

Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/23/2017 12:53:00 PM

	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)
Wed - 11/01/2017															
Elem Grab N' Go Breakfast	Total														
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		544	5	513	5.20	2.59	505.8	1317	42.60	60	12.96	97.43	11.45	5.16	*0.00
% of Calories										43.9%	9.5%	71.7%	19.0%	8.5%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/02/2017															
Elem Grab N' Go Breakfast	Total														
French Toast Minis	1 Each	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	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
Weighted Daily Average		409	5	408	6.29	2.76	436.7	1125	27.79	48	13.38	77.47	6.18	1.50	0.00
% of Calories										47.0%	13.1%	75.7%	13.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

	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)
Fri - 11/03/2017															
Elem Grab N' Go Breakfast	Total														
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Mini Maple Waffles	package	210	0	170	3.00	0.72	20.0	0	0.0	13	4.0	38.0	6.0	1.00	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
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
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

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

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

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

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		488	5	414	5.07	2.18	503.5	1241	42.60	60	12.34	98.45	5.51	1.50	0.00
% of Calories										49.1%	10.1%	80.6%	10.2%	2.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 11/06/2017															
Elem Grab N' Go Breakfast	Total														
Chocolate Chip Muffin	1 each	180	10	120	2.00	1.44	0.0	75	0.0	15	2.0	28.0	6.0	1.50	0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		473	10	389	4.57	2.54	493.5	1278	42.60	61	11.34	93.45	5.51	1.75	0.00
% of Calories										51.5%	9.6%	79.0%	10.5%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 11/07/2017															
Elem Grab N' Go Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 11/08/2017															
Elem Grab N' Go Breakfast	Total														
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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
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

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

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Elem Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		544	5	513	5.20	2.59	505.8	1317	42.60	60	12.96	97.43	11.45	5.16	*0.00
% of Calories										43.9%	9.5%	71.7%	19.0%	8.5%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 11/09/2017															
Elem Grab N' Go Breakfast	Total														
French Toast Minis	1 Each	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	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
Weighted Daily Average		409	5	408	6.29	2.76	436.7	1125	27.79	48	13.38	77.47	6.18	1.50	0.00
% of Calories										47.0%	13.1%	75.7%	13.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 11/10/2017															
Elem Grab N' Go Breakfast	Total														
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Mini Maple Waffles	package	210	0	170	3.00	0.72	20.0	0	0.0	13	4.0	38.0	6.0	1.00	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
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		488	5	414	5.07	2.18	503.5	1241	42.60	60	12.34	98.45	5.51	1.50	0.00
% of Calories										49.1%	10.1%	80.6%	10.2%	2.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/13/2017															
Elem Grab N' Go Breakfast	Total														
Cinnamon Crunchmania	bag	220	0	230	1.00	750.00	100.0	10	0.0	2	1.0	36.0	7.0	2.00	0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		493	5	444	4.07	376.82	543.5	1246	42.60	54	10.84	97.45	6.01	2.00	0.00
% of Calories										44.1%	8.8%	79.0%	11.0%	3.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 11/14/2017															
Elem Grab N' Go Breakfast	Total														
Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		417	5	267	5.24	0.73	343.9	603	11.73	46	12.04	81.30	6.13	0.50	0.00
% of Calories										44.2%	11.5%	77.9%	13.2%	1.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 11/15/2017															
Elem Grab N' Go Breakfast	Total														
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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
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

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Weighted Daily Average		544	5	513	5.20	2.59	505.8	1317	42.60	60	12.96	97.43	11.45	5.16	*0.00
% of Calories										43.9%	9.5%	71.7%	19.0%	8.5%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 11/16/2017															
Elem Grab N' Go Breakfast	Total														
French Toast Minis	1 Each	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	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
Weighted Daily Average		409	5	408	6.29	2.76	436.7	1125	27.79	48	13.38	77.47	6.18	1.50	0.00
% of Calories										47.0%	13.1%	75.7%	13.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 11/17/2017															
Elem Grab N' Go Breakfast	Total														
Poptarts, Assorted	Double package	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	0.00
Mini Maple Waffles	package	210	0	170	3.00	0.72	20.0	0	0.0	13	4.0	38.0	6.0	1.00	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
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		488	5	414	5.07	2.18	503.5	1241	42.60	60	12.34	98.45	5.51	1.50	0.00
% of Calories										49.1%	10.1%	80.6%	10.2%	2.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/20/2017															
Elem Grab N' Go Breakfast	Total														
Chocolate Chip Muffin	1 each	180	10	120	2.00	1.44	0.0	75	0.0	15	2.0	28.0	6.0	1.50	0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		473	10	389	4.57	2.54	493.5	1278	42.60	61	11.34	93.45	5.51	1.75	0.00
% of Calories										51.5%	9.6%	79.0%	10.5%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 11/21/2017															
Elem Grab N' Go Breakfast	Total														
Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		417	5	267	5.24	0.73	343.9	603	11.73	46	12.04	81.30	6.13	0.50	0.00
% of Calories										44.2%	11.5%	77.9%	13.2%	1.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 11/22/2017															
Elem Grab N' Go Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/23/2017															
Elem Grab N' Go Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/24/2017															
Elem Grab N' Go Breakfast NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2017															
Elem Grab N' Go Breakfast Cinnamon Crunchmania	Total bag	220	0	230	1.00	750.00	100.0	10	0.0	2	1.0	36.0	7.0	2.00	0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average % of Calories		493	5	444	4.07	376.82	543.5	1246	42.60	54	10.84	97.45	6.01	2.00	0.00
										44.1%	8.8%	79.0%	11.0%	3.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2017															
Elem Grab N' Go Breakfast	Total														
Pancake Minis	Pouch	220	0	130	3.00	0.72	20.0	0	0.0	12	4.0	39.0	6.0	0.50	0.00
Applesauce, Cup	1 each	50	0	0	2.01	0.00	0.0	40	0.0	8	0.0	14.05	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		417	5	267	5.24	0.73	343.9	603	11.73	46	12.04	81.30	6.13	0.50	0.00
% of Calories										44.2%	11.5%	77.9%	13.2%	1.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 11/29/2017															
Elem Grab N' Go Breakfast	Total														
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Poptarts, Assorted	2 poptarts	365	0	370	6.00	3.60	200.0	1000	0.0	30	4.5	75.0	4.75	2.00	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
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
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		544	5	513	5.20	2.59	505.8	1317	42.60	60	12.96	97.43	11.45	5.16	*0.00
% of Calories										43.9%	9.5%	71.7%	19.0%	8.5%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 11/30/2017															
Elem Grab N' Go Breakfast	Total														
French Toast Minis	1 Each	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	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

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		409	5	408	6.29	2.76	436.7	1125	27.79	48	13.38	77.47	6.18	1.50	0.00
% of Calories										47.0%	13.1%	75.7%	13.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		470	5	411	5.23	43.82	465.9	1130	34.17	54	12.38	90.04	7.14	2.23	*0.00
										104.2%	10.5%	76.6%	13.7%	4.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	470		400 - 500	100%				
Cholesterol (mg)	5							
Sodium (mg)	411		540					
Fiber (g)	5.23							
Iron (mg)	43.82							
Calcium (mg)	465.9							
Vitamin A (IU)	1130							
Sugars (g)	54	46.29%						
Vitamin C (mg)	34.17							
Protein (g)	12.38	10.53%						
Carbohydrate (g)	90.04	76.59%						
Total Fat (g)	7.14	13.67%						
Saturated Fat (g)	2.23	4.27%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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