

Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/01/2017								
High School Lunch	Total							
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Catfish Strips	2 strips	127	23	247	*N/A*	8.0	7.3	8.0
Bacon Cheeseburger Basket	sandwich	493	54	607	2	28.07	48.97	21.34
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	150	0	270	5	5.0	30.0	2.0
Green Beans, Seasoned	1/2 cup	34	0	163	1	1.06	3.3	1.85
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		719	47	1116	*54	31.21	107.16	19.89
% of Calories					*30.1%	17.4%	59.6%	24.9%
Nutrient Guideline		750-850		1420				

Mon - 09/04/2017								
High School 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		750-850		1420				

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

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/05/2017								
High School Lunch	Total							
Walking Taco	portions	233	36	373	2	15.3	24.0	8.71
Chicken Strips-Secondary	4 strips	204	38	426	0	16.67	14.44	8.89
Bosco Sticks, Pepperoni	servings/2	500	50	1100	4	22.0	62.0	18.0
Pizza, Big Daddy, Cheese	slice	400	40	590	7	19.0	43.0	17.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Corn, Seasoned	1/2 cup	80	0	32	3	1.98	14.82	2.75
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Power Gelatin	1/2 cup	95	0	19	21	0.34	22.47	0.0
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		708	40	1360	*57	28.92	111.44	16.84
% of Calories					*32.3%	16.3%	62.9%	21.4%
Nutrient Guideline		750-850		1420				

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/06/2017								
High School Lunch	Total							
Spaghetti & Meatsauce	1 Cup	288	28	622	2	19.39	43.55	3.99
Spicy Chicken Filet on bun	1 EACH	384	32	610	*1	22.0	39.0	16.0
Pizza, Big Daddy Pepperoni	slice	410	40	730	6	19.0	43.0	17.0
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
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Broccoli, Seasoned	1/2 cup	43	0	45	1	2.19	5.49	1.76
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		617	30	931	*47	28.18	100.55	12.56
% of Calories					*30.4%	18.3%	65.2%	18.3%
Nutrient Guideline		750-850		1420				

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High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/07/2017								
High School Lunch	Total							
Ravioli, Beef	1 cup	238	23	550	5	14.66	27.49	7.33
Chicken Nuggets	serving/5	260	25	400	1	16.0	16.0	15.0
Pizza Crunchers	serving of 4	390	30	807	3	19.35	39.76	18.71
Chicken Tender w/Tots Basket	basket	328	8	1098	3	13.67	30.0	17.17
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
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
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
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		679	25	1287	*52	27.98	109.06	15.43
% of Calories					*30.4%	16.5%	64.3%	20.5%
Nutrient Guideline		750-850		1420				

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/08/2017								
High School Lunch	Total							
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
BBQ Pulled Pork on Bun	sandwiches	447	100	771	8	30.0	36.97	14.5
Bacon Cheeseburger Basket	sandwich	493	54	607	2	28.07	48.97	21.34
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		815	59	1373	*58	36.87	121.75	20.40
% of Calories					*28.3%	18.1%	59.8%	22.5%
Nutrient Guideline		750-850		1420				

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High School Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/11/2017								
High School Lunch	Total							
Pizza, Cheese Wedge	slice	371	27	490	7	26.15	42.5	11.99
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Calazone	1 each	340	30	510	5	20.0	35.0	13.0
Chicken Tender w/Tots Basket	basket	328	8	1098	3	13.67	30.0	17.17
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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, 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
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		677	38	1103	*54	27.54	104.94	18.04
% of Calories					*32.0%	16.3%	62.0%	24.0%
Nutrient Guideline		750-850		1420				

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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 Lunch	Total							
Pizza, Southwest (Fiestada)	slice	360	25	780	9	18.0	41.0	14.0
Chicken Strips-Secondary	4 strips	204	38	426	0	16.67	14.44	8.89
Bosco Sticks, Pepperoni	serving/2	500	50	1100	4	22.0	62.0	18.0
Pizza, Big Daddy, Cheese	slice	400	40	590	7	19.0	43.0	17.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Corn, Seasoned	1/2 cup	80	0	32	3	1.98	14.82	2.75
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Power Gelatin	1/2 cup	95	0	19	21	0.34	22.47	0.0
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		748	37	1486	*60	29.75	116.72	18.47
% of Calories					*31.9%	15.9%	62.4%	22.2%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/13/2017								
High School Lunch	Total							
Macaroni & Cheese	1 Cup	563	57	979	7	23.71	48.62	29.09
Double Cheeseburger	sandwich	521	83	819	2	39.09	34.03	26.58
Pizza, Big Daddy Pepperoni	slice	410	40	730	6	19.0	43.0	17.0
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
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Broccoli, Seasoned	1/2 cup	43	0	45	1	2.19	5.49	1.76
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		732	45	1085	*49	30.93	101.84	23.12
% of Calories					*26.7%	16.9%	55.6%	28.4%
Nutrient Guideline		750-850		1420				

