

Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 05/01/2019																
Elementary Lunch	Total	100														
French Toast /Sausage*	60 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, Southwest (Fiestada)	20 slice		360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	15 slice		400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	20 salads		105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	5 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	20 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 Normandy	40 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
Orange Smiles	30 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
Juice, Assorted 4 oz	25 4 oz servin		60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	70 half pint		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	5 half pint		100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	20 half pint		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	20 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	1 1 TBSP		80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 1 TBSP		45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	5 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 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			633	82	816	4.47	2.07	478.8	3492	29.24	*43	27.04	83.04	21.32	8.40	*0.00
% of Calories											*27.3%	17.1%	52.5%	30.3%	11.9%	*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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/02/2019																
Elementary Lunch	Total	100														
Taco Salad - Elem	#12	45	341	34	357	3.17	2.00	136.8	353	2.95	2	13.48	31.78	18.6	6.52	0.34
Chicken Strips	3 strips	40	213	33	330	0.00	1.00	20.0	84	87.0	0	12.8	17.3	10.3	1.60	0.00
Popcorn Chicken Basket*	Basket	10	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Baked Potato Entree	1 each	5	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, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	15	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	40	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	1/2 cup	40	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	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	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	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	2	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	3 slices	10	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 TBSP	1	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	2	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	2	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average			568	43	601	4.36	2.41	421.3	3069	55.08	*41	24.39	79.90	17.42	5.25	*0.15
% of Calories											*28.7%	17.2%	56.3%	27.6%	8.3%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/03/2019																
Elementary Lunch	Total	100														
BBQ Rib/bun	sandwich	60	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	25	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	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	10	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	30	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
French Fries, Seasoned	2.52 oz	40	118	0	277	1.68	0.61	0.0	0	4.03	0	1.68	15.96	5.04	1.26	0.00
Shape Up	1 each	40	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	30	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	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	3	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	4	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	4	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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			635	46	927	6.97	3.34	469.1	3016	28.47	*42	30.27	90.22	17.09	4.91	*0.00
% of Calories											*26.3%	19.1%	56.9%	24.2%	7.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Mon - 05/06/2019																
Elementary Lunch	Total	100														
Spaghetti & Meatsauce	1 Cup	20	324	26	606	3.07	3.61	44.2	572	6.87	2	16.27	41.47	9.96	3.12	0.00
Pizza, Galaxy Personal Pan	1 Each	25	280	30	410	3.00	1.80	200.0	300	0.0	8	15.0	26.0	12.0	6.00	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Bosco Sticks	serving 2	50	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	40	83	4	94	2.66	0.32	0.4	928	4.22	4	3.53	14.13	1.32	0.84	0.00
Peaches: canned,light syrup	1/2 cup	40	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	40	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	1 TBSP	2	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	2	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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	37	789	4.94	3.68	603.4	3629	16.84	*39	29.79	92.32	14.13	6.44	*0.00
% of Calories											*25.2%	19.2%	59.6%	20.5%	9.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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	Portion Size	Reimb Qty	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 - 05/07/2019																
Elementary Lunch	Total	100														
Chicken Nuggets	1 serving/5	70	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Cheeseburger on Bun	1 each	5	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Breaded Drumstick Basket	1 each	20	380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	30	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	40	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	1 TBSP	35	27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	25	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	40	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	25	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	4	0	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	2	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 TBSP	5	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	5	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	2	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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			567	39	926	5.52	2.81	407.6	2868	27.07	*35	28.05	72.82	18.42	4.22	*0.00
% of Calories											*24.4%	19.8%	51.3%	29.2%	6.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/08/2019																
Elementary Lunch	Total	100														
Pancakes/Sausage/Syrup	1 serving/2	20	349	26	366	1.54	1.11	16.0	136	0.0	21	9.08	53.54	12.31	3.70	0.00
Deli Sub Sandwich (Elem)	1 each	55	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	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	20	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	60	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Applesauce	1/2 cup	40	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	25	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	60	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	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	2	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	1	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	1	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	1	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			598	62	1048	5.69	3.26	521.8	3226	13.73	*40	29.99	82.26	16.96	6.32	*0.00
