

Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Tue - 01/01/2019															
Elementary Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		600-650		1230											<10.00

	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 <sup>1</sup> (g)
Wed - 01/02/2019															
Elementary Lunch NO SCHOOL TODAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		600-650		1230											<10.00

	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 <sup>1</sup> (g)
Thu - 01/03/2019															
Elementary Lunch	Total														
Pork Carnita Hard Shell Taco	servings	373	98	1132	1.28	3.92	262.6	888	3.09	0	25.53	5.83	25.22	11.84	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
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	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	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
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*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
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
Pineapple tidbit:canned,lt syr	1/2 cup	73	0	1	1.22	0.44	12.2	61	11.76	17	0.0	19.6	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
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	packet	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	2 TBSP	85	0	565	0.00	0.00	0.0	85	0.0	17	0.0	18.82	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	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

\*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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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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 <sup>1</sup> (g)
Weighted Daily Average		670	50	869	6.62	4.61	482.6	1426	17.18	37	33.32	83.48	21.91	5.95	*0.00
% of Calories										21.9%	19.9%	49.9%	29.4%	8.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 01/04/2019															
Elementary Lunch	Total														
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
Nachos and Cheese	serving	335	30	743	3.00	0.54	260.0	300	3.6	0	10.0	32.0	19.0	7.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pizza, Galaxy Personal Pan	1 Each	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	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
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
Mandarin Oranges	1/2 cup	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Pears, Chilled	1/2 cup	78	0	6	2.59	0.47	0.0	71	1.56	16	0.0	20.76	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		601	41	781	6.51	3.68	505.7	2083	29.77	46	26.97	87.58	16.04	5.72	*0.00
% of Calories										30.3%	18.0%	58.3%	24.0%	8.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

**Jan 1, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Mon - 01/07/2019															
Elementary 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
Pizza, Cheese Stuffed Pepper	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	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
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
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
Fruit Cocktail:canned,lt syrup	1/2 cup	64	0	5	1.07	0.00	0.0	215	1.29	13	1.07	16.1	0.0	0.00	0.00
Applesauce	1/2 cup	49	0	2	0.97	0.00	0.0	77	0.0	11	0.97	13.51	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		658	43	912	5.09	3.62	719.0	2451	20.45	40	31.63	93.66	17.79	8.46	*0.00
% of Calories										24.3%	19.2%	56.9%	24.3%	11.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Tue - 01/08/2019															
Elementary Lunch	Total														
Chicken Nuggets	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
Lasagna Roll Up	servings	302	20	941	3.78	2.36	335.6	1067	14.0	8	16.78	39.67	7.33	3.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pretzel Braid with Cheese	serving/2	280	30	650	2.00	1.44	200.0	300	0.0	0	11.0	33.0	11.0	6.00	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
