

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 8/30/2017 3:18:49 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/01/2017								
Elementary Lunch	Total							
Chicken Patty/Bun	sandwich	450	25	510	2	24.0	44.0	19.5
Hot Dog on Bun	sandwich	310	35	710	1	11.0	21.0	16.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pizza, Big Daddy, Cheese	slice	400	40	590	7	19.0	43.0	17.0
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Broccoli, Seasoned	1/2 cup	43	0	45	1	2.19	5.49	1.76
Shape Up	1 each	40	0	10	9	0.0	10.0	0.0
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	packet	5	0	57	0	0.0	0.0	0.0
Dressing, Salad Miracle Whip	packet	15	0	105	0	0.0	1.0	1.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 oz	45	0	300	9	0.0	10.0	0.0
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		642	37	882	*36	28.81	84.36	19.97
% of Calories					*22.4%	17.9%	52.5%	28.0%
Nutrient Guideline		600-650		1230				

Mon - 09/04/2017								
Elementary Lunch	Total							
NO SCHOOL TODAY	SERVING	0	0	0	0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0	0.00	0.00	0.00
% of Calories					0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 8/30/2017 3:18:49 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/05/2017								
Elementary Lunch	Total							
Nachos and Cheese	serving	325	30	743	0	11.0	32.0	18.0
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Popcorn Chicken Basket*	Basket	313	34	639	0	17.19	32.69	12.83
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Corn, Seasoned	1/2 cup	80	0	32	3	1.98	14.82	2.75
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	PC packet	5	0	57	0	0.0	0.0	0.0
BBQ Sauce	1 oz	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		524	44	884	36	21.14	75.93	16.30
% of Calories					27.7%	16.2%	58.0%	28.0%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 8/30/2017 3:18:49 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/06/2017								
Elementary Lunch	Total							
Salad Bar Set Up/Tossed Salad	salad	57	0	80	*2	4.06	11.07	0.37
Ham, Diced	2 oz	70	30	680	2	9.0	3.0	3.0
Chicken Nuggets	serving/4	260	25	400	1	16.0	16.0	15.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Mashed Potatoes	1/2 cup	66	0	251	1	1.49	13.97	0.69
Gravy, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Mandarin Oranges	1/2 cup	79	0	8	20	0.0	20.61	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	packet	5	0	57	0	0.0	0.0	0.0
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
BBQ Sauce	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		512	34	1049	*37	26.29	78.14	11.69
% of Calories					*29.1%	20.5%	61.0%	20.5%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/07/2017								
Elementary Lunch	Total							
Sw & Sour Chicken/Rice Elem	Servings	528	34	726	*49	17.66	93.68	9.24
Chicken Strips	3 strips	184	34	383	0	15.0	13.0	8.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pizza, Cheese Stuffed Peppero	slice	330	20	870	4	17.0	35.0	14.0
Carrots, Glazed	1/2 cup	91	0	73	12	1.19	15.76	1.76
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Shape Up	1 each	40	0	10	9	0.0	10.0	0.0
Pears, Rosey	1/2 cup	91	0	132	*14	2.39	19.2	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	PC packet	5	0	57	0	0.0	0.0	0.0
BBQ Sauce	1 oz	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 TBSP	45	0	300	9	0.0	10.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		621	39	901	*61	26.62	100.52	11.84
% of Calories					*39.3%	17.1%	64.7%	17.2%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 5

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/08/2017								
Elementary Lunch	Total							
BBQ Pulled Pork on Bun	sandwiches	447	100	771	8	30.0	36.97	14.5
Hot Dog on Bun	sandwich	310	35	710	1	11.0	21.0	16.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pizza, Big Daddy, Cheese	slice	400	40	590	7	19.0	43.0	17.0
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Baked Beans- district	1/2 CUP	146	0	595	7	6.41	27.91	0.53
Potato Wedges, Cajun	3 oz	123	0	17	0	2.23	18.96	3.9
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	packet	5	0	57	0	0.0	0.0	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 oz	45	0	300	9	0.0	10.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		698	74	1217	*39	33.94	91.60	17.75
% of Calories					*22.6%	19.4%	52.5%	22.9%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 6