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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 Lunch

Generated on: 8/30/2017 3:20:05 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/14/2017								
High School Lunch	Total							
Sweet and Sour Chicken/Rice	Servings	649	34	726	*49	19.88	120.27	9.44
Chicken Nuggets	servings/5	260	25	400	1	16.0	16.0	15.0
Pizza Crunchers	servings of 4	390	30	807	3	19.35	39.76	18.71
Chicken Tender w/Tots Basket	basket	328	8	1098	3	13.67	30.0	17.17
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
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
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
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		855	29	1360	*74	28.04	148.66	16.70
% of Calories					*34.8%	13.1%	69.6%	17.6%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/15/2017								
High School Lunch	Total							
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
BBQ Rib/bun	sandwich	316	25	565	9	19.0	38.74	10.5
Bacon Cheeseburger Basket	sandwich	493	54	607	2	28.07	48.97	21.34
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		794	47	1340	*58	35.11	122.03	19.76
% of Calories					*29.1%	17.7%	61.5%	22.4%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/18/2017								
High School Lunch	Total							
Dutch Waffle/Sausage patty	waffle	542	60	710	15	12.0	46.11	35.0
Pizza, Cheese Wedge	slice	371	27	490	7	26.15	42.5	11.99
Chicken Tender w/Tots Basket	basket	328	8	1098	3	13.67	30.0	17.17
Calazone	1 each	340	30	510	5	20.0	35.0	13.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	150	0	270	5	5.0	30.0	2.0
Potato, Tator Tots	serving of 9	130	0	310	0	2.0	16.0	6.0
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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, 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
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		798	42	1166	*52	31.65	110.81	27.00
% of Calories					*25.9%	15.9%	55.6%	30.5%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School 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								
High School Lunch	Total							
Taco Salad - HS	#10	425	47	490	3	21.58	44.24	19.9
Chicken Strips-Secondary	4 strips	204	38	426	0	16.67	14.44	8.89
Bosco Sticks, Pepperoni	serving/2	500	50	1100	4	22.0	62.0	18.0
Pizza, Big Daddy, Cheese	slice	400	40	590	7	19.0	43.0	17.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Mixed Vegetables	1/2 cup	75	0	99	4	3.53	14.13	0.44
Refried Beans: canned	1/2 cup	121	1	174	1	7.67	20.8	0.56
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Power Gelatin	1/2 cup	95	0	19	21	0.34	22.47	0.0
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		779	44	1427	*58	31.94	119.66	19.90
% of Calories					*29.8%	16.4%	61.4%	23.0%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/20/2017								
High School Lunch	Total							
Spaghetti & Meatsauce	1 Cup	288	28	622	2	19.39	43.55	3.99
Spicy Chicken Filet on bun	1 EACH	384	32	610	*1	22.0	39.0	16.0
Pizza, Big Daddy Pepperoni	slice	410	40	730	6	19.0	43.0	17.0
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
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Broccoli Normandy	1/2 cup	35	0	40	2	1.52	3.08	1.76
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		611	30	928	*47	27.74	98.99	12.56
% of Calories					*30.9%	18.1%	64.8%	18.5%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School 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								
High School Lunch	Total							
Chicken Nuggets	servings/5	260	25	400	1	16.0	16.0	15.0
Mashed Potato Bowl	bowl	284	35	752	6	14.52	36.16	8.63
Chicken Tender w/Tots Basket	basket	328	8	1098	3	13.67	30.0	17.17
Pizza Crunchers	servings 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
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
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, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Corn, Seasoned	1/2 cup	80	0	32	3	1.98	14.82	2.75
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Crisp - Asst. Fruit	1/2 cup	218	8	71	*22	2.05	36.02	7.78
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		909	51	1502	*52	34.58	132.17	29.83
% of Calories					*22.8%	15.2%	58.1%	29.5%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School 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								
High School Lunch	Total							
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Meatball Grinder	1 each	301	37	552	3	18.46	28.31	9.76
Bacon Cheeseburger Basket	sandwich	493	54	607	2	28.07	48.97	21.34
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		754	51	1131	*55	32.92	113.08	20.52
% of Calories					*29.4%	17.5%	60.0%	24.5%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/25/2017								
High School 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
Chicken Tender w/Tots Basket	basket	328	8	1098	3	13.67	30.0	17.17
Calazone	1 each	340	30	510	5	20.0	35.0	13.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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, 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
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		770	49	1707	*54	31.38	115.90	21.60
% of Calories					*28.3%	16.3%	60.2%	25.3%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School 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								
High School Lunch	Total							
Chipotle Rice Bowl	Bowls	329	96	1189	7	25.97	27.7	12.69
Chicken Strips-Secondary	4 strips	204	38	426	0	16.67	14.44	8.89
Pizza, Big Daddy, Cheese	slice	400	40	590	7	19.0	43.0	17.0
Bosco Sticks, Pepperoni	serving/2	500	50	1100	4	22.0	62.0	18.0
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
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
Corn, Seasoned	1/2 cup	80	0	32	3	1.98	14.82	2.75
Black Beans	1/2 cup	143	0	181	0	7.81	26.04	0.73
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Power Gelatin	1/2 cup	95	0	19	21	0.34	22.47	0.0
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Weighted Daily Average		781	68	1743	*55	33.78	115.81	20.73
% of Calories					*28.4%	17.3%	59.3%	23.9%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/27/2017								
High School Lunch	Total							
Macaroni & Cheese	1 Cup	563	57	979	7	23.71	48.62	29.09
Double Cheeseburger	sandwich	521	83	819	2	39.09	34.03	26.58
Pizza, Big Daddy Pepperoni	slice	410	40	730	6	19.0	43.0	17.0
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
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
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
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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	oz serving	39	0	179	7	0.0	8.97	0.0
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		752	45	1100	*51	32.30	106.03	22.70
% of Calories					*26.9%	17.2%	56.4%	27.2%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School 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								
High School Lunch	Total							
Thai Chili Rice Bowl	servings	553	33	831	*27	18.92	92.32	10.88
Chicken Nuggets	servings/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
Chicken Tender w/Tots Basket	basket	328	8	1098	3	13.67	30.0	17.17
Pizza Crunchers	servings of 4	390	30	807	3	19.35	39.76	18.71
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
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, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Carrots, Glazed	1/2 cup	91	0	73	12	1.19	15.76	1.76
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Crisp - Asst. Fruit	1/2 cup	218	8	71	*22	2.05	36.02	7.78
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		850	42	1254	*55	31.20	122.83	27.85
% of Calories					*25.9%	14.7%	57.8%	29.5%
Nutrient Guideline		750-850		1420				

