

# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

Generated on: 8/30/2017 3:19:30 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/01/2017								
Middle 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
Pretzel & Cheese -MS	pret-5oz cheese	357	50	1030	0	17.33	36.33	16.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		577	37	1031	*44	23.67	84.11	17.12
% of Calories					*30.4%	16.4%	58.3%	26.7%
Nutrient Guideline		600-700		1360				

Mon - 09/04/2017								
Middle 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		600-700		1360				

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Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 8/30/2017 3:19:30 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/05/2017								
Middle 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
*Bacon Cheeseburger Basket*	sandwich	493	54	607	2	28.07	48.97	21.34
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
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
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, 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
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Ketchup packet	PC 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
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Weighted Daily Average		677	74	1708	*46	33.27	96.92	17.53
% of Calories					*26.9%	19.7%	57.3%	23.3%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 8/30/2017 3:19:30 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/06/2017								
Middle School Lunch	Total							
Cheeseburger on Bun	1 each	275	48	417	*1	20.54	21.01	13.03
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
Potato Wedges, Cajun	3 oz	123	0	17	0	2.23	18.96	3.9
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		631	46	1070	*42	27.23	94.30	16.97
% of Calories					*26.5%	17.3%	59.8%	24.2%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 8/30/2017 3:19:30 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/07/2017								
Middle School Lunch	Total							
Macaroni & Cheese	1 Cup	563	57	979	7	23.71	48.62	29.09
Chicken Nuggets	serving/4	260	25	400	1	16.0	16.0	15.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Broccoli, Seasoned	1/2 cup	43	0	45	1	2.19	5.49	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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Crisp, Blueberry	1/2 cup	230	19	58	*27	2.05	38.85	8.22
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	packet	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		706	42	1187	*43	28.61	98.14	23.59
% of Calories					*24.3%	16.2%	55.6%	30.1%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

Generated on: 8/30/2017 3:19:30 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/08/2017								
Middle School Lunch	Total							
Meatball Grinder	1 each	301	37	552	3	18.46	28.31	9.76
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	2	23.85	28.21	13.55
Pretzel & Cheese -MS	pret-5oz cheese	357	50	1030	0	17.33	36.33	16.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Mixed Vegetables	1/2 cup	75	0	99	4	3.53	14.13	0.44
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		600	48	1015	*43	31.37	86.56	15.90
% of Calories					*28.3%	20.9%	57.7%	23.9%
Nutrient Guideline		600-700		1360				

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

**Sep 1, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/11/2017								
Middle School Lunch	Total							
Pizza, Cheese Wedge	slice	371	27	490	7	26.15	42.5	11.99
Dutch Waffle/Sausage patty	waffle	542	60	710	15	12.0	46.11	35.0
Shrimp Popper Basket	basket	413	68	1181	1	12.67	51.0	17.31
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
Cheesy Hasbrowns	1/2 cup	275	29	1272	4	5.61	36.48	12.12
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
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
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	oz serving	39	0	179	7	0.0	8.97	0.0
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Weighted Daily Average		800	52	1647	*49	28.03	107.05	30.35
% of Calories					*24.7%	14.0%	53.5%	34.1%
Nutrient Guideline		600-700		1360				

