

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

**Jan 3, 2018 thru Jan 31, 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)
Wed - 01/03/2018															
High School Lunch	Total														
Chicken Parmesan Sandwich	sandwich	294	27	520	3.25	*1.98	*45.0	*194	*1.12	1	18.0	17.75	15.94	3.00	0.00
BBQ Rib/bun	sandwich	288	41	594	3.47	2.08	94.0	192	3.4	5	19.0	26.74	9.0	3.10	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Popcorn Chicken Basket*	Basket	313	34	639	3.09	2.00	16.0	108	3.94	0	17.19	32.69	12.83	2.55	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	0.00
Broccoli, Seasoned	1/2 cup	43	0	45	3.29	0.79	65.8	2274	59.25	1	2.19	5.49	1.76	0.80	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	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		612	31	890	9.02	*3.67	*490.0	*5520	*74.95	*47	27.41	89.37	16.85	4.69	*0.00
% of Calories										*30.6%	17.9%	58.4%	24.8%	6.9%	*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**

**Jan 3, 2018 thru Jan 31, 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 - 01/04/2018															
High School Lunch	Total														
Chicken Nuggets	servings/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
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
Pizza Crunchers	servings of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender w/Tots Basket	basket	145	0	363	2.52	0.47	9.9	1	3.64	0	2.94	17.07	6.79	1.14	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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
Broccoli Normandy	1/2 cup	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	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
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		813	29	1317	8.70	4.15	470.0	4724	64.61	*67	27.93	140.03	16.39	4.19	*0.00
% of Calories										*33.2%	13.7%	68.9%	18.1%	4.6%	*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 - 01/05/2018															
High School Lunch	Total														
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Catfish Strips	2 strips	127	23	247	2.00	0.60	0.0	0	0.0	*N/A*	8.0	7.3	8.0	1.70	0.70
*Bacon Cheeseburger Basket*	sandwich	493	54	607	5.12	3.45	231.2	158	5.0	2	28.07	48.97	21.34	6.38	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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	146	0	595	7.64	1.17	47.6	245	1.12	7	6.41	27.91	0.53	0.00	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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	47	1289	10.94	3.99	574.3	4629	49.97	*56	33.35	117.00	19.36	5.71	*0.12
% of Calories										*29.6%	17.5%	61.3%	22.8%	6.7%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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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 - 01/08/2018															
High School Lunch	Total														
Pizza, Cheese Wedge	slice	371	27	490	5.45	1.96	381.4	545	13.08	7	26.15	42.5	11.99	6.54	0.00
Pancakes/Sausage/Syrup	serving	502	52	584	2.00	1.44	32.0	192	0.0	22	16.0	61.0	23.0	7.40	0.00
Calazone	1 each	340	30	510	3.00	1.80	250.0	500	8.4	5	20.0	35.0	13.0	5.00	0.00
Chicken Tender w/Tots Basket	basket	145	0	363	2.52	0.47	9.9	1	3.64	0	2.94	17.07	6.79	1.14	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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
Potato, Tator Tots	serving of	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Green Beans, Seasoned	1/2 cup	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		805	42	1160	9.28	3.27	526.3	4985	41.89	*56	31.86	118.47	24.63	7.66	*0.01
% of Calories										*27.8%	15.8%	58.8%	27.5%	8.6%	*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)
Tue - 01/09/2018															
High School Lunch	Total														
Walking Taco (Secondary)	portions	346	34	537	3.97	2.51	134.2	571	2.6	3	14.01	31.47	19.04	6.82	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
Bosco Sticks, Pepperoni	servings/2	500	50	1100	2.00	3.60	300.0	800	0.0	4	22.0	62.0	18.0	9.00	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
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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.82	2.75	0.80	0.00
Refried Beans: canned	1/2 cup	121	1	174	5.22	2.37	68.3	120	8.96	1	7.67	20.8	0.56	0.30	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	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	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	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	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		756	40	1429	8.64	4.06	555.7	5995	126.54	*58	29.28	115.84	20.09	5.83	*0.01
% of Calories										*30.6%	15.5%	61.3%	23.9%	6.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