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/11/2017								
Elementary Lunch	Total							
Dutch Waffle/Sausage patty	waffle	542	60	710	15	12.0	46.11	35.0
Pizza, Pepperoni Wedge	slice	330	30	770	7	25.0	36.0	10.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pretzel Stick with Cheese	serving/2	270	30	650	0	12.0	33.0	10.0
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Cheesy Hasbrowns	1/2 cup	275	29	1272	4	5.61	36.48	12.12
Mixed Vegetables	1/2 cup	75	0	99	4	3.53	14.13	0.44
Apples, Cinnamon	1/2 cup	83	0	19	17	0.01	19.59	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	1 oz	23	0	150	5	0.0	5.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		807	66	1756	44	30.88	106.17	29.27
% of Calories					21.7%	15.3%	52.6%	32.6%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 7

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/12/2017								
Elementary Lunch	Total							
Taco Salad - Elem	#12	319	35	368	2	16.2	33.25	14.93
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Popcorn Chicken Basket*	Basket	313	34	639	0	17.19	32.69	12.83
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Corn, Seasoned	1/2 cup	80	0	32	3	1.98	14.82	2.75
Refried Beans: canned	1/2 cup	121	1	174	1	7.67	20.8	0.56
Orange Smiles	1/2 EACH	40	0	0	7	0.5	9.5	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	PC packet	5	0	57	0	0.0	0.0	0.0
BBQ Sauce	1 oz	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Salsa	2 oz	13	0	92	2	0.0	3.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		549	47	748	32	26.67	78.92	15.38
% of Calories					23.2%	19.4%	57.5%	25.2%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Sep 1, 2017 thru Sep 29, 2017

Elementary Lunch

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/13/2017								
Elementary Lunch	Total							
Meatball Grinder	1 each	301	37	552	3	18.46	28.31	9.76
Chicken Nuggets	serving/4	260	25	400	1	16.0	16.0	15.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Mashed Potatoes	1/2 cup	66	0	251	1	1.49	13.97	0.69
Gravy, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Green Beans, Seasoned	1/2 cup	34	0	163	1	1.06	3.3	1.85
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Pineapple tidbit:canned,lt syr	1/2 cup	73	0	1	17	0.0	19.52	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
BBQ Sauce	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	1 TBSP	23	0	150	5	0.0	5.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		588	37	952	36	28.65	83.97	14.58
% of Calories					24.5%	19.5%	57.1%	22.3%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/14/2017								
Elementary Lunch	Total							
Macaroni & Cheese	1 Cup	563	57	979	7	23.71	48.62	29.09
Chicken Strips	3 strips	184	34	383	0	15.0	13.0	8.0
Pizza, Cheese Stuffed Pepperoni	slice	330	20	870	4	17.0	35.0	14.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Peas, Seasoned	1/2 cup	73	0	69	4	4.3	11.93	1.11
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Blueberry/cherry combo	1/2 cup	67	0	5	*3	0.63	16.87	0.31
Power Gelatin	1/2 cup	95	0	19	21	0.34	22.47	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	PC packet	5	0	57	0	0.0	0.0	0.0
BBQ Sauce	1 oz	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 TBSP	45	0	300	9	0.0	10.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		673	38	1101	*43	29.74	93.07	20.10
% of Calories					*25.8%	17.7%	55.3%	26.9%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 10

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/15/2017								
Elementary Lunch	Total							
Chicken Patty/Bun	sandwich	450	25	510	2	24.0	44.0	19.5
Hot Dog on Bun	sandwich	310	35	710	1	11.0	21.0	16.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pizza, Big Daddy Pepperoni	slice	410	40	730	6	19.0	43.0	17.0
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Baked Beans- district	1/2 CUP	146	0	595	7	6.41	27.91	0.53
Potato Wedges, Cajun	3 oz	123	0	17	0	2.23	18.96	3.9
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	packet	5	0	57	0	0.0	0.0	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 oz	45	0	300	9	0.0	10.0	0.0
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		701	37	1108	*36	30.94	95.12	20.25
% of Calories					*20.8%	17.7%	54.3%	26.0%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Sep 1, 2017 thru Sep 29, 2017

