

Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/01/2018															
High School Lunch	Total														
Chicken Nuggets	servings/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Sweet and Sour Chicken/Rice	Servings	649	34	726	2.75	4.98	31.3	253	3.62	*49	19.88	120.27	9.44	2.09	*0.00
Pizza Crunchers	servings of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender w/Tots Basket	basket	389	0	1228	10.98	2.16	9.9	20	4.77	4	17.98	35.87	19.95	3.49	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Broccoli Normandy	1/2 cup	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		817	29	1317	8.96	4.20	470.0	4726	64.65	*67	28.38	139.73	16.70	4.27	*0.00
% of Calories										*33.0%	13.9%	68.4%	18.4%	4.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 03/02/2018															
High School 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

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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		750-850		1420											<10.00

Mon - 03/05/2018															
High School 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
Pancakes/Sausage/Syrup	serving	502	52	584	2.00	1.44	32.0	192	0.0	22	16.0	61.0	23.0	7.40	0.00
Calazone	1 each	340	30	510	3.00	1.80	250.0	500	8.4	5	20.0	35.0	13.0	5.00	0.00
Chicken Tender w/Tots Basket	basket	389	0	1228	10.98	2.16	9.9	20	4.77	4	17.98	35.87	19.95	3.49	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Potato, Tator Tots	serving of	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Green Beans, Seasoned	1/2 cup	43	0	241	3.15	0.58	31.6	393	1.95	2	1.62	4.96	1.85	0.84	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
Dressing, Salad Miracle Whip	pkg- 12.4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	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
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		787	43	1164	9.44	3.56	501.6	4961	41.69	*56	31.73	115.42	23.88	7.18	*0.01
% of Calories										*28.3%	16.1%	58.7%	27.3%	8.2%	*0.0%
Nutrient Guideline		750-850		1420											<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/06/2018															
High School 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
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Bosco Sticks, Pepperoni	servings/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Corn, Seasoned	1/2 cup	80	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.81	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
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Power Gelatin	1/2 cup	95	0	19	0.00	0.00	119.1	148	76.58	21	0.34	22.47	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Ketchup packet	PC packet	10	0	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
Dressing, Salad Miracle Whip	pkg- 12.4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		729	52	1445	8.43	3.31	554.7	5917	125.87	*58	31.58	112.21	17.34	5.47	*0.01
% of Calories										*31.7%	17.3%	61.6%	21.4%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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 - 03/07/2018															
High School Lunch	Total														
Macaroni & Cheese	1 Cup	563	57	979	2.04	1.86	466.4	1231	0.0	7	23.71	48.62	29.09	14.80	*0.00
Ham & Cheese Sandwich	1 each	255	68	792	2.00	1.80	181.2	152	1.2	*1	23.54	21.01	9.52	2.77	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Popcorn Chicken Basket*	Basket	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
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Broccoli Normandy	1/2 cup	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		705	44	1054	7.26	3.10	618.1	5113	47.45	*49	29.39	98.49	21.94	9.28	*0.00
% of Calories										*27.8%	16.7%	55.8%	28.0%	11.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/08/2018															
High School Lunch	Total														
Chili	1 Cup	267	47	568	3.52	*3.78	*53.5	*660	*7.85	4	21.52	15.83	14.06	6.82	0.00
Chicken Nuggets	serving/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender w/Tots Basket	basket	389	0	1228	10.98	2.16	9.9	20	4.77	4	17.98	35.87	19.95	3.49	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Peas, Seasoned	1/2 cup	73	0	69	3.77	1.27	20.2	1793	8.26	4	4.3	11.93	1.11	0.44	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		706	36	1248	10.12	*4.54	*479.8	*5472	*59.93	*54	30.85	106.84	18.27	6.08	*0.00
% of Calories										*30.6%	17.5%	60.6%	23.3%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<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 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 - 03/09/2018															
High School Lunch	Total														
Corn Dog Nuggets	1 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
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
Bacon Cheeseburger Basket	sandwich	493	54	607	5.12	3.45	231.2	158	5.0	2	28.07	48.97	21.34	6.38	0.00
Bosco Sticks	1 serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	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
Soup, Tomato	4 oz	83	0	429	1.04	0.37	1.8	417	6.25	10	1.04	16.67	1.04	0.52	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
Ketchup packet	PC 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
Dressing, Salad Miracle Whip	pkg- 12.4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		769	51	1266	8.77	3.98	582.2	5557	63.26	*60	32.43	117.31	20.06	6.25	*0.00
% of Calories										*31.2%	16.9%	61.0%	23.5%	7.3%	*0.0%
