

Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/01/2019															
High School Lunch	Total														
Pizza, Cheese Wedge	slice	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
French Toast /Sausage*	serving	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Cheesy Hashbrowns	1/2 cup	275	29	1272	2.81	0.64	109.1	331	14.15	4	5.61	36.48	12.12	6.35	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		707	41	970	8.33	4.31	711.5	5256	61.24	*49	34.57	107.40	16.62	7.75	*0.00
% of Calories										*27.7%	19.6%	60.8%	21.2%	9.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/02/2019															
High School Lunch	Total														
Taco Salad - HS	#10	455	45	475	4.19	2.65	181.9	455	3.85	3	17.94	42.28	24.8	8.69	0.45
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Spanish Rice	1/2 cup	46	0	145	0.06	1.80	1.7	691	8.29	*1	0.47	8.46	0.77	0.12	*0.00
Refried Beans: canned	1/2 cup	122	1	182	5.28	2.40	67.1	51	8.1	1	7.67	20.97	0.56	0.30	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		734	43	985	9.44	5.00	475.6	3970	47.96	*46	30.20	105.39	22.44	6.61	*0.19
% of Calories										*25.0%	16.5%	57.4%	27.5%	8.1%	*0.2%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/03/2019															
High School Lunch	Total														
Sweet and Sour Chicken/Rice	Servings	649	34	726	2.75	4.98	31.3	253	3.62	*49	19.88	120.27	9.44	2.09	*0.00
Chicken Patty/Bun	sandwich	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Bosco Sticks, Pepperoni	serving/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Spicy Chicken Nuggets	serving	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Peas & Carrots, seasoned	1/2 cup	65	3	77	3.53	1.07	26.3	10829	9.19	5	3.51	11.51	1.58	0.79	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		815	35	926	9.87	5.39	436.9	10757	44.25	*63	32.64	129.40	19.47	4.20	*0.00
% of Calories										*30.9%	16.0%	63.5%	21.5%	4.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/04/2019															
High School Lunch	Total														
Mashed Potato Bowl	bowl	341	41	937	3.48	1.25	108.2	136	25.06	6	18.3	37.02	14.01	4.52	0.00
Breaded Chicken Fried Steak	1 each	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		716	38	1090	8.98	3.75	420.2	3740	59.68	*50	27.94	105.88	22.02	5.63	*0.00
% of Calories										*27.9%	15.6%	59.2%	27.7%	7.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/05/2019															
High School Lunch	Total														
BBQ Pulled Pork on Bun	sandwiche basket	437	100	751	3.12	2.00	88.0	224	0.0	9	29.0	34.97	14.0	4.50	0.00
Fish & Chips		400	50	600	3.00	2.16	20.0	0	4.8	1	17.0	46.0	16.0	3.50	0.00
Bacon Cheeseburger Basket	sandwich	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Spicy Chicken Tender Basket	serving/3	368	45	708	3.88	11.05	0.0	0	61.43	3	21.88	28.05	17.95	4.04	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Baked Beans- district	1/2 CUP	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
Coleslaw HS	1/2 cup	53	2	555	3.27	0.53	64.9	140	38.76	*8	1.97	12.26	0.23	0.06	*0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	PC packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		776	74	1108	9.47	4.44	471.2	5023	57.87	*55	37.05	109.29	19.66	5.35	*0.00
% of Calories										*28.5%	19.1%	56.4%	22.8%	6.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/08/2019															
High School Lunch	Total														
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Spicy Chicken Filet on bun	sandwich	374	32	590	2.00	3.20	90.0	98	2.0	*2	21.0	37.0	15.5	2.70	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
French Fries, Seasoned	2.52 oz se	120	0	280	2.00	7.92	0.0	0	51.6	0	2.0	16.0	5.0	1.50	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		720	37	1106	7.84	7.17	589.6	4677	59.25	*48	31.48	108.57	18.22	5.66	*0.00
% of Calories										*26.7%	17.5%	60.3%	22.8%	7.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/09/2019															
High School Lunch	Total														