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/29/2017								
High School Lunch	Total							
Crazy Cheezy Bread	slice	305	25	690	5	17.0	36.0	11.0
Corn Dog	1 each	280	40	660	9	9.0	31.0	13.0
Bacon Cheeseburger Basket	sandwich	493	54	607	2	28.07	48.97	21.34
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
Baked Potato Entree	1 each	416	60	429	3	17.01	39.06	21.93
Chef Salad	Salad	290	93	791	3	30.17	11.92	14.78
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Homemade Bread	2 oz servings	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
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	4	0.18	5.17	0.46
Ketchup packet	PC 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, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0	0.0	1.0	1.0
BBQ Sauce	1 oz servings	39	0	179	7	0.0	8.97	0.0
Pickles, Sliced Dill HS	6 slices	0	0	370	0	0.0	0.0	0.0
Weighted Daily Average		817	45	1441	*58	36.12	126.21	20.00
% of Calories					*28.6%	17.7%	61.8%	22.0%
Nutrient Guideline		750-850		1420				

Weighted Average		758	43	1292	*55	31.41	115.28	20.19
					*65.3%	16.6%	60.8%	24.0%

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Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

High School 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	758		750 - 850	100%							
Cholesterol (mg)	43										
Sodium (mg)	1292		1420		Missing						
Sugars (g)	55	29.03%									
Protein (g)	31.41	16.57%									
Carbohydrate (g)	115.28	60.82%									
Total Fat (g)	20.19	23.97%									

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