% of Calories											*26.8%	20.1%	55.1%	25.5%	9.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/09/2019																
Elementary Lunch	Total	100														
Pizza, Southwest (Fiestada)	slice	45	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	40	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	10	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Baked Potato Entree	1 each	5	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, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	15	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Refried Beans: canned	1/2 cup	40	122	1	179	5.05	2.63	59.2	166	9.62	1	7.67	20.96	0.56	0.30	0.00
Peaches: canned,light syrup	1/2 cup	1	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	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	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	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	2	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	3 slices	10	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 TBSP	1	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	2	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	2	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Salsa	2 oz	5	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Jalapeno Peppers	1 oz	5	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Weighted Daily Average			625	34	957	7.96	4.76	536.8	3122	14.28	*31	32.38	82.85	17.88	5.17	*0.00
% of Calories											*20.1%	20.7%	53.0%	25.7%	7.4%	*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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/10/2019																
Elementary Lunch	Total	100														
Hot Dog on Bun	sandwich	65	463	94	1238	2.00	2.44	153.0	2	2.41	5	17.5	33.0	28.5	8.70	0.00
Nachos and Cheese	serving	20	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	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy Pepperoni	slice	10	410	40	730	2.00	2.70	200.0	500	0.0	9	20.0	42.0	18.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	30	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Mandarin Oranges	1/2 cup	40	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	40	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	30	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	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	1 TBSP	1	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	2	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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	1 oz	1	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Salsa	2 oz	2	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Weighted Daily Average			708	80	1298	6.40	3.23	551.2	4057	43.17	*45	27.07	88.46	26.92	9.13	*0.00
% of Calories											*25.5%	15.3%	50.0%	34.2%	11.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Mon - 05/13/2019																
Elementary Lunch	Total	100														
Macaroni & Cheese	1 Cup	20	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 Peppero	slice	25	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	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Bosco Sticks	serving 2	50	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	30	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	40	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	0.00
Blueberries, frozen	1/2 cup	25	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
Juice, Assorted 4 oz	4 oz servin	40	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	1 TBSP	5	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	4	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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			674	45	980	5.99	4.21	739.4	4012	17.14	*36	32.67	93.60	18.94	8.64	*0.00
% of Calories											*21.1%	19.4%	55.6%	25.3%	11.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/14/2019																
Elementary Lunch	Total	100														
Chicken Nuggets	70 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
Pepperoni Pinwheel Pocket	5 1 each		280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Baked Potato Entree	5 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
Breaded Drumstick Basket	20 1 each		380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
Homemade Bread	30 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
Chef Salad, Elementary	1 1 each		238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	20 salads		105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	5 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
Mashed Potatoes	40 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	35 1 TBSP		27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Green Beans, Seasoned	10 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	25 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	40 4 oz servin		60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	70 half pint		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	5 half pint		100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	20 half pint		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	25 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	4 packet		0	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	2 packet		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	5 1 TBSP		20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	5 1 TBSP		80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	2 1 TBSP		45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	2 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			576	38	960	5.31	2.88	411.9	2986	23.62	*35	27.98	74.43	18.44	4.37	*0.00
% of Calories											*24.4%	19.4%	51.7%	28.8%	6.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/15/2019																
Elementary Lunch	Total	100														
French Toast /Sausage*	serving	50	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Hamburger Basket	basket	30	424	40	459	3.57	3.67	165.1	50	0.0	2	21.14	46.71	17.07	3.79	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	15	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	40	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	1/2 cup	30	131	0	0	2.00	0.36	20.0	145	21.0	29	1.0	31.0	0.0	0.00	0.00
Power Gelatin	1/2 cup	40	143	0	56	0.00	0.00	119.1	206	86.81	33	1.02	34.07	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	25	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	20	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	2	0	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	2	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	10	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	5	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	10	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	2	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			757	82	805	4.79	2.79	519.2	3126	52.14	*61	28.99	109.92	22.61	7.77	*0.00
% of Calories											*32.2%	15.3%	58.1%	26.9%	9.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/16/2019																