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, Country Fat Free	2 oz.	35	0	140	0.00	0.00	0.9	5	0.0	1	0.0	4.94	1.98	0.99	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
Peaches: canned,light syrup	1/2 cup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
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	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	packet	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		517	32	868	4.32	2.16	417.2	1416	27.15	34	24.49	69.27	15.88	4.32	*0.00
% of Calories										26.1%	19.0%	53.6%	27.7%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Wed - 01/09/2019															
Elementary Lunch															
	Total														
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
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
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Breaded Drumstick Basket	1 each	393	50	816	2.36	2.06	20.0	100	4.88	0	18.71	32.13	20.5	4.54	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
WG Dinner Rolls/Bread Sticks	servings	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
Tropical fruit mix	1/2 cup	66	0	3	1.09	0.39	6.1	435	15.28	16	0.0	17.38	0.0	0.00	0.00
Strawberries: frozen	1/2 cup	131	0	0	2.00	0.36	20.0	145	21.0	29	1.0	31.0	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
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	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	packet	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	1 oz	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		693	47	814	8.59	3.75	658.7	3064	70.98	49	35.30	94.67	20.45	8.29	*0.00
% of Calories										28.1%	20.4%	54.6%	26.5%	10.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Elementary 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 <sup>1</sup> (g)
Thu - 01/10/2019															
Elementary Lunch	Total														
Walking Taco	portions	266	34	342	2.81	1.95	106.5	510	3.69	2	12.51	21.46	14.54	5.82	0.00
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	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	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	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
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Salad, Tossed	salad	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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
Power Gelatin	1/2 cup	95	0	19	0.00	0.00	119.1	148	76.58	21	0.34	22.47	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
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
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	2 TBSP	85	0	565	0.00	0.00	0.0	85	0.0	17	0.0	18.82	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
Weighted Daily Average		504	43	623	4.62	3.00	452.6	5449	82.31	*38	24.28	70.14	14.33	5.03	*0.00
% of Calories										*30.2%	19.3%	55.7%	25.6%	9.0%	*0.0%
Nutrient Guideline		600-650		1230										<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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Fri - 01/11/2019															
Elementary Lunch	Total														
BBQ Pulled Pork on Bun	sandwiche	437	100	751	3.12	2.00	88.0	224	0.0	9	29.0	34.97	14.0	4.50	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
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pizza, Galaxy Personal Pan	1 Each	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	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
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
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
Apples, Cinnamon	1/2 cup	86	0	13	2.75	0.03	3.0	58	0.01	14	0.01	17.72	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	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
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	2 oz	85	0	565	0.00	0.00	0.0	85	0.0	17	0.0	18.82	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		614	57	875	7.05	2.15	442.2	1332	44.31	46	26.41	87.77	15.29	3.86	*0.00
% of Calories										29.9%	17.2%	57.2%	22.4%	5.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