Nutrient Guideline		750-850		1420										<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 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															
High School Lunch	Total														
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Pizza, Pepperoni Wedge	slice	320	30	550	5.00	2.70	300.0	400	12.0	6	25.0	35.0	10.0	5.00	0.00
Chicken Tender w/Tots Basket	basket	389	0	1228	10.98	2.16	9.9	20	4.77	4	17.98	35.87	19.95	3.49	0.00
Calazone	1 each	340	30	510	3.00	1.80	250.0	500	8.4	5	20.0	35.0	13.0	5.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheesy Hasbrowns	1/2 cup	275	29	1272	2.81	0.64	109.1	331	14.15	4	5.61	36.48	12.12	6.35	0.00
Green Beans, Seasoned	1/2 cup	43	0	241	3.15	0.58	31.6	393	1.95	2	1.62	4.96	1.85	0.84	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	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
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		895	61	1766	10.28	3.76	613.1	5185	49.46	*58	35.97	129.54	27.64	10.43	*0.01
% of Calories										*25.8%	16.1%	57.9%	27.8%	10.5%	*0.0%
Nutrient Guideline		750-850		1420										<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 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															
High School Lunch	Total														
Pork Carnitas	4.56 servin	353	52	613	6.06	3.86	144.4	975	8.26	4	26.58	35.22	11.72	2.98	0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Bosco Sticks, Pepperoni	servin/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Corn, Seasoned	1/2 cup	80	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.81	2.75	0.80	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Power Gelatin	1/2 cup	95	0	19	0.00	0.00	119.1	148	76.58	21	0.34	22.47	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Ketchup packet	PC packet	10	0	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
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		742	45	1402	8.76	4.11	532.0	6114	127.40	*58	32.41	113.98	17.59	4.57	*0.01
% of Calories										*31.2%	17.5%	61.4%	21.3%	5.5%	*0.0%
Nutrient Guideline		750-850		1420										<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 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															
High School Lunch	Total														
Spaghetti & Meatsauce	1 Cup	324	26	606	3.07	3.61	44.2	572	6.87	2	16.27	41.47	9.96	3.12	0.00
BBQ Pulled Pork on Bun	sandwiche	447	100	771	5.12	1.80	100.0	229	0.0	8	30.0	36.97	14.5	4.50	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Popcorn Chicken Basket*	Basket	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
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	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
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		635	34	910	9.23	4.36	493.5	5787	80.02	*47	28.36	98.98	14.85	4.87	*0.00
% of Calories										*29.8%	17.9%	62.3%	21.0%	6.9%	*0.0%
Nutrient Guideline		750-850		1420										<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 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															
High School Lunch	Total														
Thai Chili Rice Bowl	servings	553	33	831	4.30	4.70	21.5	636	0.0	*27	18.92	92.32	10.88	2.91	0.00
Chicken Nuggets	servings/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Pizza Crunchers	servings of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender w/Tots Basket	basket	389	0	1228	10.98	2.16	9.9	20	4.77	4	17.98	35.87	19.95	3.49	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Carrots, Glazed	1/2 cup	87	33	79	2.79	0.07	35.9	6915	1.64	13	1.38	16.92	3.13	0.80	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		766	50	1303	9.49	3.70	477.1	8702	52.49	*64	26.41	128.55	17.56	4.60	*0.00
% of Calories										*33.5%	13.8%	67.1%	20.6%	5.4%	*0.0%
Nutrient Guideline		750-850		1420										<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 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															
High School Lunch	Total														
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
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
Bacon Cheeseburger Basket	sandwich	493	54	607	5.12	3.45	231.2	158	5.0	2	28.07	48.97	21.34	6.38	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Baked Beans- district	1/2 CUP	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
Ketchup packet	PC 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
Dressing, Salad Miracle Whip	pkg- 12.4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		796	48	1103	10.73	4.41	641.7	4707	52.29	*58	37.09	120.53	20.17	6.60	*0.00
% of Calories										*29.3%	18.6%	60.5%	22.8%	7.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 03/19/2018															
High School 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		750-850		1420										<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 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 - 03/20/2018															
High School 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 % 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		750-850		1420											<10.00

Wed - 03/21/2018															
High School 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 % 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		750-850		1420											<10.00

Thu - 03/22/2018															
High School 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 % 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		750-850		1420											<10.00

