

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

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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)
Mon - 06/05/2017															
Summer Feeding 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
French Toast Sticks/Sausage*	serving	650	40	780	2.00	2.16	60.0	155	0.0	31	14.0	74.0	35.0	11.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	0.00
Popcorn Chicken Basket*	Basket	359	53	671	3.36	2.26	18.1	127	5.07	1	19.15	34.39	14.01	2.81	0.00
Potato, Tri Tator	serving of	230	0	630	3.00	0.72	20.0	0	3.6	0	3.0	31.0	10.0	1.50	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	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	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Apricots: canned,light syrup	1/2 cup	80	0	5	2.02	0.49	13.9	1672	3.42	19	0.67	20.86	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
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
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Weighted Daily Average		879	44	1493	7.34	3.00	498.2	1490	27.58	*51	29.27	121.52	30.95	8.54	0.00
% of Calories										*23.1%	13.3%	55.3%	31.7%	8.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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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 - 06/06/2017															
Summer Feeding Lunch	Total														
Nachos and Cheese	serving	325	30	743	3.00	0.54	390.0	300	3.6	0	11.0	32.0	18.0	7.50	0.00
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
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	0.00
*Bacon Cheeseburger Basket*	sandwich	508	48	650	6.11	4.37	245.2	107	5.0	2	28.07	49.97	22.35	7.08	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	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
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
Orange Smiles	1/2 EACH	40	0	0	1.50	0.00	30.0	50	39.0	7	0.5	9.5	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Salsa	1.50 oz	10	0	69	0.75	0.40	22.5	488	5.85	1	0.0	2.25	0.0	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	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	packet	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	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		599	44	943	6.44	3.21	586.7	1420	56.07	*39	24.02	89.15	18.06	5.93	0.00
% of Calories										*26.3%	16.0%	59.5%	27.1%	8.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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Base Menu Spreadsheet

Summer Feeding Lunch

Portion Values - Detailed

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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 - 06/07/2017															
Summer Feeding Lunch	Total														
Deli Sub Sandwich (Elem)	1 each	393	78	909	4.00	3.23	217.3	110	0.0	5	40.45	34.47	11.51	3.48	0.00
Chicken Nuggets	servings/5	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	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
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	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	2	0	15	0.00	0.01	1.1	0	0.0	0	0.0	0.29	0.1	0.00	0.00
Baked Chips, small bag	servings	125	0	195	1.50	0.54	50.0	50	0.0	0	2.0	19.0	4.75	0.25	0.00
Mandarin Oranges	1/2 cup	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
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	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	packet	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
BBQ Sauce	1 oz	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	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		706	38	1171	5.95	3.27	592.3	1712	50.06	*47	29.51	105.67	19.12	5.70	0.00
% of Calories										*26.9%	16.7%	59.8%	24.4%	7.3%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Thu - 06/08/2017															
Summer Feeding Lunch	Total														
Macaroni & Cheese	1 Cup	541	57	1112	2.04	1.86	577.4	1231	0.0	*5	21.49	50.84	26.87	10.36	*0.00
Chicken Strips	3 strips	171	50	398	2.00	2.00	22.0	128	1.0	0	15.0	9.0	8.0	2.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	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
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	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
Shape Up	1 each	40	0	10	0.00	0.00	0.0	45	1.2	9	0.0	10.0	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
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
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Weighted Daily Average		618	53	1034	5.49	2.56	675.9	2906	46.75	*43	27.67	84.57	18.61	6.70	*0.00
% of Calories										*27.9%	17.9%	54.7%	27.1%	9.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 06/09/2017															
Summer Feeding Lunch	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		600-650		1230										<10.00	