Elementary Lunch

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/18/2017								
Elementary Lunch	Total							
Pizza, Cheese Wedge	slice	371	27	490	7	26.15	42.5	11.99
Pancakes/Sausage/Syrup	serving	502	52	584	22	16.0	61.0	23.0
Pizza Crunchers	serving of 4	390	30	807	3	19.35	39.76	18.71
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Cheesy Hasbrowns	1/2 cup	275	29	1272	4	5.61	36.48	12.12
Broccoli Normandy	1/2 cup	35	0	40	2	1.52	3.08	1.76
Applesauce, Rosey	1/2 cup	64	0	116	*11	3.26	14.9	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	1 oz	23	0	150	5	0.0	5.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		802	62	1607	*44	34.56	110.04	26.76
% of Calories					*21.9%	17.2%	54.9%	30.0%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/19/2017								
Elementary Lunch	Total							
Nachos and Cheese	serving	325	30	743	0	11.0	32.0	18.0
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Popcorn Chicken Basket*	Basket	313	34	639	0	17.19	32.69	12.83
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Broccoli, Seasoned	1/2 cup	43	0	45	1	2.19	5.49	1.76
Black Bean Salsa	1/2 cup	132	0	236	3	5.6	25.7	1.3
Mandarin Oranges	1/2 cup	79	0	8	20	0.0	20.61	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	PC packet	5	0	57	0	0.0	0.0	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		571	44	945	40	23.22	85.46	16.49
% of Calories					28.3%	16.3%	59.8%	26.0%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Sep 1, 2017 thru Sep 29, 2017

Elementary Lunch

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/20/2017								
Elementary Lunch	Total							
Cheeseburger on Bun	1 each	275	48	417	*1	20.54	21.01	13.03
Chicken Nuggets	serving/5	260	25	400	1	16.0	16.0	15.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Mashed Potatoes	1/2 cup	66	0	251	1	1.49	13.97	0.69
Gravy, Poultry Low Sodium	2 oz	54	0	307	2	0.0	6.5	2.17
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Strawberries: frozen	1/2 cup	131	0	0	29	1.0	31.0	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	packet	5	0	57	0	0.0	0.0	0.0
Dressing, Salad Miracle Whip	packet	15	0	105	0	0.0	1.0	1.0
BBQ Sauce	1 oz	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 oz	45	0	300	9	0.0	10.0	0.0
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		631	41	1072	*45	29.36	89.75	17.30
% of Calories					*28.7%	18.6%	56.9%	24.7%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/21/2017								
Elementary Lunch	Total							
Spaghetti & Meatsauce	1 Cup	288	28	622	2	19.39	43.55	3.99
Chicken Strips	3 strips	184	34	383	0	15.0	13.0	8.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pizza, Cheese Stuffed Pepper	slice	330	20	870	4	17.0	35.0	14.0
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Salad Bar Set Up/Tossed Salad	salad	57	0	80	*2	4.06	11.07	0.37
Green Beans, Seasoned	1/2 cup	34	0	163	1	1.06	3.3	1.85
Apricots: canned,light syrup	1/2 cup	80	0	5	19	0.67	20.86	0.06
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
BBQ Sauce	1 oz	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 oz	45	0	300	9	0.0	10.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		493	37	880	*34	28.17	74.48	9.87
% of Calories					*27.3%	22.9%	60.4%	18.0%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/22/2017								
Elementary Lunch	Total							
Corn Dog	1 each	280	40	660	9	9.0	31.0	13.0
BBQ Rib/bun	sandwich	316	25	565	9	19.0	38.74	10.5
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pizza, Big Daddy, Cheese	slice	400	40	590	7	19.0	43.0	17.0
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Mixed Vegetables	1/2 cup	75	0	99	4	3.53	14.13	0.44
Baked Beans- district	1/2 CUP	146	0	595	7	6.41	27.91	0.53
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	PC packet	5	0	57	0	0.0	0.0	0.0
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 oz	45	0	300	9	0.0	10.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		594	41	1120	*43	25.87	91.32	14.30
% of Calories					*28.8%	17.4%	61.5%	21.7%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 16

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/25/2017								
Elementary Lunch	Total							
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Pizza, Pepperoni Wedge	slice	330	30	770	7	25.0	36.0	10.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pretzel Stick with Cheese	serving/2	270	30	650	0	12.0	33.0	10.0
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Potato, Tator Tots	3 oz serving	130	0	310	0	2.0	16.0	6.0
Green Beans, Seasoned	1/2 cup	34	0	163	1	1.06	3.3	1.85
Apples, Cinnamon	1/2 cup	83	0	19	17	0.01	19.59	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	1 oz	23	0	150	5	0.0	5.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		586	35	1008	41	25.40	84.36	16.25
% of Calories					27.7%	17.3%	57.6%	25.0%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/26/2017								
Elementary Lunch	Total							
Pizza, Southwest (Fiestada)	slice	360	25	780	9	18.0	41.0	14.0
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Popcorn Chicken Basket*	Basket	313	34	639	0	17.19	32.69	12.83
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Corn, Seasoned	1/2 cup	80	0	32	3	1.98	14.82	2.75
Pears, Rosey	1/2 cup	91	0	132	*14	2.39	19.2	0.0
Orange Smiles	1/2 EACH	40	0	0	7	0.5	9.5	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	PC packet	5	0	57	0	0.0	0.0	0.0
BBQ Sauce	1 oz	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Salsa	2 oz	13	0	92	2	0.0	3.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		560	42	921	*42	25.32	83.50	14.47
% of Calories					*30.0%	18.1%	59.6%	23.2%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Sep 1, 2017 thru Sep 29, 2017

