

Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2017 thru Sep 30, 2017

High School Breakfast

Generated on: 8/30/2017 3:20:55 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/01/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	16	5.0	40.43	2.5
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Weighted Daily Average		425	30	396	*51	13.77	82.52	4.20
% of Calories					*47.6%	13.0%	77.7%	8.9%
Nutrient Guideline		450-600		640				

Mon - 09/04/2017								
High School Breakfast	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		450-600		640				

Tue - 09/05/2017								
High School Breakfast	Total							
Sausage Biscuit	each	420	40	790	2	12.0	24.0	30.0
Donut, Ring	1 each	194	0	260	16	4.13	37.95	2.59
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5

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Sep 1, 2017 thru Sep 30, 2017

High School Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		454	7	456	*56	13.16	89.60	4.81
% of Calories					*49.5%	11.6%	78.9%	9.5%
Nutrient Guideline		450-600		640				

Wed - 09/06/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	3	15.13	27.01	13.86
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		501	141	684	*40	19.59	68.67	16.15
% of Calories					*31.7%	15.6%	54.8%	29.0%
Nutrient Guideline		450-600		640				

Thu - 09/07/2017								
High School Breakfast	Total							
Biscuit, Sausage/Gravy	1 each	426	40	814	2	12.0	24.79	30.32
Sausage Patty,	patty	242	52	344	0	12.0	2.0	20.0
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Jelly	TBSP	51	0	6	10	0.03	13.29	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

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Sep 1, 2017 thru Sep 30, 2017

High School Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		519	26	476	*57	14.17	92.15	11.12
% of Calories					*44.1%	10.9%	71.0%	19.3%
Nutrient Guideline		450-600		640				

Fri - 09/08/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	16	5.0	40.43	2.5
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Weighted Daily Average		425	30	396	*51	13.77	82.52	4.20
% of Calories					*47.6%	13.0%	77.7%	8.9%
Nutrient Guideline		450-600		640				

Mon - 09/11/2017								
High School Breakfast	Total							
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	3	18.54	27.01	30.04
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		518	9	510	*47	13.29	79.73	16.99
% of Calories					*36.1%	10.3%	61.5%	29.5%
Nutrient Guideline		450-600		640				

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

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Sep 1, 2017 thru Sep 30, 2017

High School Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/12/2017								
High School Breakfast	Total							
Sausage Biscuit	each	420	40	790	2	12.0	24.0	30.0
Donut, Ring	1 each	194	0	260	16	4.13	37.95	2.59
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		454	7	456	*56	13.16	89.60	4.81
% of Calories					*49.5%	11.6%	78.9%	9.5%
Nutrient Guideline		450-600		640				

Wed - 09/13/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	3	15.13	27.01	13.86
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		501	141	684	*40	19.59	68.67	16.15
% of Calories					*31.7%	15.6%	54.8%	29.0%
Nutrient Guideline		450-600		640				

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/14/2017								
High School Breakfast	Total							
Biscuit, Sausage/Gravy	1 each	426	40	814	2	12.0	24.79	30.32
Sausage Patty,	patty	242	52	344	0	12.0	2.0	20.0
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Jelly	TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		519	26	476	*57	14.17	92.15	11.12
% of Calories					*44.1%	10.9%	71.0%	19.3%
Nutrient Guideline		450-600		640				

Fri - 09/15/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	16	5.0	40.43	2.5
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Weighted Daily Average		425	30	396	*51	13.77	82.52	4.20
% of Calories					*47.6%	13.0%	77.7%	8.9%
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High School Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/18/2017								
High School Breakfast	Total							
French Toast Sticks/Sausage*	1 serving	248	26	220	16	6.19	33.16	10.22
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	3	18.54	27.01	30.04
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		518	9	510	*47	13.29	79.73	16.99
% of Calories					*36.1%	10.3%	61.5%	29.5%
Nutrient Guideline		450-600		640				