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Mon - 06/12/2017															
Summer Feeding Lunch	Total														
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
Dutch Waffle/Sausage patty	waffle	542	60	710	3.00	2.16	40.0	0	0.0	15	12.0	46.11	35.0	11.00	*0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	0.00
Popcorn Chicken Basket*	Basket	359	53	671	3.36	2.26	18.1	127	5.07	1	19.15	34.39	14.01	2.81	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	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	208	13	1168	2.59	0.56	95.3	119	13.09	3	5.19	33.73	6.05	2.59	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
Apples, Cinnamon	1/2 cup	83	0	19	2.65	0.03	3.0	56	0.01	17	0.01	19.59	0.0	0.00	*0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
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
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Weighted Daily Average		841	62	1885	8.73	2.92	516.0	1511	31.70	*54	30.12	118.95	26.80	8.85	*0.00
% of Calories										*25.6%	14.3%	56.6%	28.7%	9.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Tue - 06/13/2017															
Summer Feeding Lunch	Total														
Walking Taco	portions	217	29	376	3.69	2.49	194.2	560	33.82	*2	15.66	23.66	6.81	2.28	0.00
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
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	0.00
*Bacon Cheeseburger Basket*	sandwich	508	48	650	6.11	4.37	245.2	107	5.0	2	28.07	49.97	22.35	7.08	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	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
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
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
Salsa	1.50 oz	10	0	69	0.75	0.40	22.5	488	5.85	1	0.0	2.25	0.0	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	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	packet	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		589	45	802	7.14	3.18	510.9	1259	48.00	*41	27.57	89.14	15.21	4.40	0.00
% of Calories										*27.7%	18.7%	60.5%	23.2%	6.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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 - 06/14/2017															
Summer Feeding Lunch	Total														
Sw & Sour Chicken/Rice Elem	Servings	529	43	673	2.29	3.43	27.0	248	4.53	*50	16.42	92.6	8.49	1.88	*0.00
Chicken Nuggets	servings/5	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	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
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	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	2	0	15	0.00	0.01	1.1	0	0.0	0	0.0	0.29	0.1	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
Pineapple tidbit:canned,lt syr	1/2 cup	73	0	1	1.22	0.44	12.2	61	11.71	17	0.0	19.52	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
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
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Weighted Daily Average		614	33	961	5.00	2.78	511.3	1755	46.12	*51	25.17	95.77	14.76	4.74	*0.00
% of Calories										*33.5%	16.4%	62.4%	21.6%	6.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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)
<b>Thu - 06/15/2017</b>															
Summer Feeding Lunch	Total														
Spaghetti & Meatballs	servings	366	36	703	4.07	4.48	108.2	597	7.87	4	18.91	46.47	10.91	3.50	0.00
Chicken Strips	3 strips	171	50	398	2.00	2.00	22.0	128	1.0	0	15.0	9.0	8.0	2.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	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
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	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	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Blueberry/cherry combo	1/2 cup	67	0	5	1.55	0.90	9.4	475	2.23	*3	0.63	16.87	0.31	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
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
BBQ Sauce	1 oz	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	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Weighted Daily Average		558	43	940	6.77	3.61	496.2	1786	20.11	*39	26.52	83.85	13.30	4.47	0.00
% of Calories										*28.0%	19.0%	60.1%	21.5%	7.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

<b>Fri - 06/16/2017</b>															
Summer Feeding Lunch	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		600-650		1230										<10.00	

