/2018</b>															
Elem Grab N' Go Breakfast	Total														
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
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, 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
Weighted Daily Average		534	5	510	5.47	2.79	493.3	1337	34.68	58	12.57	98.13	10.04	4.53	*0.00
% of Calories										43.7%	9.4%	73.5%	16.9%	7.6%	*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 <sup>1</sup> (g)
<b>Thu - 01/11/2018</b>															
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
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, 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
Weighted Daily Average		424	5	430	4.22	1.80	389.6	802	28.56	50	12.97	78.96	7.57	1.87	0.00
% of Calories										46.8%	12.2%	74.5%	16.1%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

<b>Fri - 01/12/2018</b>															
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
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
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, 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
Weighted Daily Average		467	95	530	4.57	2.18	518.0	1337	36.56	51	15.03	84.51	7.41	2.75	0.00
% of Calories										44.1%	12.9%	72.4%	14.3%	5.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

<b>Mon - 01/15/2018</b>															
Elem Grab N' Go Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<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)
<b>Tue - 01/16/2018</b>															
Elem Grab N' Go Breakfast	Total														
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
Ring WG Wrapped Donut	1 each	310	25	270	2.00	1.80	150.0	300	30.0	24	3.0	44.0	13.0	6.00	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 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		462	17	337	4.74	1.27	408.9	753	26.73	52	11.54	83.80	9.63	3.25	0.00
% of Calories										45.1%	10.0%	72.5%	18.7%	6.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Elem Grab N' Go Breakfast	Total														
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
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, 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
Weighted Daily Average		534	5	510	5.47	2.79	493.3	1337	34.68	58	12.57	98.13	10.04	4.53	*0.00
% of Calories										43.7%	9.4%	73.5%	16.9%	7.6%	*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)	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)
<b>Thu - 01/18/2018</b>															
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
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, 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
Weighted Daily Average		424	5	430	4.22	1.80	389.6	802	28.56	50	12.97	78.96	7.57	1.87	0.00
% of Calories										46.8%	12.2%	74.5%	16.1%	4.0%	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 <sup>1</sup> (g)
<b>Fri - 01/19/2018</b>															
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
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
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, 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
Weighted Daily Average		467	95	530	4.57	2.18	518.0	1337	36.56	51	15.03	84.51	7.41	2.75	0.00
% of Calories										44.1%	12.9%	72.4%	14.3%	5.3%	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 <sup>1</sup> (g)
<b>Mon - 01/22/2018</b>															
Elem Grab N' Go Breakfast	Total														
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	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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, 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

\*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**

**Jan 3, 2018 thru Jan 31, 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 <sup>1</sup> (g)
Weighted Daily Average		473	10	389	4.57	2.54	493.5	1278	42.60	61	11.34	93.45	5.51	1.75	0.00
% of Calories										51.5%	9.6%	79.0%	10.5%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 01/23/2018															
Elem Grab N' Go Breakfast	Total														
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
Ring WG Wrapped Donut	1 each	310	25	270	2.00	1.80	150.0	300	30.0	24	3.0	44.0	13.0	6.00	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 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		462	17	337	4.74	1.27	408.9	753	26.73	52	11.54	83.80	9.63	3.25	0.00
% of Calories										45.1%	10.0%	72.5%	18.7%	6.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 01/24/2018															
Elem Grab N' Go Breakfast	Total														
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
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, 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
Weighted Daily Average		534	5	510	5.47	2.79	493.3	1337	34.68	58	12.57	98.13	10.04	4.53	*0.00
% of Calories										43.7%	9.4%	73.5%	16.9%	7.6%	*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**

**Jan 3, 2018 thru Jan 31, 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 <sup>1</sup> (g)
<b>Thu - 01/25/2018</b>															
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
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, 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
Weighted Daily Average		424	5	430	4.22	1.80	389.6	802	28.56	50	12.97	78.96	7.57	1.87	0.00
% of Calories										46.8%	12.2%	74.5%	16.1%	4.0%	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 <sup>1</sup> (g)
<b>Fri - 01/26/2018</b>															
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
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
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, 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
Weighted Daily Average		467	95	530	4.57	2.18	518.0	1337	36.56	51	15.03	84.51	7.41	2.75	0.00
% of Calories										44.1%	12.9%	72.4%	14.3%	5.3%	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 <sup>1</sup> (g)
<b>Mon - 01/29/2018</b>															
Elem Grab N' Go Breakfast	Total														
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	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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, 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

*\*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

Jan 3, 2018 thru Jan 31, 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 <sup>1</sup> (g)
Weighted Daily Average		473	10	389	4.57	2.54	493.5	1278	42.60	61	11.34	93.45	5.51	1.75	0.00
% of Calories										51.5%	9.6%	79.0%	10.5%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 01/30/2018															
Elem Grab N' Go Breakfast	Total														
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
Ring WG Wrapped Donut	1 each	310	25	270	2.00	1.80	150.0	300	30.0	24	3.0	44.0	13.0	6.00	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 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		462	17	337	4.74	1.27	408.9	753	26.73	52	11.54	83.80	9.63	3.25	0.00
% of Calories										45.1%	10.0%	72.5%	18.7%	6.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 01/31/2018															
Elem Grab N' Go Breakfast	Total														
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
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, 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
Weighted Daily Average		534	5	510	5.47	2.79	493.3	1337	34.68	58	12.57	98.13	10.04	4.53	*0.00
% of Calories										43.7%	9.4%	73.5%	16.9%	7.6%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		475	26	445	4.76	2.13	460.7	1104	33.43	54	12.75	88.00	8.26	2.97	*0.00
										102.9%	10.7%	74.1%	15.6%	5.6%	*0.0%

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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 <sup>1</sup> (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	475		400 - 500	100%											
Cholesterol (mg)	26														
Sodium (mg)	445		540												
Fiber (g)	4.76														
Iron (mg)	2.13														
Calcium (mg)	460.7														
Vitamin A (IU)	1104														
Sugars (g)	54	45.75%													
Vitamin C (mg)	33.43														
Protein (g)	12.75	10.73%													
Carbohydrate (g)	88.00	74.09%													
Total Fat (g)	8.26	15.65%													
Saturated Fat (g)	2.97	5.63%	<10.00%												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing										

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