

Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		501	141	684	3.86	1.70	461.5	1171	26.06	*40	19.59	68.67	16.15	7.17	*0.00
% of Calories										*31.7%	15.6%	54.8%	29.0%	12.9%	*0.0%
Nutrient Guideline		450-600		640										<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															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	426	40	814	1.00	1.45	81.0	11	0.0	2	12.0	24.79	30.32	12.16	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Jelly	TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		769	49	772	4.02	1.71	448.0	1181	31.33	*64	22.50	119.99	22.68	6.86	*0.00
% of Calories										*33.4%	11.7%	62.4%	26.5%	8.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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

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

High School Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/03/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salsa, Portion Cup	2 oz	13	0	92	1.00	0.54	30.0	650	7.8	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		425	30	396	2.56	1.80	371.1	1282	29.10	*51	13.77	82.52	4.20	1.21	*0.00
% of Calories										*47.6%	13.0%	77.7%	8.9%	2.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 11/06/2017															
High School Breakfast	Total														
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		530	10	524	4.50	1.86	366.2	999	21.95	*47	13.68	81.02	17.52	7.71	*0.00
% of Calories										*35.6%	10.3%	61.2%	29.8%	13.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 11/07/2017															
High School Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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		450-600		640											<10.00

Wed - 11/08/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		501	141	684	3.86	1.70	461.5	1171	26.06	*40	19.59	68.67	16.15	7.17	*0.00
% of Calories										*31.7%	15.6%	54.8%	29.0%	12.9%	*0.0%
Nutrient Guideline		450-600		640											<10.00

Thu - 11/09/2017															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	426	40	814	1.00	1.45	81.0	11	0.0	2	12.0	24.79	30.32	12.16	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Jelly	TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		769	49	772	4.02	1.71	448.0	1181	31.33	*64	22.50	119.99	22.68	6.86	*0.00
% of Calories										*33.4%	11.7%	62.4%	26.5%	8.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 11/10/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salsa, Portion Cup	2 oz	13	0	92	1.00	0.54	30.0	650	7.8	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		425	30	396	2.56	1.80	371.1	1282	29.10	*51	13.77	82.52	4.20	1.21	*0.00
% of Calories										*47.6%	13.0%	77.7%	8.9%	2.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 11/13/2017															
High School Breakfast	Total														
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		530	10	524	4.50	1.86	366.2	999	21.95	*47	13.68	81.02	17.52	7.71	*0.00
% of Calories										*35.6%	10.3%	61.2%	29.8%	13.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 11/14/2017															
High School Breakfast	Total														
Sausage Biscuit	each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		454	7	456	2.08	1.02	428.1	994	34.34	*56	13.16	89.60	4.81	1.69	*0.00
% of Calories										*49.5%	11.6%	78.9%	9.5%	3.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 11/15/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		501	141	684	3.86	1.70	461.5	1171	26.06	*40	19.59	68.67	16.15	7.17	*0.00
% of Calories										*31.7%	15.6%	54.8%	29.0%	12.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/16/2017															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	426	40	814	1.00	1.45	81.0	11	0.0	2	12.0	24.79	30.32	12.16	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Jelly	TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		769	49	772	4.02	1.71	448.0	1181	31.33	*64	22.50	119.99	22.68	6.86	*0.00
% of Calories										*33.4%	11.7%	62.4%	26.5%	8.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 11/17/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Salsa, Portion Cup	2 oz	13	0	92	1.00	0.54	30.0	650	7.8	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		425	30	396	2.56	1.80	371.1	1282	29.10	*51	13.77	82.52	4.20	1.21	*0.00
% of Calories										*47.6%	13.0%	77.7%	8.9%	2.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/20/2017															
High School Breakfast	Total														
French Toast Sticks/Sausage*	1 serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		530	10	524	4.50	1.86	366.2	999	21.95	*47	13.68	81.02	17.52	7.71	*0.00
% of Calories										*35.6%	10.3%	61.2%	29.8%	13.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 11/21/2017															
High School Breakfast	Total														
Sausage Biscuit	each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		454	7	456	2.08	1.02	428.1	994	34.34	*56	13.16	89.60	4.81	1.69	*0.00
% of Calories										*49.5%	11.6%	78.9%	9.5%	3.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 11/22/2017															
High School Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat 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		450-600		640											<10.00

Thu - 11/23/2017															
High School Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-600		640											<10.00

Fri - 11/24/2017															
High School Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-600		640											<10.00

Mon - 11/27/2017															
High School Breakfast	Total														
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		530	10	524	4.50	1.86	366.2	999	21.95	*47	13.68	81.02	17.52	7.71	*0.00
% of Calories										*35.6%	10.3%	61.2%	29.8%	13.1%	*0.0%
Nutrient Guideline		450-600		640											<10.00

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2017															
High School Breakfast	Total														
Sausage Biscuit	each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		454	7	456	2.08	1.02	428.1	994	34.34	*56	13.16	89.60	4.81	1.69	*0.00
% of Calories										*49.5%	11.6%	78.9%	9.5%	3.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 11/29/2017															
High School Breakfast	Total														
Breakfast Burrito	1 each	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Weighted Daily Average		501	141	684	3.86	1.70	461.5	1171	26.06	*40	19.59	68.67	16.15	7.17	*0.00
% of Calories										*31.7%	15.6%	54.8%	29.0%	12.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Lee's Summit R-7 School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/30/2017															
High School Breakfast	Total														
Biscuit, Sausage/Gravy	1 each	426	40	814	1.00	1.45	81.0	11	0.0	2	12.0	24.79	30.32	12.16	0.00
Sausage Patty,	patty	242	52	344	0.00	0.00	32.0	112	0.0	0	12.0	2.0	20.0	7.40	0.00
French Toast Sticks/Sausage*	serving	632	62	674	2.00	1.08	92.0	192	0.0	27	19.0	76.0	28.0	8.40	0.00
Pop Tart Combo	1 each	493	0	388	6.59	3.00	223.3	1102	37.6	*43	4.33	106.14	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.31	0.41	6.6	479	7.17	*11	0.46	19.1	0.08	0.01	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc Skim Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Ketchup packet	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Jelly	TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		769	49	772	4.02	1.71	448.0	1181	31.33	*64	22.50	119.99	22.68	6.86	*0.00
% of Calories										*33.4%	11.7%	62.4%	26.5%	8.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average		546	51	582	3.53	1.64	416.7	1124	28.21	*51	16.88	88.62	14.02	5.31	*0.00
										*84.6%	12.4%	64.9%	23.1%	8.8%	*0.0%

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

High School Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	546		450 - 600	100%													
Cholesterol (mg)	51																
Sodium (mg)	582		640														
Fiber (g)	3.53																
Iron (mg)	1.64																
Calcium (mg)	416.7																
Vitamin A (IU)	1124																
Sugars (g)	51	37.59%				Missing											
Vitamin C (mg)	28.21																
Protein (g)	16.88	12.36%															
Carbohydrate (g)	88.62	64.87%															
Total Fat (g)	14.02	23.10%															
Saturated Fat (g)	5.31	8.75%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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