**Jan 3, 2018 thru Jan 31, 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)
Wed - 01/10/2018															
High School Lunch	Total														
Macaroni & Cheese	1 Cup	563	57	979	2.04	1.86	466.4	1231	0.0	7	23.71	48.62	29.09	14.80	*0.00
Spicy Chicken Filet on bun	sandwich	384	32	610	4.00	3.00	102.0	103	2.0	*1	22.0	39.0	16.0	2.70	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Popcorn Chicken Basket*	Basket	313	34	639	3.09	2.00	16.0	108	3.94	0	17.19	32.69	12.83	2.55	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	0.00
Broccoli Normandy	1/2 cup	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	0.00
Soup, Tomato	4 oz	94	0	491	1.04	0.00	1.8	417	6.25	12	2.08	17.71	1.56	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	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		727	41	1116	7.51	3.17	612.7	5150	48.15	*50	29.50	102.39	22.54	9.24	*0.00
% of Calories										*27.7%	16.2%	56.4%	27.9%	11.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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 - 01/11/2018															
High School Lunch	Total														
Chili	1 Cup	267	47	568	3.52	*3.78	*53.5	*660	*7.85	4	21.52	15.83	14.06	6.82	0.00
Chicken Nuggets	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
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender w/Tots Basket	basket	145	0	363	2.52	0.47	9.9	1	3.64	0	2.94	17.07	6.79	1.14	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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
Peas, Seasoned	1/2 cup	73	0	69	3.77	1.27	20.2	1793	8.26	4	4.3	11.93	1.11	0.44	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
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		702	36	1248	9.86	*4.50	*479.8	*5470	*59.90	*54	30.40	107.13	17.96	6.00	*0.00
% of Calories										*30.8%	17.3%	61.1%	23.0%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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\* - 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

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 - 01/12/2018															
High School Lunch	Total														
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
BBQ Pulled Pork on Bun	sandwiche	447	100	771	5.12	1.80	100.0	229	0.0	8	30.0	36.97	14.5	4.50	0.00
*Bacon Cheeseburger Basket*	sandwich	493	54	607	5.12	3.45	231.2	158	5.0	2	28.07	48.97	21.34	6.38	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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	146	0	595	7.64	1.17	47.6	245	1.12	7	6.41	27.91	0.53	0.00	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		809	53	1413	12.10	4.38	593.4	5471	60.54	*59	35.37	124.55	20.05	5.91	*0.00
% of Calories										*28.9%	17.5%	61.6%	22.3%	6.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 01/15/2018															
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
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	

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

**Jan 3, 2018 thru Jan 31, 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 - 01/16/2018															
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
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
Bosco Sticks, Pepperoni	serving/2	500	50	1100	2.00	3.60	300.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.82	2.75	0.80	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	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	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	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	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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
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
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
Bosco Sticks, Pepperoni	serving/2	500	50	1100	2.00	3.60	300.0	800	0.0	4	22.0	62.0	18.0	9.00	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
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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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