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 7

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/12/2017								
Middle School Lunch	Total							
Nachos & Cheese (MS)	4 strips	484	50	1136	0	17.36	46.76	26.73
Chicken Strips-Secondary	4 strips	204	38	426	0	16.67	14.44	8.89
*Bacon Cheeseburger Basket*	sandwich	493	54	607	2	28.07	48.97	21.34
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
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
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, 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
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Ketchup packet	PC 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
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Weighted Daily Average		761	49	1679	*42	28.62	107.21	25.11
% of Calories					*22.1%	15.1%	56.4%	29.7%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/13/2017								
Middle School Lunch	Total							
BBQ Rib/bun	sandwich	316	25	565	9	19.0	38.74	10.5
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
Potato Wedges, Cajun	3 oz	123	0	17	0	2.23	18.96	3.9
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		636	43	1089	*43	27.03	96.60	16.64
% of Calories					*26.9%	17.0%	60.8%	23.6%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/14/2017								
Middle School Lunch	Total							
Spaghetti & Meatsauce	1 Cup	288	28	622	2	19.39	43.55	3.99
Chicken Nuggets	serving/4	260	25	400	1	16.0	16.0	15.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Peas, Seasoned	1/2 cup	73	0	69	4	4.3	11.93	1.11
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
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
Dressing, Salad Miracle Whip	packet	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		723	41	1235	*42	30.52	102.28	22.76
% of Calories					*23.4%	16.9%	56.6%	28.3%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 10

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/15/2017								
Middle School Lunch	Total							
Corn Dog	1 each	280	40	660	9	9.0	31.0	13.0
Chicken Patty/Bun	sandwich	450	25	510	2	24.0	44.0	19.5
Pretzel & Cheese -MS	pret-5oz cheese	357	50	1030	0	17.33	36.33	16.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		644	35	956	*42	27.79	88.28	20.60
% of Calories					*26.0%	17.3%	54.8%	28.8%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/18/2017								
Middle School Lunch	Total							
Pizza, Pepperoni Wedge	slice	330	30	770	7	25.0	36.0	10.0
French Toast Sticks/Sausage*	serving	248	26	220	16	6.19	33.16	10.22
Shrimp Popper Basket	basket	413	68	1181	1	12.67	51.0	17.31
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
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
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
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
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	oz serving	39	0	179	7	0.0	8.97	0.0
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Weighted Daily Average		683	40	1505	*50	25.71	100.72	20.71
% of Calories					*29.3%	15.1%	59.0%	27.3%
Nutrient Guideline		600-700		1360				

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

**Sep 1, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Middle 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								
Middle 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
*Bacon Cheeseburger Basket*	sandwich	493	54	607	2	28.07	48.97	21.34
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
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
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Ketchup packet	PC 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
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		729	44	1295	*47	31.26	106.23	20.83
% of Calories					*26.0%	17.1%	58.3%	25.7%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

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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								
Middle School Lunch	Total							
Ham & Cheese Sandwich	1 each	255	68	792	*1	23.54	21.01	9.52
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
Potato, Tator Tots	3 oz serving	130	0	310	0	2.0	16.0	6.0
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		632	48	1236	*42	27.48	93.30	17.45
% of Calories					*26.4%	17.4%	59.0%	24.8%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 14

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/21/2017								
Middle School Lunch	Total							
Sweet and Sour Chicken/Rice	Servings	649	34	726	*49	19.88	120.27	9.44
Chicken Nuggets	serving/4	260	25	400	1	16.0	16.0	15.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Mixed Vegetables	1/2 cup	75	0	99	4	3.53	14.13	0.44
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Crisp - Cherry	1/2 cup	256	0	81	*21	2.53	46.65	7.62
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		715	35	1163	*45	28.60	103.56	22.28
% of Calories					*24.9%	16.0%	58.0%	28.1%
Nutrient Guideline		600-700		1360				

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

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# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 15

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/22/2017								
Middle School Lunch	Total							
Meatball Grinder	1 each	301	37	552	3	18.46	28.31	9.76
Spicy Chicken Filet on bun	1 EACH	384	32	610	*1	22.0	39.0	16.0
Pretzel & Cheese -MS	pret-5oz cheese	357	50	1030	0	17.33	36.33	16.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		618	37	964	*40	29.70	84.82	17.80
% of Calories					*25.7%	19.2%	54.9%	25.9%
Nutrient Guideline		600-700		1360				