Elementary Lunch	Total	100														
Walking Taco	portions	45	256	34	362	1.81	1.59	86.5	510	3.69	2	12.51	22.46	12.54	5.32	0.00
Chicken Strips	3 strips	40	213	33	330	0.00	1.00	20.0	84	87.0	0	12.8	17.3	10.3	1.60	0.00
Popcorn Chicken Basket*	Basket	10	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Baked Potato Entree	1 each	5	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, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	15	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	20	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Corn, Seasoned	1/2 cup	40	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Tropical fruit mix	1/2 cup	40	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	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	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 TBSP	1	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	2	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	2	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	2	15	0	105	0.00	0.00	0.0	0	0.0	1	0.0	1.0	1.0	0.00	0.00
Salsa	2 oz	5	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Jalapeno Peppers	1 oz	5	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Weighted Daily Average			506	43	620	3.55	2.44	396.1	3323	54.36	*36	23.65	70.93	14.71	4.71	*0.00
% of Calories											*28.2%	18.7%	56.0%	26.1%	8.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/17/2019																
Elementary Lunch	Total	100														
Manager's Choice	1 each	60	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Corn Dog Nuggets	serving of 6	25	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	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy Pepperoni	slice	10	410	40	730	2.00	2.70	200.0	500	0.0	9	20.0	42.0	18.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	30	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	2.50 oz	40	91	0	165	1.65	0.30	0.0	0	0.0	1	0.82	14.0	3.29	0.41	0.00
Pears, Chilled	1/2 cup	40	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	30	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	100	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	3	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	4	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	4	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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			636	36	898	7.94	3.41	498.6	3106	30.81	*46	27.36	95.22	16.39	4.14	*0.00
% of Calories											*29.0%	17.2%	59.9%	23.2%	5.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Mon - 05/20/2019																
Elementary Lunch	Total	100														
Sweet and Sour Chicken/Rice	Servings	20	629	32	655	1.75	3.98	33.3	253	3.62	*49	19.58	116.88	8.85	1.50	*0.00
Pizza, Cheese Wedge	slice	25	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	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Bosco Sticks	serving 2	50	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	40	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	40	79	0	8	1.29	0.46	0.0	1095	25.5	20	0.0	20.61	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	40	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	1 TBSP	4	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	4	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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			706	38	819	6.29	4.60	667.1	7858	31.39	*51	33.92	112.06	14.49	6.43	*0.00
% of Calories											*28.9%	19.2%	63.5%	18.5%	8.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/21/2019																
Elementary Lunch	Total	100														
Chicken Nuggets	70 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	5 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	5 each		440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Breaded Drumstick Basket	20 each		380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
Chef Salad, Elementary	1 each		238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	20 salads		105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	5 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	30 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	40 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	35 1 TBSP		27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Strawberries, Fresh	10 1/2 cup		23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Pineapple tidbit:canned,lt syr	25 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	40 4 oz servin		60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	70 half pint		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	5 half pint		100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	20 half pint		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	25 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	5 1 TBSP		20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	5 1 TBSP		80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	2 1 TBSP		45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	2 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			573	38	933	5.40	2.90	410.5	2875	29.78	*36	27.52	75.18	18.31	4.30	*0.00
% of Calories											*25.2%	19.2%	52.4%	28.7%	6.8%	*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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/22/2019																
Elementary Lunch	Total	100														
Pancakes/Sausage/Syrup	1 serving/2	20	349	26	366	1.54	1.11	16.0	136	0.0	21	9.08	53.54	12.31	3.70	0.00
Deli Sub Sandwich (Elem)	1 each	55	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	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	20	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Potato, Tator Tots	2.50 oz	40	91	0	165	1.65	0.30	0.0	0	0.0	1	0.82	14.0	3.29	0.41	0.00
Orange Smiles	1/2 EACH	30	40	0	0	1.50	0.00	30.0	50	39.0	7	0.5	9.5	0.0	0.00	0.00
Applesauce	1/2 cup	1	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	25	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	100	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	2	0	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	2	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 TBSP	5	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	1	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	1	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	5	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	1	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			606	59	1004	4.56	3.03	511.9	2994	24.30	*38	29.13	83.51	17.18	5.78	*0.00
% of Calories											*25.4%	19.2%	55.1%	25.5%	8.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/23/2019																
Elementary Lunch	Total	100														
Taco Salad - Elem	#12	45	341	34	357	3.17	2.00	136.8	353	2.95	2	13.48	31.78	18.6	6.52	0.34
Chicken Patty/Bun	sandwich	40	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	10	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Baked Potato Entree	1 each	5	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, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	15	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	40	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Black Beans	1/2 cup	40	154	0	195	11.21	15.28	31.7	12	0.03	0	9.84	28.18	0.78	0.01	0.00
