

Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/01/2019															
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		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		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 ¹ (g)
Mon - 03/04/2019															
Elementary 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
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
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
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
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
Applesauce, Rosey	1/2 cup	64	0	116	0.97	0.00	0.1	77	20.35	*11	3.26	14.9	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		625	34	786	5.53	3.84	672.3	2647	52.70	*39	32.97	92.94	14.04	6.59	*0.00
% of Calories										*25.1%	21.1%	59.5%	20.2%	9.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Tue - 03/05/2019															
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
Pretzel Braid with Cheese	1 each	280	30	650	2.00	1.44	200.0	300	0.0	0	11.0	33.0	11.0	6.00	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
Breaded Drumstick Basket	1 each	332	50	708	1.83	1.68	20.0	100	4.0	0	17.67	24.17	17.67	4.17	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
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
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	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		460	27	718	4.12	1.85	370.6	1277	26.44	33	22.45	62.15	14.04	3.29	*0.00
% of Calories										28.7%	19.5%	54.1%	27.5%	6.4%	*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 ¹ (g)
Wed - 03/06/2019															
Elementary Lunch	Total														
Pancakes/Sausage/Syrup	serving	502	52	584	2.00	1.44	32.0	192	0.0	22	16.0	61.0	23.0	7.40	0.00
Hamburger on bun	sandwich	290	40	245	2.00	3.08	108.0	0	0.0	2	19.0	27.0	12.0	3.50	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
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, 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
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	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, 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
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
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
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	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
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 oz	42	0	282	0.00	0.00	0.0	42	0.0	8	0.0	9.41	0.0	0.00	0.00
Weighted Daily Average		681	50	831	6.57	6.89	474.5	2300	42.95	47	30.53	96.80	18.98	6.60	0.00
% of Calories										27.3%	17.9%	56.9%	25.1%	8.7%	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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/07/2019															
Elementary Lunch															
Tacos, Beef Hard Shells	Total 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 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
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
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
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	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
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	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
Jalapeno Peppers	serving	9	0	661	1.89	0.68	37.8	189	4.54	0	0.0	1.89	0.0	0.00	0.00
Weighted Daily Average		638	40	845	8.29	4.81	487.2	5417	20.74	*32	30.66	82.45	20.64	5.80	*0.00
% of Calories										*19.8%	19.2%	51.7%	29.1%	8.2%	*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 ¹ (g)
Fri - 03/08/2019															
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
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
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, 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
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
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
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
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*
Jalapeno Peppers	serving	9	0	661	1.89	0.68	37.8	189	4.54	0	0.0	1.89	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		620	43	817	6.49	3.52	516.7	2080	29.16	45	27.24	88.91	16.66	5.99	*0.00
% of Calories										28.8%	17.6%	57.3%	24.2%	8.7%	*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 ¹ (g)
Mon - 03/11/2019															
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
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
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 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		682	44	964	5.75	3.95	723.0	2387	20.86	41	31.46	97.72	18.55	8.54	*0.00
% of Calories										24.1%	18.5%	57.4%	24.5%	11.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Tue - 03/12/2019															
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
Pretzel Braid with Cheese	1 each	280	30	650	2.00	1.44	200.0	300	0.0	0	11.0	33.0	11.0	6.00	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
Breaded Drumstick Basket	1 each	332	50	708	1.83	1.68	20.0	100	4.0	0	17.67	24.17	17.67	4.17	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	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
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
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	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		520	37	930	4.80	2.24	408.9	1385	27.00	31	24.94	66.66	17.02	4.42	*0.00
% of Calories										24.0%	19.2%	51.3%	29.5%	7.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Wed - 03/13/2019															
Elementary Lunch															
French Toast /Sausage*	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
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
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, 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
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	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
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
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
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		645	53	812	5.08	3.46	534.0	2912	79.44	*45	30.25	88.95	19.00	5.72	0.00
% of Calories										*27.8%	18.8%	55.2%	26.5%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Thu - 03/14/2019															
Elementary Lunch	Total														
Walking Taco	3 strips	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	Basket	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*	1 each	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	2 oz bag	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 roll	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	serving	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Taco Toppings	salad	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Salad, Tossed	1/2 cup	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	4 oz servin	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Strawberries: frozen	carton	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	carton	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	packet	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 oz	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	2 oz	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	2 TBSP	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	2 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 oz	85	0	565	0.00	0.00	0.0	85	0.0	17	0.0	18.82	0.0	0.00	0.00
Salsa	serving	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		9	0	661	1.89	0.68	37.8	189	4.54	0	0.0	1.89	0.0	0.00	0.00
Weighted Daily Average		520	43	660	5.62	3.26	416.9	5471	60.84	*41	24.64	74.07	14.35	5.03	*0.00
% of Calories										*31.8%	18.9%	57.0%	24.8%	8.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Fri - 03/15/2019															
Elementary Lunch	Total														
Cheeseburger on Bun	1 each	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Corn Dog Nuggets	1 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	1 basket	400	50	600	3.00	2.16	20.0	0	4.8	1	17.0	46.0	16.0	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
Pizza, Big Daddy, Cheese	1 slice	400	40	590	2.00	2.70	350.0	400	0.0	7	19.0	43.0	17.0	9.00	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
Shamrock Sugar Cookies	1 each	160	15	80	1.00	0.72	0.0	100	0.0	7	2.0	18.0	9.0	4.50	0.00
Shamrock Pretzel	1 each	140	0	150	3.00	1.80	20.0	0	1.2	1	5.0	30.0	0.5	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	1 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	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
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
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		640	50	822	6.83	2.66	465.9	1322	42.36	*45	25.69	92.48	18.04	5.53	*0.00
% of Calories										*28.1%	16.1%	57.8%	25.4%	7.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 03/18/2019															
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		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		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Tue - 03/19/2019															
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