Fri - 03/23/2018															
High School 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 % 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		750-850		1420											<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 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															
High School Lunch	Total														
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Pizza, Pepperoni Wedge	slice	320	30	550	5.00	2.70	300.0	400	12.0	6	25.0	35.0	10.0	5.00	0.00
Chicken Tender w/Tots Basket	basket	389	0	1228	10.98	2.16	9.9	20	4.77	4	17.98	35.87	19.95	3.49	0.00
Calazone	1 each	340	30	510	3.00	1.80	250.0	500	8.4	5	20.0	35.0	13.0	5.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheesy Hasbrowns	1/2 cup	275	29	1272	2.81	0.64	109.1	331	14.15	4	5.61	36.48	12.12	6.35	0.00
Green Beans, Seasoned	1/2 cup	43	0	241	3.15	0.58	31.6	393	1.95	2	1.62	4.96	1.85	0.84	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	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
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		895	61	1766	10.28	3.76	613.1	5185	49.46	*58	35.97	129.54	27.64	10.43	*0.01
% of Calories										*25.8%	16.1%	57.9%	27.8%	10.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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Lee's Summit R-7 School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/27/2018															
High School Lunch	Total														
Chipotle Rice Bowl	Bowls	329	96	1189	3.10	2.04	193.6	612	4.17	7	25.97	27.7	12.69	7.10	*0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Bosco Sticks, Pepperoni	servng/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Corn, Seasoned	1/2 cup	80	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.81	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
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Power Gelatin	1/2 cup	95	0	19	0.00	0.00	119.1	148	76.58	21	0.34	22.47	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	0.00	*0.00
BBQ Sauce	1 oz servin	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Ketchup packet	PC packet	10	0	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
Dressing, Salad Miracle Whip	pkg- 12.4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		750	59	1593	8.97	5.03	555.5	5998	126.14	*59	33.20	114.46	17.97	5.90	*0.01
% of Calories										*31.4%	17.7%	61.1%	21.6%	7.1%	*0.0%
Nutrient Guideline		750-850		1420										<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 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															
High School Lunch	Total														
Macaroni & Cheese	1 Cup	563	57	979	2.04	1.86	466.4	1231	0.0	7	23.71	48.62	29.09	14.80	*0.00
Spicy Chicken Filet on bun	sandwich	384	32	610	4.00	3.00	102.0	103	2.0	*1	22.0	39.0	16.0	2.70	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Popcorn Chicken Basket*	Basket	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
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Peas, Seasoned	1/2 cup	73	0	69	3.77	1.27	20.2	1793	8.26	4	4.3	11.93	1.11	0.44	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		743	42	1064	8.88	4.01	629.5	5616	41.25	*50	31.26	105.89	22.18	9.18	*0.00
% of Calories										*27.1%	16.8%	57.0%	26.9%	11.1%	*0.0%
Nutrient Guideline		750-850		1420										<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 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															
High School Lunch	Total														
Mashed Potato Bowl	bowl	302	28	900	4.29	2.06	31.6	136	25.06	6	15.54	39.28	9.99	2.01	0.00
Chicken Nuggets	serving/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender w/Tots Basket	basket	389	0	1228	10.98	2.16	9.9	20	4.77	4	17.98	35.87	19.95	3.49	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Corn, Seasoned	1/2 cup	80	0	32	1.98	0.28	3.1	125	2.07	3	1.98	14.81	2.75	0.80	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	0.00
Fruit Cup- Canned/Frozen	1/2 cup	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
Salad Dressing, Assorted Sec.	2 TBSP	29	0	272	0.00	0.00	6.4	28	0.0	4	0.18	5.37	0.46	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	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		707	26	1381	9.86	3.21	471.9	4093	62.79	*51	26.94	114.97	17.56	4.24	*0.00
% of Calories										*28.9%	15.2%	65.0%	22.4%	5.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 03/30/2018															
High School 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

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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		750-850		1420											<10.00

Weighted Average		763	45	1319	9.30	*3.94	*548.9	*5542	*69.61	*56 *66.6%	31.47 16.5%	116.43 61.0%	20.09 23.7%	6.62 7.8%	*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	763		750 - 850	100%				
Cholesterol (mg)	45							
Sodium 1 (mg)	1319		1420					
Sodium 2 (mg)	1319		1080				239	Correction Required - Sodium too High
Fiber (g)	9.30							
Iron (mg)	3.94				Missing			
Calcium (mg)	548.9				Missing			
Vitamin A (IU)	5542				Missing			
Sugars (g)	56	29.62%			Missing			
Vitamin C (mg)	69.61				Missing			
Protein (g)	31.47	16.50%						
Carbohydrate (g)	116.43	61.05%						
Total Fat (g)	20.09	23.70%						
Saturated Fat (g)	6.62	7.81%	<10.00%					
Trans Fat ¹ (g)	0.00	0.01%			Missing			

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