

Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2017 thru Sep 30, 2017

Elem Grab N' Go Breakfast

Generated on: 8/30/2017 3:20:33 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/01/2017								
Elem Grab N' Go Breakfast	Total							
Poptarts, Assorted	Double packag	365	0	370	30	4.5	75.0	4.75
Mini Maple Waffles	package	210	0	170	13	4.0	38.0	6.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		488	5	414	60	12.34	98.45	5.51
% of Calories					49.1%	10.1%	80.6%	10.2%
Nutrient Guideline		400-500		540				

Mon - 09/04/2017								
Elem Grab N' Go 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		400-500		540				

Tue - 09/05/2017								
Elem Grab N' Go Breakfast	Total							
Pancake Minis	Pouch	220	0	130	12	4.0	39.0	6.0
Applesauce, Cup	1 each	50	0	0	8	0.0	14.05	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		417	5	267	46	12.04	81.30	6.13
% of Calories					44.2%	11.5%	77.9%	13.2%
Nutrient Guideline		400-500		540				

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

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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								
Elem Grab N' Go Breakfast	Total							
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Poptarts, Assorted	2 poptarts	365	0	370	30	4.5	75.0	4.75
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		544	5	513	60	12.96	97.43	11.45
% of Calories					43.9%	9.5%	71.7%	19.0%
Nutrient Guideline		400-500		540				

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/07/2017								
Elem Grab N' Go Breakfast	Total							
French Toast Minis	1 Each	210	0	270	11	5.0	36.0	6.0
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, 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		409	5	408	48	13.38	77.47	6.18
% of Calories					47.0%	13.1%	75.7%	13.6%
Nutrient Guideline		400-500		540				

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/08/2017								
Elem Grab N' Go Breakfast	Total							
Poptarts, Assorted	Double packag	365	0	370	30	4.5	75.0	4.75
Mini Maple Waffles	package	210	0	170	13	4.0	38.0	6.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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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Elem Grab N' Go 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		488	5	414	60	12.34	98.45	5.51
% of Calories					49.1%	10.1%	80.6%	10.2%
Nutrient Guideline		400-500		540				

Mon - 09/11/2017								
Elem Grab N' Go Breakfast	Total							
Chocolate Chip Muffin	1 each	180	10	120	15	2.0	28.0	6.0
Poptarts, Assorted	2 poptarts	365	0	370	30	4.5	75.0	4.75
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		473	10	389	61	11.34	93.45	5.51
% of Calories					51.5%	9.6%	79.0%	10.5%
Nutrient Guideline		400-500		540				

Tue - 09/12/2017								
Elem Grab N' Go Breakfast	Total							
Pancake Minis	Pouch	220	0	130	12	4.0	39.0	6.0
Applesauce, Cup	1 each	50	0	0	8	0.0	14.05	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		417	5	267	46	12.04	81.30	6.13
% of Calories					44.2%	11.5%	77.9%	13.2%
Nutrient Guideline		400-500		540				

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/13/2017								
Elem Grab N' Go Breakfast	Total							
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Poptarts, Assorted	2 poptarts	365	0	370	30	4.5	75.0	4.75
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		544	5	513	60	12.96	97.43	11.45
% of Calories					43.9%	9.5%	71.7%	19.0%
Nutrient Guideline		400-500		540				

Thu - 09/14/2017								
Elem Grab N' Go Breakfast	Total							
French Toast Minis	1 Each	210	0	270	11	5.0	36.0	6.0
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, 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		409	5	408	48	13.38	77.47	6.18
% of Calories					47.0%	13.1%	75.7%	13.6%
Nutrient Guideline		400-500		540				

Fri - 09/15/2017								
Elem Grab N' Go Breakfast	Total							
Poptarts, Assorted	Double packag	365	0	370	30	4.5	75.0	4.75
Mini Maple Waffles	package	210	0	170	13	4.0	38.0	6.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		488	5	414	60	12.34	98.45	5.51
% of Calories					49.1%	10.1%	80.6%	10.2%
Nutrient Guideline		400-500		540				

Mon - 09/18/2017								
Elem Grab N' Go Breakfast	Total							
Chocolate Chip Muffin	1 each	180	10	120	15	2.0	28.0	6.0
Poptarts, Assorted	2 poptarts	365	0	370	30	4.5	75.0	4.75
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		473	10	389	61	11.34	93.45	5.51
% of Calories					51.5%	9.6%	79.0%	10.5%
Nutrient Guideline		400-500		540				