Wed - 03/20/2019															
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

Thu - 03/21/2019															
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

Fri - 03/22/2019															
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

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Mon - 03/25/2019															
Elementary Lunch	Total														
Spaghetti & Meatballs	servings	371	36	703	4.07	4.48	108.2	597	7.87	4	18.91	46.47	11.68	3.50	0.00
Pizza, Cheese Stuffed Pepperoni	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
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
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
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
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		624	33	919	6.02	4.26	669.2	2635	56.66	*41	30.65	94.04	14.57	5.99	*0.00
% of Calories										*26.0%	19.7%	60.3%	21.0%	8.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Tue - 03/26/2019															
Elementary Lunch	Total														
Chicken Nuggets	servicing/5	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Grilled Cheese	Sandwich	286	30	715	4.12	1.85	386.1	607	4.94	4	21.38	29.8	10.16	5.06	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	332	50	708	1.83	1.68	20.0	100	4.0	0	17.67	24.17	17.67	4.17	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
Soup, Tomato	4 oz	83	0	429	1.04	0.37	1.8	417	6.25	10	1.04	16.67	1.04	0.52	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	2 oz	29	0	0	1.33	0.07	4.0	40	2.41	8	0.14	7.66	0.09	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		536	38	918	4.83	2.38	379.9	1407	20.81	36	26.45	68.22	17.78	3.95	*0.00
% of Calories										27.0%	19.7%	50.9%	29.9%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Wed - 03/27/2019															
Elementary Lunch	Total														
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
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
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
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
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
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
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
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
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		748	90	1333	5.87	2.46	593.6	1725	21.90	45	31.85	98.39	25.78	11.21	*0.00
% of Calories										24.1%	17.0%	52.6%	31.0%	13.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Thu - 03/28/2019															
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
Chicken Taquitos	serving of 2	347	30	846	4.77	1.30	75.0	201	4.8	2	17.01	39.61	14.93	3.40	0.12
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
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
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
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	9	0	661	1.89	0.68	37.8	189	4.54	0	0.0	1.89	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		610	40	899	6.85	3.37	478.5	4028	23.19	*36	26.62	85.03	18.82	5.83	*0.22
% of Calories										*23.6%	17.5%	55.8%	27.8%	8.6%	*0.3%
Nutrient Guideline		600-650		1230										<10.00	

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)
Fri - 03/29/2019															
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
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
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, 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
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
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 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		619	58	916	5.85	2.29	453.7	1336	42.47	44	27.20	88.03	16.03	4.23	*0.00
% of Calories										28.7%	17.6%	56.9%	23.3%	6.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average		611	45	878	5.90	3.42	509.7	2555	37.83	*40 *59.0%	28.24 18.5%	85.12 55.7%	17.62 25.9%	5.91 8.7%	*0.01 *0.0%

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Lee's Summit R-7 School District

Mar 1, 2019 thru Mar 29, 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	611		600 - 650	100%													
Cholesterol (mg)	45																
Sodium 1 (mg)	878		1230														
Sodium 2 (mg)	878		935														
Fiber (g)	5.90																
Iron (mg)	3.42																
Calcium (mg)	509.7																
Vitamin A (IU)	2555																
Sugars (g)	40	26.22%				Missing											
Vitamin C (mg)	37.83																
Protein (g)	28.24	18.49%															
Carbohydrate (g)	85.12	55.72%															
Total Fat (g)	17.62	25.95%															
Saturated Fat (g)	5.91	8.71%	<10.00%														
Trans Fat ¹ (g)	0.01	0.02%				Missing											

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.