**Jan 1, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Mon - 01/14/2019															
Elementary Lunch	Total														
Sw & Sour Chicken/Rice Elem	Servings	528	34	726	2.45	3.60	28.3	253	3.62	*49	17.66	93.68	9.24	2.05	*0.00
Corn Dog	1 each	280	40	660	2.00	0.00	0.0	45	0.0	9	9.0	31.0	13.0	3.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	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
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
Peas & Carrots, seasoned	4 oz	65	3	77	3.53	1.07	26.3	10829	9.19	5	3.51	11.51	1.58	0.79	0.00
Mandarin Oranges	1/2 cup	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Cherries, Canned	1/2 cup	45	0	30	0.00	0.50	15.0	0	3.0	8	1.0	9.0	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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	packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		624	38	840	4.41	3.39	584.8	5942	28.06	*46	28.21	96.40	14.09	5.86	*0.00
% of Calories										*29.6%	18.1%	61.8%	20.3%	8.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Tue - 01/15/2019															
Elementary Lunch	Total														
Chicken Nuggets	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
Sloppy Joe on bun-district	Servings	262	25	584	2.81	2.71	73.1	282	4.3	*8	14.9	29.33	10.23	3.05	*0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pretzel Braid with Cheese	serving/2	280	30	650	2.00	1.44	200.0	300	0.0	0	11.0	33.0	11.0	6.00	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
WG Dinner Rolls/Bread Sticks	servings	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	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 TBSP	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
Pears, Rosey	1/2 cup	91	0	125	2.54	0.46	0.1	70	22.69	*15	2.39	21.74	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
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	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	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		515	34	930	5.23	2.51	401.6	1372	29.58	*33	25.29	67.70	16.20	4.01	*0.00
% of Calories										*26.0%	19.6%	52.6%	28.3%	7.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Wed - 01/16/2019															
Elementary Lunch															
	Total														
	French Toast /Sausage*	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
	BBQ Rib/bun	338	41	584	3.47	2.44	94.0	192	3.4	7	21.0	33.74	13.0	3.60	0.00
	Baked Potato Entree	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
	Breaded Drumstick Basket	393	50	816	2.36	2.06	20.0	100	4.88	0	18.71	32.13	20.5	4.54	0.00
	Carrots, Baby	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
	WG Dinner Rolls/Bread Sticks	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	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
	Fruit Cocktail:canned,lt syrup	64	0	5	1.07	0.00	0.0	215	1.29	13	1.07	16.1	0.0	0.00	0.00
	Applesauce	49	0	2	0.97	0.00	0.0	77	0.0	11	0.97	13.51	0.0	0.00	0.00
	Juice, Assorted 4 oz	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	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
	Milk, 1% White Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
	Milk, Strawberry Skim Carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
	Ketchup packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
	Dressing, Salad Miracle Whip	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
	Dressing, Ranch FF	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
	Dressing, Honey Mustard	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
	Pickles, Sliced Dill	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Weighted Daily Average	608	60	836	6.30	2.76	448.8	2814	52.44	42	30.82	82.17	18.03	5.59	0.00
	% of Calories									27.8%	20.3%	54.1%	26.7%	8.3%	0.0%
	Nutrient Guideline	600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Thu - 01/17/2019															
Elementary 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 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
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	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	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
Cinnamon Rolls, Rich's	2 oz roll	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*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
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
Pineapple tidbit:canned,lt syr	1/2 cup	73	0	1	1.22	0.44	12.2	61	11.76	17	0.0	19.6	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
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	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	packet	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	1 oz	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	2 TBSP	85	0	565	0.00	0.00	0.0	85	0.0	17	0.0	18.82	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
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		687	35	925	10.79	9.72	509.8	1444	14.95	40	32.97	97.54	18.75	5.50	*0.00
% of Calories										23.2%	19.2%	56.8%	24.6%	7.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Fri - 01/18/2019															
Elementary Lunch	Total														
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
Nachos and Cheese	serving	335	30	743	3.00	0.54	260.0	300	3.6	0	10.0	32.0	19.0	7.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pizza, Galaxy Personal Pan	1 Each	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	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
French Fries, Seasoned	2.52 oz serving	120	0	280	2.00	7.92	0.0	0	51.6	0	2.0	16.0	5.0	1.50	0.00