Pizza, Southwest (Fiestada)	slice	360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		712	41	981	8.52	3.97	533.9	4485	42.73	*50	29.02	107.60	20.34	7.31	*0.00
% of Calories										*28.2%	16.3%	60.4%	25.7%	9.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/10/2019															
High School Lunch	Total														
Thai Chili Rice Bowl	servings	345	31	762	2.87	1.59	18.7	636	0.0	*27	15.2	47.78	9.98	2.26	0.00
Chicken Patty/Bun	sandwich	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Spicy Chicken Nuggets	serving	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Bosco Sticks, Pepperoni	serving/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		736	34	898	10.33	4.48	506.1	5992	79.66	*54	32.38	106.58	20.86	4.73	*0.00
% of Calories										*29.1%	17.6%	58.0%	25.5%	5.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/11/2019															
High School Lunch	Total														
Chicken Nuggets	1 serving/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Meatball Grinder	1 each	348	36	528	3.70	3.95	141.6	289	6.56	5	19.87	35.24	13.67	4.08	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Carrots, Glazed	1/2 cup	87	38	62	2.79	0.07	35.9	6899	1.64	13	1.38	16.92	3.13	1.12	*0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		760	47	1288	8.28	4.36	525.6	6183	54.52	*55	29.68	113.34	21.33	6.45	*0.00
% of Calories										*28.7%	15.6%	59.7%	25.3%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/12/2019															
High School Lunch	Total														
BBQ Rib/bun	sandwich	338	41	584	3.47	2.44	94.0	192	3.4	7	21.0	33.74	13.0	3.60	0.00
Corn Dog Nuggets	serving of 6	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Fish & Chips	basket	400	50	600	3.00	2.16	20.0	0	4.8	1	17.0	46.0	16.0	3.50	0.00
Bacon Cheeseburger Basket	sandwich	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Spicy Chicken Tender Basket	serving/3	368	45	708	3.88	11.05	0.0	0	61.43	3	21.88	28.05	17.95	4.04	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Baked Beans- district	1/2 CUP	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	PC packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		779	50	1010	10.10	4.98	514.6	5617	59.69	*56	35.61	115.38	20.63	5.39	*0.00
% of Calories										*29.0%	18.3%	59.2%	23.8%	6.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/15/2019															
High School Lunch	Total														
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Dutch Waffle/Sausage patty	waffle	554	72	694	3.00	1.80	72.0	112	0.0	15	16.0	48.11	33.0	10.40	*0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Broccoli Normandy	1/2 cup	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	0.00
Potato, Tator Tots	serving of 9	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		763	47	1001	7.03	3.72	589.0	4736	44.27	*52	29.28	109.26	23.85	8.08	*0.00
% of Calories										*27.2%	15.3%	57.3%	28.1%	9.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/16/2019															
High School Lunch	Total														
Pork Enchiladas	enchiladas	456	81	872	3.22	*2.84	*77.4	*172	*1.24	7	28.05	31.54	22.29	9.08	*0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Black Beans	1/2 cup	154	0	195	11.21	15.28	31.7	12	0.03	0	9.84	28.18	0.78	0.01	0.00
Spanish Rice	1/2 cup	46	0	145	0.06	1.80	1.7	691	8.29	*1	0.47	8.46	0.77	0.12	*0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		707	46	995	8.47	*7.24	*555.2	*4025	*43.42	*48	30.73	102.90	19.95	7.70	*0.01
% of Calories										*27.2%	17.4%	58.2%	25.4%	9.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/17/2019															
High School Lunch	Total														
Macaroni & Cheese	1 Cup	563	79	876	2.04	1.86	466.4	1158	0.0	7	23.71	48.62	29.09	16.26	*0.00
Chicken Patty/Bun	sandwich	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Bosco Sticks, Pepperoni	serving/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Spicy Chicken Nuggets	serving	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Peas, Seasoned	1/2 cup	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		792	47	930	9.93	4.70	558.2	5115	42.66	*50	34.27	108.33	24.88	7.97	*0.00
