

Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/01/2018															
High School Lunch	Total														
Taco Salad - HS	#10	455	45	475	4.19	2.65	216.6	663	3.85	3	18.64	42.28	24.8	8.69	0.45
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, 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
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
Salsa	3 oz	30	0	208	2.00	1.08	34.0	356	4.0	2	0.0	6.0	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		775	43	1360	8.26	3.73	560.8	6027	126.20	*58	29.95	116.41	21.64	6.39	*0.15
% of Calories										*29.8%	15.5%	60.1%	25.2%	7.4%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/02/2018															
High School Lunch	Total														
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
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, 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		669	31	904	9.41	4.33	507.7	5593	78.18	*50	29.77	103.43	16.69	4.39	*0.00
% of Calories										*29.7%	17.8%	61.9%	22.5%	5.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2018															
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
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
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		687	26	1269	9.08	3.65	475.1	4853	65.95	*49	26.94	108.22	16.91	4.68	*0.00
% of Calories										*28.4%	15.7%	63.0%	22.2%	6.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/04/2018															
High School Lunch	Total														
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
BBQ Rib/bun	sandwich	288	41	594	3.47	2.08	94.0	192	3.4	5	19.0	26.74	9.0	3.10	0.00
Bacon Cheeseburger Basket	sandwich	493	54	607	5.12	3.45	231.2	158	5.0	2	28.07	48.97	21.34	6.38	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Chef Salad	Salad	290	93	791	3.96	2.99	294.3	13080	51.99	3	30.17	11.92	14.78	7.88	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	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		793	51	1142	10.98	4.38	593.1	5470	60.64	*59	35.53	121.77	19.91	5.87	*0.00
% of Calories										*29.9%	17.9%	61.4%	22.6%	6.7%	*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)
Mon - 05/07/2018															
High School 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
Dutch Waffle/Sausage patty	waffle	554	72	694	3.00	1.80	72.0	112	0.0	15	16.0	48.11	33.0	10.40	*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
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		817	47	1165	10.59	4.08	601.9	4997	44.24	*52	34.59	111.83	27.09	8.89	*0.01
% of Calories										*25.5%	16.9%	54.7%	29.8%	9.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/08/2018															
High School Lunch	Total														
Walking Taco (Secondary)	4 strips	346	34	537	3.97	2.51	134.2	571	2.6	3	14.01	31.47	19.04	6.82	0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Bosco Sticks, Pepperoni	servings/2	500	50	1100	2.00	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		752	40	1389	8.64	3.89	540.6	5989	126.46	*58	29.28	114.91	19.91	5.84	*0.01
% of Calories										*30.7%	15.6%	61.2%	23.8%	7.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/09/2018															
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
Chicken Patty/Bun	sandwich	450	25	510	7.00	3.60	140.0	105	0.0	2	24.0	44.0	19.5	3.00	0.00
Pizza, 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		719	41	1035	7.61	3.23	615.2	5109	47.37	*49	29.43	100.09	22.64	9.30	*0.00
% of Calories										*27.3%	16.4%	55.7%	28.3%	11.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/10/2018															
High School Lunch	Total														
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
Cuban Pork Sandwich	1 sandwich	417	99	1240	4.67	2.74	152.1	460	1.65	3	30.42	33.74	14.32	5.38	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 & 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	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		743	55	1553	11.02	3.99	535.1	11188	58.05	*51	33.89	110.61	18.54	5.45	*0.00
% of Calories										*27.6%	18.3%	59.6%	22.5%	6.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/11/2018															
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
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
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		750	51	1074	10.02	4.22	616.8	6572	92.08	*55	33.68	111.93	20.42	6.39	*0.00
% of Calories										*29.5%	18.0%	59.7%	24.5%	7.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/14/2018															
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
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
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

May 1, 2018 thru May 25, 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 - 05/15/2018															
High School 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
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	4 strips	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	1 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	1 each	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		789	47	1480	9.21	*3.94	*533.6	*6187	*129.68	*58	31.82	118.63	21.02	5.56	*0.01
% of Calories										*29.4%	16.1%	60.2%	24.0%	6.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/16/2018															
High School Lunch	Total														
Ravioli, Beef	1 cup	238	23	550	3.66	2.48	36.7	275	0.0	5	14.66	27.49	7.33	3.21	0.00
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
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		608	28	892	9.41	4.11	485.0	5696	77.27	*50	26.94	97.26	13.55	4.79	*0.00
% of Calories										*32.8%	17.7%	64.0%	20.1%	7.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/17/2018															
High School Lunch	Total														
Chicken Nuggets	1 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
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
Pizza Crunchers	1 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	1 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	1 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	1 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	1 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	1 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	1 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	1 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 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	1 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		666	51	1191	9.29	3.26	531.7	8563	55.12	*55	26.23	102.95	17.12	4.92	*0.00
% of Calories										*32.9%	15.8%	61.8%	23.1%	6.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/18/2018															
High School Lunch	Total														
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
BBQ Shredded Pork (Bag)	servings	350	44	676	6.00	2.80	138.0	376	5.0	10	25.0	41.0	10.5	2.60	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		789	50	1134	10.73	4.33	596.3	4690	50.77	*59	36.46	120.14	19.73	5.86	*0.00
% of Calories										*29.8%	18.5%	60.9%	22.5%	6.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/21/2018															
High School 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
Chicken Patty/Bun	sandwich	450	25	510	7.00	3.60	140.0	105	0.0	2	24.0	44.0	19.5	3.00	0.00
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
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
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		879	49	1700	12.61	4.88	658.9	5148	48.57	*49	38.77	123.07	27.34	9.29	*0.01
% of Calories										*22.4%	17.6%	56.0%	28.0%	9.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/22/2018															
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	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, 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
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		734	59	1586	8.57	4.97	554.8	5973	125.73	*58	32.81	111.50	17.42	5.74	*0.01
% of Calories										*31.8%	17.9%	60.8%	21.4%	7.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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 - 05/23/2018															
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

May 1, 2018 thru May 25, 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 - 05/24/2018															
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
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
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
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 - 05/25/2018															
High School Lunch	Total														
NO LUNCH	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Lee's Summit R-7 School District

May 1, 2018 thru May 25, 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		751	44	1283	9.69	*4.00	*562.3	*5942	*74.43	*54 *64.5%	31.68 16.9%	112.40 59.9%	20.41 24.5%	6.51 7.8%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	751		750 - 850	100%				
Cholesterol (mg)	44							
Sodium 1 (mg)	1283		1420					
Sodium 2 (mg)	1283		1080				203	Correction Required - Sodium too High
Fiber (g)	9.69							
Iron (mg)	4.00				Missing			
Calcium (mg)	562.3				Missing			
Vitamin A (IU)	5942				Missing			
Sugars (g)	54	28.68%			Missing			
Vitamin C (mg)	74.43				Missing			
Protein (g)	31.68	16.88%						
Carbohydrate (g)	112.40	59.88%						
Total Fat (g)	20.41	24.46%						
Saturated Fat (g)	6.51	7.80%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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