

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

**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

High School Breakfast

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)
Thu - 03/01/2018															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	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
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, 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
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
Jelly	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		760	49	730	3.71	1.69	448.8	1183	31.33	*65	22.40	118.85	22.06	6.63	*0.00
% of Calories										*34.0%	11.8%	62.5%	26.1%	7.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 03/02/2018															
High School Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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

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

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

**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

High School Breakfast

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)
<b>Mon - 03/05/2018</b>															
High School Breakfast	Total														
French Toast Sticks/Sausage*	1 serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Ciabatta, Sausage, Egg, Cheese	1 each	361	149	619	3.00	1.80	157.2	408	0.0	3	17.54	33.01	19.03	6.47	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		526	9	519	4.40	1.85	366.5	1001	21.90	*47	13.66	80.76	17.30	7.62	*0.00
% of Calories										*35.9%	10.4%	61.4%	29.6%	13.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Tue - 03/06/2018</b>															
High School Breakfast	Total														
Sausage Biscuit	1 each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		447	6	446	1.89	1.01	428.9	996	34.34	*56	13.06	89.22	4.21	1.48	*0.00
% of Calories										*50.5%	11.7%	79.9%	8.5%	3.0%	*0.0%
Nutrient Guideline		450-600		640										<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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**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 03/07/2018</b>															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Ciabatta Bacon, Egg, Cheese	1 each	311	136	784	3.00	2.02	141.2	354	0.0	3	16.13	32.01	14.85	4.87	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		502	141	682	3.94	1.70	461.5	1174	25.85	*40	19.68	68.90	16.24	7.17	*0.00
% of Calories										*31.5%	15.7%	54.9%	29.1%	12.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 03/08/2018</b>															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	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
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, 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
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
Jelly	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		760	49	730	3.71	1.69	448.8	1183	31.33	*65	22.40	118.85	22.06	6.63	*0.00
% of Calories										*34.0%	11.8%	62.5%	26.1%	7.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/09/2018															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	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
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 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
Salsa, Portion Cup	2 oz	40	0	200	1.00	0.54	10.0	350	6.0	4	1.0	7.0	0.0	0.00	0.00
Weighted Daily Average		428	30	416	2.50	1.80	367.1	1222	28.74	*51	13.97	83.02	4.20	1.21	*0.00
% of Calories										*47.6%	13.0%	77.5%	8.8%	2.5%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 03/12/2018															
High School Breakfast	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
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Ciabatta, Sausage, Egg, Cheese	1 each	361	149	619	3.00	1.80	157.2	408	0.0	3	17.54	33.01	19.03	6.47	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		526	9	519	4.40	1.85	366.5	1001	21.90	*47	13.66	80.76	17.30	7.62	*0.00
% of Calories										*35.9%	10.4%	61.4%	29.6%	13.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 03/13/2018</b>															
High School Breakfast	Total														
Sausage Biscuit	each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		447	6	446	1.89	1.01	428.9	996	34.34	*56	13.06	89.22	4.21	1.48	*0.00
% of Calories										*50.5%	11.7%	79.9%	8.5%	3.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Wed - 03/14/2018</b>															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Ciabatta Bacon, Egg, Cheese	1 each	311	136	784	3.00	2.02	141.2	354	0.0	3	16.13	32.01	14.85	4.87	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		502	141	682	3.94	1.70	461.5	1174	25.85	*40	19.68	68.90	16.24	7.17	*0.00
% of Calories										*31.5%	15.7%	54.9%	29.1%	12.8%	*0.0%
Nutrient Guideline		450-600		640										<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

Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/15/2018															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Sausage Patty,	1 each	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	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
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, 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
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
Jelly	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		760	49	730	3.71	1.69	448.8	1183	31.33	*65	22.40	118.85	22.06	6.63	*0.00
% of Calories										*34.0%	11.8%	62.5%	26.1%	7.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 03/16/2018															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	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
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 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
Salsa, Portion Cup	2 oz	40	0	200	1.00	0.54	10.0	350	6.0	4	1.0	7.0	0.0	0.00	0.00
Weighted Daily Average		428	30	416	2.50	1.80	367.1	1222	28.74	*51	13.97	83.02	4.20	1.21	*0.00
% of Calories										*47.6%	13.0%	77.5%	8.8%	2.5%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

High School Breakfast

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 - 03/19/2018															
High School Breakfast 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		450-600		640											<10.00

Tue - 03/20/2018															
High School Breakfast 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		450-600		640											<10.00

Wed - 03/21/2018															
High School Breakfast 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		450-600		640											<10.00

Thu - 03/22/2018															
High School Breakfast 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		450-600		640											<10.00

Fri - 03/23/2018															
High School Breakfast 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

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

**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-600		640											<10.00

Mon - 03/26/2018															
High School Breakfast	Total														
French Toast Sticks/Sausage*	1 serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Ciabatta, Sausage, Egg, Cheese	1 each	361	149	619	3.00	1.80	157.2	408	0.0	3	17.54	33.01	19.03	6.47	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		526	9	519	4.40	1.85	366.5	1001	21.90	*47	13.66	80.76	17.30	7.62	*0.00
% of Calories										*35.9%	10.4%	61.4%	29.6%	13.0%	*0.0%
Nutrient Guideline		450-600		640											<10.00

Tue - 03/27/2018															
High School Breakfast	Total														
Sausage Biscuit	each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		447	6	446	1.89	1.01	428.9	996	34.34	*56	13.06	89.22	4.21	1.48	*0.00
% of Calories										*50.5%	11.7%	79.9%	8.5%	3.0%	*0.0%
Nutrient Guideline		450-600		640											<10.00

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# Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Breakfast

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 - 03/28/2018															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Ciabatta Bacon, Egg, Cheese	1 each	311	136	784	3.00	2.02	141.2	354	0.0	3	16.13	32.01	14.85	4.87	0.00
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		502	141	682	3.94	1.70	461.5	1174	25.85	*40	19.68	68.90	16.24	7.17	*0.00
% of Calories										*31.5%	15.7%	54.9%	29.1%	12.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 03/29/2018															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	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
Pop Tart Combo	1 each	488	0	388	5.33	3.00	223.3	1097	37.6	*45	4.33	104.33	7.17	1.67	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
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, 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
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
Jelly	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		760	49	730	3.71	1.69	448.8	1183	31.33	*65	22.40	118.85	22.06	6.63	*0.00
% of Calories										*34.0%	11.8%	62.5%	26.1%	7.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/30/2018															
High School Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		555	48	580	3.37	1.60	420.0	1113	28.61	*53 *85.4%	17.12 12.3%	90.54 65.3%	13.99 22.7%	5.19 8.4%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	555		450 - 600	100%				
Cholesterol (mg)	48							
Sodium 1 (mg)	580		640					
Sodium 2 (mg)	580		570				10	Correction Required - Sodium too High
Fiber (g)	3.37							
Iron (mg)	1.60							
Calcium (mg)	420.0							
Vitamin A (IU)	1113							
Sugars (g)	53	37.96%			Missing			
Vitamin C (mg)	28.61							
Protein (g)	17.12	12.34%						
Carbohydrate (g)	90.54	65.26%						
Total Fat (g)	13.99	22.69%						
Saturated Fat (g)	5.19	8.41%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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