

Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Thu - 03/01/2018															
Elementary 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
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Pizza, Cheese Stuffed Pepper	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	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
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
Cherries, frozen	4 oz	136	0	0	1.13	0.00	0.0	680	2.72	14	1.13	34.02	0.0	0.00	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
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	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	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		693	38	1084	6.02	3.43	741.8	2827	51.04	46	29.89	97.96	20.01	8.50	*0.00
% of Calories										26.8%	17.2%	56.5%	26.0%	11.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 03/02/2018															
Elementary 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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Base Menu Spreadsheet

Elementary 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 ¹ (g)
Mon - 03/05/2018															
Elementary Lunch	Total														
Pizza, Cheese Wedge	slice	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
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
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
Pretzel Stick with Cheese	serving/2	270	30	650	2.00	1.44	330.0	300	0.0	0	12.0	33.0	10.0	6.00	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	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
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
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
Apples, Cinnamon	1/2 cup	86	0	13	2.75	0.03	3.0	58	0.01	14	0.01	17.72	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 oz	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		855	67	1589	7.49	2.70	658.7	1992	32.35	46	34.45	115.90	28.30	12.07	*0.00
% of Calories										21.7%	16.1%	54.2%	29.8%	12.7%	*0.0%
Nutrient Guideline		600-650		1230										<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 ¹ (g)
Tue - 03/06/2018															
Elementary Lunch	Total														
Chipotle Rice Bowl (Elem)	Bowls	271	78	952	2.25	1.75	188.7	574	3.4	5	20.55	21.1	11.18	6.51	*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
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
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
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
Corn, Seasoned	1/2 cup	80	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.81	2.75	0.80	0.00
Black Beans	1/2 cup	154	0	195	11.21	15.28	31.7	12	0.03	0	9.84	28.18	0.78	0.01	0.00
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	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	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	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		555	67	1008	8.07	8.17	454.2	1478	34.58	35	29.51	78.80	14.14	5.38	*0.00
% of Calories										25.1%	21.3%	56.8%	22.9%	8.7%	*0.0%
Nutrient Guideline		600-650		1230										<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 ¹ (g)
Wed - 03/07/2018															
Elementary Lunch	Total														
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
Chicken Nuggets	servng/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	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
Bosco Sticks	servng 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	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	1 TBSP	27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	0	241	3.15	0.58	31.6	393	1.95	2	1.62	4.96	1.85	0.84	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
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	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
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, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	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
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		652	66	1049	5.60	2.86	516.1	1171	32.34	39	33.85	87.08	16.35	5.30	*0.00
% of Calories										23.8%	20.8%	53.4%	22.6%	7.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Thu - 03/08/2018															
Elementary Lunch	Total														
Shrimp Poppers	4.5 oz serving	345	83	690	3.00	0.00	0.0	8	0.0	2	18.0	34.5	15.0	2.25	0.00
Salad Bar Set Up/Tossed Salad	salad	57	0	80	3.71	1.91	75.5	7567	89.95	*2	4.06	11.07	0.37	0.02	0.00
Ham, Diced	2 oz	61	30	379	0.00	0.00	0.0	8	0.0	2	8.2	3.28	3.28	1.64	0.00
Cheese, Shredded	1 oz	113	30	180	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	7.0	0.0	9.0	6.00	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
Pizza, Cheese Stuffed Pepperoni	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	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
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
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
Strawberries: frozen	1/2 cup	131	0	0	2.00	0.36	20.0	145	21.0	29	1.0	31.0	0.0	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	4 oz serving	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
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, Honey Mustard	2 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		556	67	948	4.99	*1.84	*455.7	*3975	*53.12	*40	27.69	77.93	15.54	4.95	*0.00
% of Calories										*29.1%	19.9%	56.1%	25.2%	8.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Fri - 03/09/2018															
Elementary Lunch	Total														
Cheeseburger on Bun	1 each	275	48	417	2.00	2.16	181.2	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Mozzarella Cheese Dippers*	1 Each	326	30	513	4.12	1.85	487.4	202	4.94	0	21.38	27.77	14.21	7.09	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
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	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