\*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

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 - 01/16/2018															
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	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.82	2.75	0.80	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	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	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	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	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		748	37	1490	8.43	3.91	582.2	5963	124.84	*60	29.75	116.72	18.47	5.52	*0.01
% of Calories										*31.8%	15.9%	62.4%	22.2%	6.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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)
Wed - 01/17/2018															
High School Lunch	Total														
Spaghetti & Meatsauce	1 Cup	288	28	622	4.11	4.56	85.8	572	48.47	2	19.39	43.55	3.99	0.83	0.00
Mozzarella Cheese Dippers*	1 Each	327	30	517	4.14	1.87	487.8	207	5.0	0	21.4	27.89	14.21	7.09	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Popcorn Chicken Basket*	Basket	313	34	639	3.09	2.00	16.0	108	3.94	0	17.19	32.69	12.83	2.55	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	0.00
Broccoli, Seasoned	1/2 cup	43	0	45	3.29	0.79	65.8	2274	59.25	1	2.19	5.49	1.76	0.80	0.00
Soup	4 oz	104	7	642	0.95	0.16	45.7	337	8.48	*6	2.83	13.98	3.95	0.91	*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	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		623	31	989	9.51	4.70	538.5	5706	94.84	*47	28.42	101.17	12.83	4.19	*0.00
% of Calories										*30.5%	18.2%	64.9%	18.5%	6.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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 - 01/18/2018															
High School Lunch	Total														
Thai Chili Rice Bowl	servings	553	33	831	4.30	4.70	21.5	636	0.0	*27	18.92	92.32	10.88	2.91	0.00
Chicken Nuggets	servings/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Pizza Crunchers	servings of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender w/Tots Basket	basket	145	0	363	2.52	0.47	9.9	1	3.64	0	2.94	17.07	6.79	1.14	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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
Carrots, Glazed	1/2 cup	91	0	73	2.40	0.07	32.0	5950	1.41	12	1.19	15.76	1.76	0.80	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		765	28	1299	8.99	3.65	474.6	8073	52.30	*64	25.84	128.09	16.36	4.52	*0.00
% of Calories										*33.4%	13.5%	66.9%	19.2%	5.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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 - 01/19/2018															
High School Lunch	Total														
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
BBQ Rib/bun	sandwich	288	41	594	3.47	2.08	94.0	192	3.4	5	19.0	26.74	9.0	3.10	0.00
*Bacon Cheeseburger Basket*	sandwich	493	54	607	5.12	3.45	231.2	158	5.0	2	28.07	48.97	21.34	6.38	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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	146	0	595	7.64	1.17	47.6	245	1.12	7	6.41	27.91	0.53	0.00	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		789	50	1344	11.17	4.22	589.4	4660	50.51	*57	35.11	120.11	19.52	5.93	*0.00
% of Calories										*29.0%	17.8%	60.9%	22.3%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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 - 01/22/2018															
High School Lunch	Total														
Chicken Patty/Bun	sandwich	450	25	510	7.00	3.60	140.0	105	0.0	2	24.0	44.0	19.5	3.00	0.00
Pizza, Pepperoni Wedge	slice	330	30	770	5.00	2.70	300.0	500	18.0	7	25.0	36.0	10.0	5.00	0.00
Chicken Tender w/Tots Basket	basket	145	0	363	2.52	0.47	9.9	1	3.64	0	2.94	17.07	6.79	1.14	0.00
Calazone	1 each	340	30	510	3.00	1.80	250.0	500	8.4	5	20.0	35.0	13.0	5.00	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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
Potato, Tator Tots	serving of	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Green Beans, Seasoned	1/2 cup	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		754	31	1251	11.14	4.37	567.2	4979	45.68	*48	35.19	107.72	21.26	5.41	*0.01
% of Calories										*25.3%	18.7%	57.1%	25.4%	6.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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 - 01/23/2018															
High School Lunch	Total														
Pork Carnitas	4.56 servin	353	52	613	6.06	3.86	144.4	975	8.26	4	26.58	35.22	11.72	2.98	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
Bosco Sticks, Pepperoni	servin/2	500	50	1100	2.00	3.60	300.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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
Mixed Vegetables	1/2 cup	75	0	99	2.66	0.32	0.4	900	4.22	4	3.53	14.13	0.44	0.20	0.00
Refried Beans: canned	1/2 cup	121	1	174	5.22	2.37	68.3	120	8.96	1	7.67	20.8	0.56	0.30	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	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	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	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	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		757	45	1472	9.42	4.54	553.3	6280	128.72	*58	33.49	116.87	17.36	4.47	*0.01
% of Calories										*30.9%	17.7%	61.7%	20.6%	5.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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)
Wed - 01/24/2018															
High School Lunch	Total														
Macaroni & Cheese	1 Cup	563	57	979	2.04	1.86	466.4	1231	0.0	7	23.71	48.62	29.09	14.80	*0.00
Spicy Chicken Filet on bun	sandwich	384	32	610	4.00	3.00	102.0	103	2.0	*1	22.0	39.0	16.0	2.70	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Popcorn Chicken Basket*	Basket	313	34	639	3.09	2.00	16.0	108	3.94	0	17.19	32.69	12.83	2.55	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	0.00
Broccoli Normandy	1/2 cup	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	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	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		717	41	1067	7.40	3.17	612.5	5108	47.52	*49	29.30	100.62	22.38	9.24	*0.00
% of Calories										*27.4%	16.3%	56.1%	28.1%	11.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