% of Calories										*25.2%	17.3%	54.7%	28.3%	9.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/18/2019															
High School Lunch	Total														
Chicken Nuggets	servings/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Pizza, Southwest (Fiestada)	slice	360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		725	35	1298	8.70	4.09	527.8	3994	50.89	*51	28.67	107.39	20.60	6.64	*0.00
% of Calories										*28.2%	15.8%	59.2%	25.6%	8.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 04/19/2019															
High School Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 04/22/2019															
High School Lunch	Total														
Pizza, Cheese Wedge	slice	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
BBQ Rib/bun	sandwich	338	41	584	3.47	2.44	94.0	192	3.4	7	21.0	33.74	13.0	3.60	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	servin 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Cheesy Hashbrowns	1/2 cup	275	29	1272	2.81	0.64	109.1	331	14.15	4	5.61	36.48	12.12	6.35	0.00
Mixed Vegetables	1/2 cup	83	4	94	2.66	0.32	0.4	928	4.22	4	3.53	14.13	1.32	0.84	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		774	45	1114	11.03	4.33	685.6	6135	51.93	*55	38.38	114.67	19.60	8.46	*0.00
% of Calories										*28.2%	19.8%	59.3%	22.8%	9.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/23/2019															
High School Lunch	Total														
Tacos, Beef Hard Shells	tacos	304	34	450	3.14	1.99	124.5	457	3.09	1	12.86	22.74	18.24	6.39	*0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Taco Toppings	serving	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Refried Beans: canned	1/2 cup	122	1	182	5.28	2.40	67.1	51	8.1	1	7.67	20.97	0.56	0.30	0.00
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		707	43	922	9.33	4.13	485.5	4514	46.26	*48	28.27	103.90	21.59	7.10	*0.00
% of Calories										*27.4%	16.0%	58.8%	27.5%	9.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/24/2019															
High School Lunch	Total														
Spaghetti & Meatsauce	1 Cup	324	26	606	3.07	3.61	44.2	572	6.87	2	16.27	41.47	9.96	3.12	0.00
Chicken Patty/Bun	sandwich	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Spicy Chicken Nuggets	serving	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Bosco Sticks, Pepperoni	serving/2	500	50	1100	2.00	0.00	0.0	800	0.0	4	22.0	62.0	18.0	9.00	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Broccoli, Seasoned	1/2 cup	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	PC packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		706	33	941	10.51	4.91	476.2	7394	96.49	*50	31.14	105.19	18.86	4.82	*0.00
% of Calories										*28.5%	17.7%	59.6%	24.1%	6.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/25/2019															
High School Lunch	Total														
Breaded Chicken Fried Steak	1 each	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	0.00
Meatball Grinder	1 each	348	36	528	3.70	3.95	141.6	289	6.56	5	19.87	35.24	13.67	4.08	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Mashed Potatoes	1/2 cup	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	2 oz	54	0	307	0.00	0.01	2.3	11	0.0	2	0.0	6.5	2.17	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		748	41	1276	8.32	4.59	532.3	3988	55.35	*52	29.53	110.19	21.14	6.72	*0.00
% of Calories										*27.9%	15.8%	58.9%	25.4%	8.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/26/2019															
High School Lunch	Total														
Thai Pork Ramen Bowl	bowls	537	53	677	6.19	4.16	25.4	4370	6.54	29	21.98	72.15	15.74	5.45	0.00