Peaches: canned, light syrup	1/2 cup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	0.00	0.00
Shape Up	1 each	40	0	10	0.00	0.00	0.0	45	1.2	9	0.0	10.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz serving	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	2 oz	85	0	565	0.00	0.00	0.0	85	0.0	17	0.0	18.82	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average % of Calories		592	38	970	4.68	3.97	557.0	1440	30.18	35 23.8%	22.97 15.5%	80.51 54.4%	19.79 30.1%	7.29 11.1%	*0.00 *0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 01/21/2019															
Elementary 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
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Tue - 01/22/2019															
Elementary Lunch															
Chicken Nuggets	Total 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
Toasted Ham & Cheese Sandwich	1 each	290	68	724	4.12	2.57	158.3	152	6.14	1	24.75	27.76	9.08	2.77	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pretzel Braid with Cheese	serving/2	280	30	650	2.00	1.44	200.0	300	0.0	0	11.0	33.0	11.0	6.00	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
WG Dinner Rolls/Bread Sticks	servings	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	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 TBSP	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
Apples, sliced, fresh	1/2 cup	7	0	0	0.33	0.02	1.0	10	0.6	2	0.04	1.91	0.02	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
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	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	packet	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		552	42	962	5.16	2.42	446.6	1310	27.70	32	26.40	75.73	16.49	4.78	*0.00
% of Calories										23.0%	19.1%	54.9%	26.9%	7.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Wed - 01/23/2019															
Elementary Lunch															
	Total serving	502	52	584	2.00	1.44	32.0	192	0.0	22	16.0	61.0	23.0	7.40	0.00
	Pancakes/Sausage/Syrup slice	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
	Pizza, Cheese Wedge	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
	Baked Potato Entree	393	50	816	2.36	2.06	20.0	100	4.88	0	18.71	32.13	20.5	4.54	0.00
	Breaded Drumstick Basket	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
	Carrots, Baby	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
	Homemade Bread	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
	Green Beans, Seasoned	275	29	1272	2.81	0.64	109.1	331	14.15	4	5.61	36.48	12.12	6.35	0.00
	Cheesy Hashbrowns	40	0	0	1.50	0.00	30.0	50	39.0	7	0.5	9.5	0.0	0.00	0.00
	Orange Smiles	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00	0.00
	Juice, Assorted 4 oz	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
	Milk, Choc 1% Carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
	Milk, 1% White 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, Strawberry Skim Carton	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
	Ketchup packet	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
	Dressing, Ranch FF	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
	Dressing, Honey Mustard	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
	Jelly														
	Weighted Daily Average	744	61	1451	8.31	3.38	631.0	1730	37.76	38	35.20	97.21	24.62	10.26	*0.00
	% of Calories									20.7%	18.9%	52.3%	29.8%	12.4%	*0.0%
	Nutrient Guideline	600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Thu - 01/24/2019															
Elementary Lunch	Total														
Taco Salad - Elem	#12	341	34	357	3.17	2.00	136.8	353	2.95	2	13.48	31.78	18.6	6.52	0.34
Hot Dog on Bun	sandwich	350	35	570	2.00	1.80	80.0	5	2.4	3	13.0	28.0	20.0	7.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	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
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	salad	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	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
Peaches: canned,light syrup	1/2 cup	76	0	13	0.00	0.00	0.0	381	1.52	14	0.0	17.76	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	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
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
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	2 oz	85	0	565	0.00	0.00	0.0	85	0.0	17	0.0	18.82	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		609	41	781	5.80	3.39	476.0	3945	21.62	*36	25.29	80.93	20.32	7.06	*0.19
% of Calories										*23.6%	16.6%	53.2%	30.0%	10.4%	*0.3%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Fri - 01/25/2019															
Elementary Lunch	Total														
BBQ Pulled Pork on Bun	sandwiche	437	100	751	3.12	2.00	88.0	224	0.0	9	29.0	34.97	14.0	4.50	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
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pizza, Galaxy Personal Pan	1 Each	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	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
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
Apples, Cinnamon	1/2 cup	86	0	13	2.75	0.03	3.0	58	0.01	14	0.01	17.72	0.0	0.00	*0.00
Fruit Cocktail:canned,lt syrup	1/2 cup	64	0	5	1.07	0.00	0.0	215	1.29	13	1.07	16.1	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	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
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	2 oz	85	0	565	0.00	0.00	0.0	85	0.0	17	0.0	18.82	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		592	58	769	6.17	1.72	424.5	1608	45.01	51	25.08	86.74	13.96	3.87	*0.00
% of Calories										34.3%	16.9%	58.6%	21.2%	5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