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

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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 - 06/19/2017															
Summer Feeding 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
French Toast Sticks/Sausage*	serving	650	40	780	2.00	2.16	60.0	155	0.0	31	14.0	74.0	35.0	11.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	0.00
Popcorn Chicken Basket*	Basket	359	53	671	3.36	2.26	18.1	127	5.07	1	19.15	34.39	14.01	2.81	0.00
Potato, Tri Tator	serving of	230	0	630	3.00	0.72	20.0	0	3.6	0	3.0	31.0	10.0	1.50	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	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	34	0	163	2.04	0.38	20.6	282	1.29	1	1.06	3.3	1.85	0.84	0.00
Applesauce, Rosey	1/2 cup	108	0	138	0.94	0.00	0.1	75	20.35	*15	3.23	23.81	0.0	0.00	*0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
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
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Weighted Daily Average		885	44	1519	7.12	2.90	495.5	1170	30.97	*50	29.79	122.11	30.94	8.54	*0.00
% of Calories										*22.6%	13.5%	55.2%	31.5%	8.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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)
<b>Tue - 06/20/2017</b>															
Summer Feeding Lunch	Total														
Nachos and Cheese	serving	325	30	743	3.00	0.54	390.0	300	3.6	0	11.0	32.0	18.0	7.50	0.00
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
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	0.00
*Bacon Cheeseburger Basket*	sandwich	508	48	650	6.11	4.37	245.2	107	5.0	2	28.07	49.97	22.35	7.08	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
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
Black Bean Salsa	1/2 cup	132	0	236	5.56	4.89	35.1	279	5.57	3	5.6	25.7	1.3	0.17	0.00
Whole Fruit Cup, Frozen	1 each	70	0	5	3.00	0.36	80.0	500	60.0	15	0.0	18.0	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Salsa	1.50 oz	10	0	69	0.75	0.40	22.5	488	5.85	1	0.0	2.25	0.0	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	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	packet	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	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		584	44	1057	7.23	2.75	639.5	4163	99.04	*45	23.18	89.18	16.25	5.38	0.00
% of Calories										*30.7%	15.9%	61.0%	25.0%	8.3%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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 - 06/21/2017															
Summer Feeding Lunch															
	Total														
Corn Dog	1 each	280	40	660	2.00	0.00	0.0	45	0.0	9	9.0	31.0	13.0	3.50	0.00
Chicken Nuggets	1 serving/5	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	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
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	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	2	0	15	0.00	0.01	1.1	0	0.0	0	0.0	0.29	0.1	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
Peaches: canned,light syrup	1/2 cup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
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	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	packet	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
BBQ Sauce	1 oz	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	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		652	35	1048	6.92	3.30	546.8	2743	44.68	*48	28.21	98.24	16.36	5.86	0.00
% of Calories										*29.3%	17.3%	60.2%	22.6%	8.1%	0.0%
Nutrient Guideline		600-650		1230										<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**

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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)
<b>Thu - 06/22/2017</b>															
Summer Feeding Lunch	Total														
Macaroni & Cheese	1 Cup	541	57	1112	2.04	1.86	577.4	1231	0.0	*5	21.49	50.84	26.87	10.36	*0.00
Chicken Strips	3 strips	171	50	398	2.00	2.00	22.0	128	1.0	0	15.0	9.0	8.0	2.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	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
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	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
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
Shape Up	1 each	40	0	10	0.00	0.00	0.0	45	1.2	9	0.0	10.0	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
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
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Weighted Daily Average		632	53	1058	5.21	2.35	646.5	2288	21.99	*45	28.27	88.46	18.02	6.44	*0.00
% of Calories										*28.2%	17.9%	56.0%	25.7%	9.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

<b>Fri - 06/23/2017</b>															
Summer Feeding Lunch	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		600-650		1230										<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**

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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)
Mon - 06/26/2017															
Summer Feeding Lunch	Total														
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
Dutch Waffle/Sausage patty	waffle	542	60	710	3.00	2.16	40.0	0	0.0	15	12.0	46.11	35.0	11.00	*0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	0.00
Popcorn Chicken Basket*	Basket	359	53	671	3.36	2.26	18.1	127	5.07	1	19.15	34.39	14.01	2.81	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	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	3 oz servin	160	10	490	2.00	0.72	0.0	0	6.0	0	2.0	18.0	8.0	4.00	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
Apples, Cinnamon	1/2 cup	83	0	19	2.65	0.03	3.0	56	0.01	17	0.01	19.59	0.0	0.00	*0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
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
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Weighted Daily Average		797	60	1390	8.16	3.05	448.5	1298	25.80	*51	27.24	104.98	28.54	10.03	*0.00
% of Calories										*25.4%	13.7%	52.7%	32.2%	11.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding 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)
<b>Tue - 06/27/2017</b>															
Summer Feeding 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
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
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	0.00
*Bacon Cheeseburger Basket*	sandwich	508	48	650	6.11	4.37	245.2	107	5.0	2	28.07	49.97	22.35	7.08	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	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
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
Pears, Rosey	1/2 cup	91	0	132	2.54	0.46	0.1	70	22.69	*14	2.39	19.2	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
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
Salsa	1.50 oz	10	0	69	0.75	0.40	22.5	488	5.85	1	0.0	2.25	0.0	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	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	packet	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		628	44	917	7.12	2.96	517.4	1233	39.91	*45	27.48	94.10	17.28	5.48	*0.00
% of Calories										*28.6%	17.5%	60.0%	24.8%	7.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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# Lee's Summit R-7 School District