Corn Dog Nuggets	serving of 6	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Bacon Cheeseburger Basket	sandwich	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Spicy Chicken Tender Basket	serving/3	368	45	708	3.88	11.05	0.0	0	61.43	3	21.88	28.05	17.95	4.04	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Peas & Carrots, seasoned	1/2 cup	65	3	77	3.53	1.07	26.3	10829	9.19	5	3.51	11.51	1.58	0.79	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	PC packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		741	51	917	9.09	4.61	483.0	8963	70.52	*59	30.97	111.09	19.98	5.60	*0.00
% of Calories										*32.0%	16.7%	60.0%	24.3%	6.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/29/2019															
High School Lunch	Total														
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Spicy Chicken Filet on bun	sandwich	374	32	590	2.00	3.20	90.0	98	2.0	*2	21.0	37.0	15.5	2.70	0.00
Chicken Tender Basket	basket	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Homemade Bread	2 oz servin	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Green Beans, Seasoned	1/2 cup	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
French Fries, Seasoned	2.52 oz se rving	120	0	280	2.00	7.92	0.0	0	51.6	0	2.0	16.0	5.0	1.50	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		682	36	1014	6.76	6.14	538.3	3979	53.77	*46	30.20	101.79	17.55	4.92	*0.00
% of Calories										*27.1%	17.7%	59.7%	23.1%	6.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/30/2019															
High School Lunch	Total														
Walking Taco (Secondary)	portions	336	34	397	3.81	1.95	106.5	510	3.69	2	13.51	31.46	17.04	6.32	0.00
Chicken Strips-Secondary	4 strips	204	38	426	2.22	2.22	22.2	93	96.67	0	16.67	14.44	8.89	2.22	0.00
Pizza, Big Daddy, Cheese	slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	335	34	676	2.95	2.68	16.0	108	3.42	0	16.9	31.99	15.65	3.42	0.00
Baked Potato Entree	1 each	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Chef Salad	Salad	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	284	60	644	4.60	1.43	185.5	909	39.98	2	23.85	28.21	13.55	5.64	0.00
Sandwiches, Asst Cold Meat	1 each	365	71	1065	2.70	2.79	222.6	152	2.13	*1	32.79	37.6	10.33	3.37	0.00
Taco Toppings	serving	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Black Bean Salsa	1/2 cup	138	0	258	6.65	5.28	32.9	124	3.65	3	6.18	26.67	1.31	0.17	0.00
Corn, Seasoned	1/2 cup	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Homemade Bread	1 Each	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Salad, Tossed	1 cup	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
Milk, Choc 1% Carton	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	2 TBSP	43	3	277	0.00	0.00	0.0	18	0.0	4	0.0	4.5	2.33	0.33	0.00
Ketchup packet	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
BBQ Sauce	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Hot Sauce	2 tsp	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	20	0	139	1.33	0.72	22.7	237	2.67	1	0.0	4.0	0.0	0.00	0.00
Jalapeno Peppers	serving	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		708	41	915	9.86	4.69	427.4	3936	45.45	*47	27.82	106.14	20.95	6.26	*0.00
% of Calories										*26.7%	15.7%	59.9%	26.6%	8.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		738	43	1033	9.06	*4.81	*525.9	*5356	*55.61	*52	31.42	109.03	20.50	6.35	*0.01
										*63.0%	17.0%	59.1%	25.0%	7.7%	*0.0%

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Lee's Summit R-7 School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	738		750 - 850	98%		12		Correction Required - Calories are Low							
Cholesterol (mg)	43														
Sodium 1 (mg)	1033		1420												
Sodium 2 (mg)	1033		1080												
Fiber (g)	9.06														
Iron (mg)	4.81				Missing										
Calcium (mg)	525.9				Missing										
Vitamin A (IU)	5356				Missing										
Sugars (g)	52	27.98%			Missing										
Vitamin C (mg)	55.61				Missing										
Protein (g)	31.42	17.02%													
Carbohydrate (g)	109.03	59.06%													
Total Fat (g)	20.50	24.99%													
Saturated Fat (g)	6.35	7.74%	<10.00%												
Trans Fat ¹ (g)	0.01	0.02%			Missing										

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