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
Potato Wedges, Cajun	3 oz	123	0	17	1.11	0.46	9.9	0	5.0	0	2.23	18.96	3.9	0.56	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	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	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 oz	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	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
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		588	46	773	5.61	2.88	646.5	1804	19.98	*34	31.70	80.04	16.35	6.45	*0.00
% of Calories										*23.3%	21.6%	54.4%	25.0%	9.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Mon - 03/12/2018															
Elementary Lunch	Total														
Pizza, Pepperoni Wedge	slice	320	30	550	5.00	2.70	300.0	400	12.0	6	25.0	35.0	10.0	5.00	0.00
Dutch Waffle/Sausage patty	waffle	433	46	522	3.00	1.80	56.0	56	0.0	15	10.0	47.11	23.0	6.70	*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
Pretzel Stick with Cheese	serving/2	270	30	650	2.00	1.44	330.0	300	0.0	0	12.0	33.0	10.0	6.00	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	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
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
Carrots, Glazed	1/2 cup	87	33	79	2.79	0.07	35.9	6915	1.64	13	1.38	16.92	3.13	0.80	*0.00
Applesauce, Rosey	1/2 cup	64	0	116	0.97	0.00	0.1	77	20.35	*11	3.26	14.9	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 oz	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		671	56	1025	6.96	2.61	549.3	4068	24.54	*42	28.03	93.38	21.87	7.29	*0.00
% of Calories										*25.3%	16.7%	55.7%	29.3%	9.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Tue - 03/13/2018															
Elementary Lunch	Total														
Taco, Soft Chicken(fajita)	1 each	272	71	718	3.29	0.64	179.7	339	0.71	3	21.41	22.75	10.73	5.63	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
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
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
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
Corn, Seasoned	1/2 cup	80	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.81	2.75	0.80	0.00
Refried Beans: canned	1/2 cup	122	1	182	5.28	2.40	67.1	51	8.1	1	7.67	20.97	0.56	0.30	0.00
Pears, Chilled	1/2 cup	78	0	6	2.59	0.47	0.0	71	1.56	16	0.0	20.76	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	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	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		522	64	848	5.02	1.99	432.1	1381	19.19	38	26.53	74.97	13.68	5.01	*0.00
% of Calories										28.9%	20.3%	57.4%	23.6%	8.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Wed - 03/14/2018															
Elementary Lunch	Total														
Deli Sub Sandwich (Elem)	1 each	282	68	864	2.00	2.16	201.2	202	4.2	1	20.54	21.31	10.02	3.57	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
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
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
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
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, Country Fat Free	2 oz.	35	0	140	0.00	0.00	0.9	5	0.0	1	0.0	4.94	1.98	0.99	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
Green Beans, Seasoned	1/2 cup	43	0	241	3.15	0.58	31.6	393	1.95	2	1.62	4.96	1.85	0.84	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	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
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, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		581	51	1088	3.97	2.94	562.5	1455	28.35	34	29.65	80.30	14.69	5.28	*0.00
% of Calories										23.5%	20.4%	55.3%	22.8%	8.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Thu - 03/15/2018															
Elementary Lunch	Total														
Sw & Sour Chicken/Rice Elem	Servings	528	34	726	2.45	3.60	28.3	253	3.62	*49	17.66	93.68	9.24	2.05	*0.00
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Pizza, Cheese Stuffed Pepper	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	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
Peas & Carrots, seasoned	4 oz	65	0	88	3.53	1.07	26.3	10839	9.19	5	3.51	11.51	1.58	0.59	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
Cherries, frozen	4 oz	136	0	0	1.13	0.00	0.0	680	2.72	14	1.13	34.02	0.0	0.00	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
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	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	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		675	30	1009	6.00	3.89	592.7	8817	52.95	*62	27.22	113.44	13.39	4.14	*0.00
% of Calories										*36.7%	16.1%	67.2%	17.9%	5.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Fri - 03/16/2018															
Elementary Lunch	Total														
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
Pretzel Stick with Cheese serving/2		270	30	650	2.00	1.44	330.0	300	0.0	0	12.0	33.0	10.0	6.00	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
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	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
Potato Wedges, Cajun	3 oz	123	0	17	1.11	0.46	9.9	0	5.0	0	2.23	18.96	3.9	0.56	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 oz	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		570	41	893	5.97	2.88	615.5	2615	46.76	*34	26.89	83.62	13.82	6.23	*0.00
% of Calories										*24.2%	18.9%	58.7%	21.8%	9.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 03/19/2018															
Elementary 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	

Tue - 03/20/2018															
Elementary 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

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230											<10.00

Wed - 03/21/2018															
Elementary Lunch NO SCHOOL TODAY	Total 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