Tue - 09/19/2017								
Elem Grab N' Go Breakfast	Total							
Pancake Minis	Pouch	220	0	130	12	4.0	39.0	6.0
Applesauce, Cup	1 each	50	0	0	8	0.0	14.05	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		417	5	267	46	12.04	81.30	6.13
% of Calories					44.2%	11.5%	77.9%	13.2%
Nutrient Guideline		400-500		540				

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Sep 1, 2017 thru Sep 30, 2017

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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								
Elem Grab N' Go Breakfast	Total							
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Poptarts, Assorted	2 poptarts	365	0	370	30	4.5	75.0	4.75
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		544	5	513	60	12.96	97.43	11.45
% of Calories					43.9%	9.5%	71.7%	19.0%
Nutrient Guideline		400-500		540				

Thu - 09/21/2017								
Elem Grab N' Go Breakfast	Total							
French Toast Minis	1 Each	210	0	270	11	5.0	36.0	6.0
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, 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		409	5	408	48	13.38	77.47	6.18
% of Calories					47.0%	13.1%	75.7%	13.6%
Nutrient Guideline		400-500		540				

Fri - 09/22/2017								
Elem Grab N' Go Breakfast	Total							
Poptarts, Assorted	Double packag	365	0	370	30	4.5	75.0	4.75
Mini Maple Waffles	package	210	0	170	13	4.0	38.0	6.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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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Weighted Daily Average		488	5	414	60	12.34	98.45	5.51
% of Calories					49.1%	10.1%	80.6%	10.2%
Nutrient Guideline		400-500		540				

Mon - 09/25/2017								
Elem Grab N' Go Breakfast	Total							
Chocolate Chip Muffin	1 each	180	10	120	15	2.0	28.0	6.0
Poptarts, Assorted	2 poptarts	365	0	370	30	4.5	75.0	4.75
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		473	10	389	61	11.34	93.45	5.51
% of Calories					51.5%	9.6%	79.0%	10.5%
Nutrient Guideline		400-500		540				

Tue - 09/26/2017								
Elem Grab N' Go Breakfast	Total							
Pancake Minis	Pouch	220	0	130	12	4.0	39.0	6.0
Applesauce, Cup	1 each	50	0	0	8	0.0	14.05	0.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
Milk, Choc Skim Carton	carton	130	5	140	22	8.0	24.0	0.0
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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/27/2017								
Elem Grab N' Go Breakfast	Total							
Long John	1 each	321	0	369	12	5.23	35.95	17.88
Poptarts, Assorted	2 poptarts	365	0	370	30	4.5	75.0	4.75
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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		544	5	513	60	12.96	97.43	11.45
% of Calories					43.9%	9.5%	71.7%	19.0%
Nutrient Guideline		400-500		540				

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/28/2017								
Elem Grab N' Go Breakfast	Total							
French Toast Minis	1 Each	210	0	270	11	5.0	36.0	6.0
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, 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		409	5	408	48	13.38	77.47	6.18
% of Calories					47.0%	13.1%	75.7%	13.6%
Nutrient Guideline		400-500		540				

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/29/2017								
Elem Grab N' Go Breakfast	Total							
Poptarts, Assorted	Double packag	365	0	370	30	4.5	75.0	4.75
Mini Maple Waffles	package	210	0	170	13	4.0	38.0	6.0
Juice, Assorted 4 oz	4 oz serving	60	0	8	14	0.0	15.33	0.0
Fruit Fresh, Whole and Sliced	1 each	58	0	1	12	0.38	14.68	0.06
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

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

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

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

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Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 30, 2017

Elem Grab N' Go Breakfast

Generated on: 8/30/2017 3:20:33 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		488	5	414	60	12.34	98.45	5.51
% of Calories					49.1%	10.1%	80.6%	10.2%
Nutrient Guideline		400-500		540				

Weighted Average		467	5	399	55	12.46	89.87	6.96
					105.7%	10.7%	76.9%	13.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	467		400 - 500	100%				
Cholesterol (mg)	5							
Sodium (mg)	399		540					
Sugars (g)	55	46.98%						
Protein (g)	12.46	10.67%						
Carbohydrate (g)	89.87	76.94%						
Total Fat (g)	6.96	13.40%						

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