Tue - 09/19/2017								
High School Breakfast	Total							
Sausage Biscuit	each	420	40	790	2	12.0	24.0	30.0
Donut, Ring	1 each	194	0	260	16	4.13	37.95	2.59
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
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High School Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/20/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	3	15.13	27.01	13.86
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		501	141	684	*40	19.59	68.67	16.15
% of Calories					*31.7%	15.6%	54.8%	29.0%
Nutrient Guideline		450-600		640				

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/21/2017								
High School Breakfast	Total							
Biscuit, Sausage/Gravy	1 each	426	40	814	2	12.0	24.79	30.32
Sausage Patty,	patty	242	52	344	0	12.0	2.0	20.0
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Jelly	TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		519	26	476	*57	14.17	92.15	11.12
% of Calories					*44.1%	10.9%	71.0%	19.3%
Nutrient Guideline		450-600		640				

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/22/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	16	5.0	40.43	2.5
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Weighted Daily Average		425	30	396	*51	13.77	82.52	4.20
% of Calories					*47.6%	13.0%	77.7%	8.9%
Nutrient Guideline		450-600		640				

Mon - 09/25/2017								
High School Breakfast	Total							
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	3	18.54	27.01	30.04
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		518	9	510	*47	13.29	79.73	16.99
% of Calories					*36.1%	10.3%	61.5%	29.5%
Nutrient Guideline		450-600		640				

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Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

High School Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/26/2017								
High School Breakfast	Total							
Sausage Biscuit	each	420	40	790	2	12.0	24.0	30.0
Donut, Ring	1 each	194	0	260	16	4.13	37.95	2.59
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		454	7	456	*56	13.16	89.60	4.81
% of Calories					*49.5%	11.6%	78.9%	9.5%
Nutrient Guideline		450-600		640				

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/27/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	3	15.13	27.01	13.86
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Weighted Daily Average		501	141	684	*40	19.59	68.67	16.15
% of Calories					*31.7%	15.6%	54.8%	29.0%
Nutrient Guideline		450-600		640				

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Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

High School Breakfast

Generated on: 8/30/2017 3:20:55 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/28/2017								
High School Breakfast	Total							
Biscuit, Sausage/Gravy	1 each	426	40	814	2	12.0	24.79	30.32
Sausage Patty,	patty	242	52	344	0	12.0	2.0	20.0
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Ketchup packet	packet	10	0	85	2	0.0	3.0	0.0
Jelly	TBSP	51	0	6	10	0.03	13.29	0.0
Weighted Daily Average		519	26	476	*57	14.17	92.15	11.12
% of Calories					*44.1%	10.9%	71.0%	19.3%
Nutrient Guideline		450-600		640				

Fri - 09/29/2017								
High School Breakfast	Total							
Breakfast Burrito	1 each	295	208	604	*0	14.47	21.5	15.48
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	16	5.0	40.43	2.5
Pop Tart Combo	1 each	493	0	388	*43	4.33	106.14	7.17
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	*11	0.46	19.1	0.08
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, Strawberry Skim Carton	carton	120	0	120	22	8.0	22.0	0.0
Milk, 1% White Carton	carton	100	15	120	11	8.0	11.0	2.5
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Weighted Daily Average		425	30	396	*51	13.77	82.52	4.20
% of Calories					*47.6%	13.0%	77.7%	8.9%
Nutrient Guideline		450-600		640				

Weighted Average		479	44	499	*50	14.82	82.67	10.01
					*94.5%	12.4%	69.1%	18.8%

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Portion Size Cals (kcal) Cholst (mg) Sodm (mg) Sugars (g) Protn (g) Carb (g) T-Fat (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	479		450 - 600	100%				
Cholesterol (mg)	44							
Sodium (mg)	499		640					
Sugars (g)	50	42.00%			Missing			
Protein (g)	14.82	12.38%						
Carbohydrate (g)	82.67	69.06%						
Total Fat (g)	10.01	18.82%						

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