Thu - 03/22/2018															
Elementary Lunch NO SCHOOL TODAY	Total 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

Fri - 03/23/2018															
Elementary Lunch NO SCHOOL TODAY	Total 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

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Mon - 03/26/2018															
Elementary Lunch															
Pancakes/Sausage/Syrup	Total serving	502	52	584	2.00	1.44	32.0	192	0.0	22	16.0	61.0	23.0	7.40	0.00
Pizza, Pepperoni Wedge	slice	320	30	550	5.00	2.70	300.0	400	12.0	6	25.0	35.0	10.0	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
Pretzel Stick with Cheese	serving/2	270	30	650	2.00	1.44	330.0	300	0.0	0	12.0	33.0	10.0	6.00	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	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
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	43	0	241	3.15	0.58	31.6	393	1.95	2	1.62	4.96	1.85	0.84	0.00
Applesauce, Rosey	1/2 cup	64	0	116	0.97	0.00	0.1	77	20.35	*11	3.26	14.9	0.0	0.00	*0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 oz	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		768	63	1691	7.19	2.84	597.5	1712	30.99	*43	32.69	106.45	25.03	10.80	*0.00
% of Calories										*22.4%	17.0%	55.4%	29.3%	12.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Tue - 03/27/2018															
Elementary Lunch	Total														
Pork Nachos	4.4 oz portion	503	58	867	7.51	*3.30	*149.5	*1211	*15.59	4	24.67	50.24	22.8	6.17	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
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
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
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
Corn, Seasoned	1/2 cup	80	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.81	2.75	0.80	0.00
Refried Beans: canned	1/2 cup	122	1	182	5.28	2.40	67.1	51	8.1	1	7.67	20.97	0.56	0.30	0.00
Tropical fruit mix	1/2 cup	66	0	3	1.09	0.39	6.1	435	15.28	16	0.0	17.38	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	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	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		657	58	965	7.89	*3.87	*441.1	*1934	*33.81	39	30.30	92.18	19.28	5.34	*0.00
% of Calories										23.6%	18.4%	56.1%	26.4%	7.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Wed - 03/28/2018															
Elementary Lunch	Total														
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
Chicken Nuggets	servng/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	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
Bosco Sticks	servng 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	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
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
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
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
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	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
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, Ranch FF	2 oz	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	23	0	150	0.00	0.00	0.0	23	0.0	5	0.0	5.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		579	37	877	4.73	3.56	539.6	1543	29.64	35	28.90	82.39	13.64	4.89	*0.00
% of Calories										24.3%	20.0%	56.9%	21.2%	7.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Thu - 03/29/2018															
Elementary 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
Hot Dog on Bun	sandwich	300	35	580	2.00	1.44	80.0	5	2.4	1	11.0	21.0	16.0	7.00	0.00
Pizza, Cheese Stuffed Pepper	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	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
Baked Beans- district	1/2 CUP	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
French Fries, Seasoned	2.52 oz se rving	120	0	280	2.00	7.92	0.0	0	51.6	0	2.0	16.0	5.0	1.50	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
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
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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	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	70	10	280	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
Dressing, Honey Mustard	2 TBSP	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		649	29	1162	7.84	5.26	734.6	1212	61.11	44	27.83	96.43	17.66	6.13	*0.00
% of Calories										26.9%	17.2%	59.4%	24.5%	8.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 03/30/2018															
Elementary 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		638	52	1067	6.22	*3.45	*569.2	*2532	*36.72	*41	29.68	90.72	17.59	6.52	*0.00
										*57.6%	18.6%	56.9%	24.8%	9.2%	*0.0%

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	638		600 - 650	100%											
Cholesterol (mg)	52														
Sodium 1 (mg)	1067		1230												
Sodium 2 (mg)	1067		935				132			Correction Required - Sodium too High					
Fiber (g)	6.22														
Iron (mg)	3.45				Missing										
Calcium (mg)	569.2				Missing										
Vitamin A (IU)	2532				Missing										
Sugars (g)	41	25.60%			Missing										
Vitamin C (mg)	36.72				Missing										
Protein (g)	29.68	18.60%													
Carbohydrate (g)	90.72	56.87%													
Total Fat (g)	17.59	24.80%													
Saturated Fat (g)	6.52	9.19%	<10.00%												
Trans Fat ¹ (g)	0.00	0.00%			Missing										

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

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

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

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