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

**Sep 1, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Middle 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								
Middle School 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
Shrimp Popper Basket	basket	413	68	1181	1	12.67	51.0	17.31
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
Sandwiches, Asst Cold Meat	1 each	355	57	1008	*3	33.2	40.98	8.15
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
Vegetable Variety	4 oz	29	0	47	2	1.66	5.89	0.26
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Salad, Tossed	1 cup	35	0	55	*3	2.02	7.34	0.18
Homemade Bread	1 Each	150	0	270	5	5.0	30.0	2.0
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
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	oz serving	39	0	179	7	0.0	8.97	0.0
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Weighted Daily Average		794	56	1584	*51	29.68	114.88	25.69
% of Calories					*25.9%	14.9%	57.9%	29.1%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Sep 1, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 17

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 09/26/2017								
Middle 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
*Bacon Cheeseburger Basket*	sandwich	493	54	607	2	28.07	48.97	21.34
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
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
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, 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
Salsa, Portion Cup	2 oz	13	0	92	2	0.0	3.0	0.0
Ketchup packet	PC 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
Pickles, Sliced Dill	3 slices	0	0	159	0	0.0	0.0	0.0
Weighted Daily Average		693	35	1487	*47	28.97	104.10	18.24
% of Calories					*26.9%	16.7%	60.0%	23.7%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 09/27/2017								
Middle School Lunch	Total							
BBQ Pulled Pork on Bun	sandwiches	447	100	771	8	30.0	36.97	14.5
Corn Dog Nuggets	serving of 6	250	50	550	6	11.0	28.0	11.0
Bosco Sticks	serving 2	394	27	555	2	21.49	48.34	12.53
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
Potato, Tator Tots	3 oz serving	130	0	310	0	2.0	16.0	6.0
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		655	52	1233	*43	28.26	95.22	18.04
% of Calories					*26.0%	17.2%	58.1%	24.8%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/28/2017								
Middle School Lunch	Total							
Macaroni & Cheese	1 Cup	563	57	979	7	23.71	48.62	29.09
Chicken Nuggets	serving/4	260	25	400	1	16.0	16.0	15.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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, Country Fat Free	2 oz.	35	0	140	1	0.0	4.94	1.98
Peas, Seasoned	1/2 cup	73	0	69	4	4.3	11.93	1.11
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	0.0
Crisp, Blueberry	1/2 cup	230	19	58	*27	2.05	38.85	8.22
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	packet	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		709	42	1189	*43	28.82	98.79	23.52
% of Calories					*24.4%	16.3%	55.7%	29.9%
Nutrient Guideline		600-700		1360				

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# Lee's Summit R-7 School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Sep 1, 2017 thru Sep 30, 2017

Middle School Lunch

Generated on: 8/30/2017 3:19:31 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/29/2017								
Middle School Lunch	Total							
Hot Dog on Bun	sandwich	310	35	710	1	11.0	21.0	16.0
Chicken Patty/Bun	sandwich	450	25	510	2	24.0	44.0	19.5
Pretzel & Cheese -MS	pret-5oz cheese	357	50	1030	0	17.33	36.33	16.0
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
Peanut Butter & Jelly Sandwich	1 each	580	0	368	16	21.56	53.43	35.19
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
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
Carrots, Baby	2 oz bag	25	0	55	3	1.0	6.0	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
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		653	33	971	*39	28.41	85.18	21.53
% of Calories					*24.2%	17.4%	52.2%	29.7%
Nutrient Guideline		600-700		1360				

Weighted Average		682	44	1262	*44	28.65	97.41	20.63
					*58.2%	16.8%	57.1%	27.2%

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

**Sep 1, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Sugars (g) Overage	Protn (g)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	682		600 - 700	100%							
Cholesterol (mg)	44										
Sodium (mg)	1262		1360								
Sugars (g)	44	25.86%			Missing						
Protein (g)	28.65	16.81%									
Carbohydrate (g)	97.41	57.15%									
Total Fat (g)	20.63	27.23%									

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