**Jan 1, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Mon - 01/28/2019															
Elementary 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
Pizza, Cheese Stuffed Pepper	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	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
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
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
Mandarin Oranges	1/2 cup	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Pears, Chilled	1/2 cup	78	0	6	2.59	0.47	0.0	71	1.56	16	0.0	20.76	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		691	44	964	5.88	4.07	723.0	2803	30.53	44	31.46	100.35	18.55	8.54	*0.00
% of Calories										25.7%	18.2%	58.1%	24.1%	11.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Tue - 01/29/2019															
Elementary 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
Deli Sub Sandwich (Elem)	1 each	332	68	854	2.00	2.52	175.9	202	4.2	3	22.54	28.31	14.02	4.07	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
Pretzel Braid with Cheese	1 serving/2	280	30	650	2.00	1.44	200.0	300	0.0	0	11.0	33.0	11.0	6.00	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
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, Country Fat Free	2 oz.	35	0	140	0.00	0.00	0.9	5	0.0	1	0.0	4.94	1.98	0.99	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
Grapes, Fresh	1/2 cup	33	0	5	0.37	0.00	7.3	37	0.44	7	0.0	8.4	0.0	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	1 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, 1% White Carton	1 carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00	0.00
Milk, Strawberry Skim Carton	1 carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Ketchup packet	1 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	1 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	1 packet	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	1 oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		532	36	928	4.63	2.32	415.2	1290	26.39	32	25.28	70.03	17.17	4.53	*0.00
% of Calories										24.4%	19.0%	52.7%	29.1%	7.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Wed - 01/30/2019															
Elementary Lunch															
	Total serving	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
	French Toast /Sausage*	360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
	Pizza, Southwest (Fiestada)	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	0.00
	Baked Potato Entree	393	50	816	2.36	2.06	20.0	100	4.88	0	18.71	32.13	20.5	4.54	0.00
	Breaded Drumstick Basket	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
	Carrots, Baby	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
	Homemade Bread	275	29	1272	2.81	0.64	109.1	331	14.15	4	5.61	36.48	12.12	6.35	0.00
	Cheesy Hashbrowns	35	0	40	1.53	0.01	0.4	1024	18.12	2	1.52	3.08	1.76	0.80	0.00
	Broccoli Normandy	64	0	5	1.07	0.00	0.0	215	1.29	13	1.07	16.1	0.0	0.00	0.00
	Fruit Cocktail:canned,lt syrup	4 oz servin	60	0	8	0.00	0.00	90.0	223	37.6	14	0.0	15.33	0.0	0.00
	Juice, Assorted 4 oz	carton	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00
	Milk, Choc 1% Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	0.00
	Milk, 1% White Carton	carton	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00
	Milk, Strawberry Skim Carton	packet	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	0.0	0.00	0.00
	Ketchup packet	2 oz	78	0	359	2.24	0.00	0.0	448	0.0	13	0.0	17.93	0.0	0.00
	BBQ Sauce	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00
	Dressing, Ranch FF	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00
	Jelly														*N/A*
Weighted Daily Average		737	88	1418	5.23	2.03	483.1	1897	23.16	45	28.51	96.21	26.51	10.06	*0.00
% of Calories										24.4%	15.5%	52.2%	32.4%	12.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Thu - 01/31/2019															
Elementary Lunch															
	Total														
Chic Fajita Quesadillas	1 Each	198	45	608	2.00	1.14	37.9	43	0.02	*1	13.98	21.24	4.81	1.96	0.00
Chicken Strips	3 strips	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Baked Potato Entree	1 each	416	60	429	3.03	0.55	410.4	779	15.0	3	17.01	39.06	21.93	13.79	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
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
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
Orange Smiles	1/2 EACH	40	0	0	1.50	0.00	30.0	50	39.0	7	0.5	9.5	0.0	0.00	0.00
Strawberries: frozen	1/2 cup	131	0	0	2.00	0.36	20.0	145	21.0	29	1.0	31.0	0.0	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, 1% White Carton	carton	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	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
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	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	packet	0	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
BBQ Sauce	oz serving	39	0	179	1.12	0.00	0.0	224	0.0	7	0.0	8.97	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
Pickles, Sliced Dill	3 slices	0	0	159	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	140	20	560	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Dressing, Honey Mustard	1 TBSP	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	*N/A*
Weighted Daily Average		516	44	792	4.89	2.70	385.2	1274	71.07	*38	25.76	74.72	13.04	3.56	*0.00
% of Calories										*29.6%	20.0%	57.9%	22.7%	6.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average		613	47	915	6.01	3.37	508.2	2304	36.53	*40	28.28	84.64	17.96	6.13	*0.01
										*58.9%	18.5%	55.3%	26.4%	9.0%	*0.0%

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

**Jan 1, 2019 thru Jan 31, 2019**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	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 <sup>1</sup> (g)	Error Messages (if any)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	613		600 - 650	100%														
Cholesterol (mg)	47																	
Sodium 1 (mg)	915		1230															
Sodium 2 (mg)	915		935															
Fiber (g)	6.01																	
Iron (mg)	3.37																	
Calcium (mg)	508.2																	
Vitamin A (IU)	2304																	
Sugars (g)	40	26.19%				Missing												
Vitamin C (mg)	36.53																	
Protein (g)	28.28	18.46%																
Carbohydrate (g)	84.64	55.26%																
Total Fat (g)	17.96	26.38%																
Saturated Fat (g)	6.13	9.00%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.01	0.01%				Missing												

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