Elementary Lunch

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/27/2017								
Elementary Lunch	Total							
Meatball Grinder	1 each	301	37	552	3	18.46	28.31	9.76
Chicken Nuggets	serving/4	260	25	400	1	16.0	16.0	15.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Mashed Potatoes	1/2 cup	66	0	251	1	1.49	13.97	0.69
Gravy, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Peaches: canned,light syrup	1/2 cup	76	0	13	14	0.0	17.76	0.0
Shape Up	1 each	40	0	10	9	0.0	10.0	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
BBQ Sauce	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	1 TBSP	23	0	150	5	0.0	5.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		584	37	939	35	28.55	83.04	14.39
% of Calories					24.2%	19.6%	56.9%	22.2%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/28/2017								
Elementary Lunch	Total							
Macaroni & Cheese	1 Cup	563	57	979	7	23.71	48.62	29.09
Chicken Strips	3 strips	184	34	383	0	15.0	13.0	8.0
Pizza, Cheese Stuffed Pepperoni	slice	330	20	870	4	17.0	35.0	14.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Peas, Seasoned	1/2 cup	73	0	69	4	4.3	11.93	1.11
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Blueberry/cherry combo	1/2 cup	67	0	5	*3	0.63	16.87	0.31
Power Gelatin	1/2 cup	95	0	19	21	0.34	22.47	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
BBQ Sauce	1 oz	39	0	179	7	0.0	8.97	0.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 TBSP	45	0	300	9	0.0	10.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		672	38	1095	*43	29.74	93.07	20.10
% of Calories					*25.8%	17.7%	55.4%	26.9%
Nutrient Guideline		600-650		1230				

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 20

Generated on: 8/30/2017 3:18:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/29/2017								
Elementary Lunch	Total							
Chicken Patty/Bun	sandwich	450	25	510	2	24.0	44.0	19.5
Hot Dog on Bun	sandwich	310	35	710	1	11.0	21.0	16.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Pizza, Big Daddy Pepperoni	slice	410	40	730	6	19.0	43.0	17.0
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Broccoli, Seasoned	1/2 cup	43	0	45	1	2.19	5.49	1.76
Whole Fruit Cup, Frozen	1 each	70	0	5	15	0.0	18.0	0.0
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Milk, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Mustard: individual PC	packet	5	0	57	0	0.0	0.0	0.0
Dressing, Salad Miracle Whip	packet	15	0	105	0	0.0	1.0	1.0
Dressing, Ranch FF	2 oz	70	10	280	0	0.0	1.0	7.0
Dressing, Honey Mustard	2 oz	45	0	300	9	0.0	10.0	0.0
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Jelly	1 TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		649	37	887	*37	28.81	85.96	19.97
% of Calories					*22.8%	17.7%	53.0%	27.7%
Nutrient Guideline		600-650		1230				

Weighted Average		623	43	1054	*40	28.13	88.44	17.35
					*58.2%	18.1%	56.8%	25.1%

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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

**Sep 1, 2017 thru Sep 29, 2017**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	% of Cals	Portion	Cals	Cholst	Sodm	Sugars	Protn	Carb	T-Fat	Error Messages (if any)
			Size	(kcal)	(mg)	(mg)	(g)	(g)	(g)	(g)	
			Weekly Target	% of Target	Miss Data	Shortfall	Overage				
Calories	623		600 - 650	100%							
Cholesterol (mg)	43										
Sodium (mg)	1054		1230		Missing						
Sugars (g)	40	25.87%									
Protein (g)	28.13	18.07%									
Carbohydrate (g)	88.44	56.79%									
Total Fat (g)	17.35	25.07%									

*\*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.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.