Jun 5, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer Feeding 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 - 06/28/2017															
Summer Feeding Lunch	Total														
Chicken Patty/Bun	sandwich	396	62	510	6.00	3.80	129.0	78	11.0	2	22.0	41.0	16.5	2.50	0.00
Chicken Nuggets	servings/5	210	20	320	2.00	1.80	20.0	100	0.0	1	13.0	13.0	12.0	2.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	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
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
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	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	2	0	15	0.00	0.01	1.1	0	0.0	0	0.0	0.29	0.1	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
Peaches: canned,light syrup	1/2 cup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
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	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	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Weighted Daily Average		623	35	1022	5.41	2.81	521.7	1328	41.89	*45	26.83	92.37	16.29	4.86	*0.00
% of Calories										*28.9%	17.2%	59.3%	23.5%	7.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jun 5, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer Feeding 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 - 06/29/2017															
Summer Feeding Lunch	Total														
Manager's Choice	1 each	204	51	442	1.38	1.59	117.7	230	2.85	*3	12.1	17.03	9.54	2.68	*0.00
Chicken Strips	3 strips	171	50	398	2.00	2.00	22.0	128	1.0	0	15.0	9.0	8.0	2.00	0.00
Baked Potato Entree	1 each	356	32	461	3.03	0.63	524.4	537	15.0	*3	18.43	38.2	14.31	8.36	0.00
Peanut Butter Graham Sandwich	1 each	310	0	210	5.00	1.08	20.0	0	0.0	13	10.0	31.0	18.0	4.00	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
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	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 of Choice	svg	31	0	4	0.28	0.11	2.5	0	1.25	0	0.56	4.74	0.98	0.14	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
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
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
BBQ Sauce	1 oz	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	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressing, Honey Mustard	1 TBSP	20	0	124	0.00	0.00	0.0	20	0.0	4	0.0	4.41	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	43	0	653	0.00	0.00	0.0	17	0.0	3	0.0	10.31	0.0	0.00	0.00
Weighted Daily Average		512	48	829	5.64	2.32	485.5	1747	19.59	*39	25.68	74.37	12.51	3.95	*0.00
% of Calories										*30.2%	20.1%	58.1%	22.0%	7.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Fri - 06/30/2017															
Summer Feeding Lunch	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		600-650		1230										<10.00	
Weighted Average		670	45	1130	6.60	2.94	543.1	1863	40.64	*46	27.28	97.03	19.56	6.24	*0.00
										*61.5%	16.3%	57.9%	26.3%	8.4%	*0.0%

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

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**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.



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

**Jun 5, 2017 thru Jun 30, 2017**

Base Menu Spreadsheet

Summer Feeding Lunch

Portion Values - Detailed

Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	670		600 - 650	103%				20	Correction Required - Calories too High								
Cholesterol (mg)	45																
Sodium (mg)	1130		1230														
Fiber (g)	6.60																
Iron (mg)	2.94																
Calcium (mg)	543.1																
Vitamin A (IU)	1863																
Sugars (g)	46	27.32%				Missing											
Vitamin C (mg)	40.64																
Protein (g)	27.28	16.29%															
Carbohydrate (g)	97.03	57.94%															
Total Fat (g)	19.56	26.28%															
Saturated Fat (g)	6.24	8.39%															
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*

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

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