**Jan 3, 2018 thru Jan 31, 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 - 01/25/2018															
High School Lunch	Total														
Mashed Potato Bowl	bowl	284	35	752	4.15	1.92	30.5	127	25.8	6	14.52	36.16	8.63	1.87	0.00
Chicken Nuggets	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
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender w/Tots Basket	basket	145	0	363	2.52	0.47	9.9	1	3.64	0	2.94	17.07	6.79	1.14	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.82	2.75	0.80	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	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		696	29	1322	9.56	3.11	471.5	4089	63.05	*51	26.09	114.02	16.70	4.10	*0.00
% of Calories										*29.4%	15.0%	65.5%	21.6%	5.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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 - 01/26/2018															
High School Lunch	Total														
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Meatball Grinder	1 each	301	37	552	3.80	3.60	158.0	289	6.56	3	18.46	28.31	9.76	3.73	0.00
*Bacon Cheeseburger Basket*	sandwich	493	54	607	5.12	3.45	231.2	158	5.0	2	28.07	48.97	21.34	6.38	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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	43	0	45	3.29	0.79	65.8	2274	59.25	1	2.19	5.49	1.76	0.80	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		750	49	1118	9.49	4.32	606.9	5487	74.27	*55	33.34	111.39	20.13	6.35	*0.00
% of Calories										*29.1%	17.8%	59.4%	24.1%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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 - 01/29/2018															
High School Lunch	Total														
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Pizza, Pepperoni Wedge	slice	330	30	770	5.00	2.70	300.0	500	18.0	7	25.0	36.0	10.0	5.00	0.00
Chicken Tender w/Tots Basket	basket	145	0	363	2.52	0.47	9.9	1	3.64	0	2.94	17.07	6.79	1.14	0.00
Calazone	1 each	340	30	510	3.00	1.80	250.0	500	8.4	5	20.0	35.0	13.0	5.00	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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 Hasbrowns	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
Green Beans, Seasoned	1/2 cup	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		901	61	1882	9.98	3.71	610.8	5206	52.01	*58	35.71	130.57	27.73	10.40	*0.01
% of Calories										*25.8%	15.9%	57.9%	27.7%	10.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

**Jan 3, 2018 thru Jan 31, 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 - 01/30/2018															
High School Lunch	Total														
Chipotle Rice Bowl	Bowls	329	96	1189	3.10	2.04	193.6	612	4.17	7	25.97	27.7	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
Bosco Sticks, Pepperoni	servings/2	500	50	1100	2.00	3.60	300.0	800	0.0	4	22.0	62.0	18.0	9.00	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
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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	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	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.82	2.75	0.80	0.00
Black Beans	1/2 cup	143	0	181	7.79	14.12	29.6	12	0.03	0	7.81	26.04	0.73	0.01	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	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	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	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	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		753	59	1631	8.63	5.10	570.2	5997	126.14	*59	33.01	115.20	18.14	5.89	*0.01
% of Calories										*31.3%	17.5%	61.2%	21.7%	7.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Jan 3, 2018 thru Jan 31, 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)
Wed - 01/31/2018															
High School Lunch	Total														
Ravioli, Beef	1 cup	238	23	550	3.66	2.48	36.7	275	0.0	5	14.66	27.49	7.33	3.21	0.00
Hot Dog on Bun (w/ 2 oz chili)	1 each	367	49	811	3.46	2.91	132.4	293	20.08	*2	18.09	27.43	17.95	7.96	*0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Popcorn Chicken Basket*	Basket	313	34	639	3.09	2.00	16.0	108	3.94	0	17.19	32.69	12.83	2.55	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	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	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	355	57	1008	2.70	2.98	221.7	103	1.65	*3	33.2	40.98	8.15	2.64	0.00
Peas, Seasoned	1/2 cup	73	0	69	3.77	1.27	20.2	1793	8.26	4	4.3	11.93	1.11	0.44	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	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
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	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	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		615	29	932	9.50	4.24	459.8	5247	42.53	*50	27.38	97.51	13.61	4.88	*0.00
% of Calories										*32.5%	17.8%	63.4%	19.9%	7.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		743	40	1283	9.46	*4.01	*547.0	*5437	*71.45	*55	30.89	113.74	19.12	6.01	*0.01
										*66.8%	16.6%	61.2%	23.2%	7.3%	*0.0%

\*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**

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

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	743		750 - 850	99%				7	Correction Required - Calories are Low								
Cholesterol (mg)	40																
Sodium (mg)	1283		1420														
Fiber (g)	9.46																
Iron (mg)	4.01				Missing												
Calcium (mg)	547.0				Missing												
Vitamin A (IU)	5437				Missing												
Sugars (g)	55	29.71%			Missing												
Vitamin C (mg)	71.45				Missing												
Protein (g)	30.89	16.63%															
Carbohydrate (g)	113.74	61.24%															
Total Fat (g)	19.12	23.16%															
Saturated Fat (g)	6.01		<10.00%														
Trans Fat <sup>1</sup> (g)	0.01	0.01%			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*

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