Pears, Rosey	1/2 cup	40	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	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	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	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	2	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	3 slices	10	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 TBSP	1	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	2	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	2	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Salsa	2 oz	1	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Jalapeno Peppers	1 oz	5	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Weighted Daily Average			705	40	811	11.11	9.72	470.2	3065	21.20	*37	32.96	97.44	21.22	5.81	*0.15
% of Calories											*20.7%	18.7%	55.3%	27.1%	7.4%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/24/2019																
Elementary Lunch	Total	100														
Manager's Choice	1 each	60	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Corn Dog Nuggets	serving of 6	25	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	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	10	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	30	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	40	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	40	40	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	30	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	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	3	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	4	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	4	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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			579	36	762	5.65	3.01	510.7	3900	50.11	*45	25.77	84.70	15.18	4.21	*0.00
% of Calories											*30.8%	17.8%	58.5%	23.6%	6.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 05/27/2019																
Elementary Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/28/2019																
Elementary Lunch	Total	100														
Chicken Nuggets	70 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
Manager's Choice	5 1 each		316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Baked Potato Entree	5 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
Breaded Drumstick Basket	20 1 each		380	50	880	2.00	2.16	100.0	110	0.0	2	20.0	29.0	19.0	6.50	0.00
Chef Salad, Elementary	1 1 each		238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	20 salads		105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	5 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	30 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	10 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
Watermelon, Chunks	25 1/2 cup		23	0	0	0.30	0.00	5.3	105	6.15	*N/A*	0.45	5.6	0.0	0.00	0.00
Juice, Assorted 4 oz	40 4 oz servin		60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	70 half pint		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	5 half pint		100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	20 half pint		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	25 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	4 packet		0	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	2 packet		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	5 1 TBSP		20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Dressing, Ranch FF	5 1 TBSP		80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	2 1 TBSP		45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	5 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	2 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			533	39	788	4.88	2.75	398.6	2892	15.40	*31	27.47	65.91	18.02	4.19	*0.00
% of Calories											*23.5%	20.6%	49.5%	30.4%	7.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/29/2019																
Elementary Lunch	Total	100														
Pizza, Cheese Wedge	slice	50	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
Manager's Choice	1 each	30	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	15	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	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	40	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	40	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	25	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	20	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	1 TBSP	10	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	5	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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			622	40	861	7.62	3.76	659.5	3374	21.72	*40	33.98	85.39	16.75	7.23	*0.00
% of Calories											*25.5%	21.9%	55.0%	24.3%	10.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/30/2019																
Elementary Lunch	Total	100														
Pepperoni Pinwheel Pocket	1 each	55	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Manager's Choice	1 each	30	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Popcorn Chicken Basket*	Basket	10	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	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	20	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Potato of Choice	svg	25	118	0	236	1.40	0.51	0.0	0	2.72	0	1.41	16.58	5.07	1.13	0.00
Peaches: canned,light syrup	1/2 cup	25	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	30	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	1 TBSP	3	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Ketchup packet	packet	25	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	1 TBSP	5	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	2	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Jelly	1 TBSP	2	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	31	879	4.82	3.27	541.8	3044	20.58	*34	27.48	76.47	14.70	5.08	*0.00
% of Calories											*24.3%	19.9%	55.4%	24.0%	8.3%	*0.0%
Nutrient Guideline			600-650		1230									<10.00		

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/31/2019																
Elementary Lunch	Total	100														
Hot Dog on Bun	sandwich	60	463	94	1238	2.00	2.44	153.0	2	2.41	5	17.5	33.0	28.5	8.70	0.00
Hamburger on bun	sandwich	25	290	40	245	2.00	3.08	108.0	0	0.0	2	19.0	27.0	12.0	3.50	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Pizza, Big Daddy, Cheese	slice	10	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Chef Salad, Elementary	1 each	1	238	110	447	3.37	2.30	191.7	8254	19.3	*4	15.61	16.36	12.72	6.02	*0.00
Salad Bar Set Up	salads	20	105	0	99	3.62	1.95	71.9	8121	19.42	*4	4.62	18.14	1.71	0.03	*0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Baked Beans- district	1/2 CUP	30	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
Baked Chips, small bag	servings	40	134	0	214	1.57	0.59	57.1	50	0.0	0	2.14	19.71	5.07	0.29	0.00
Apples, Cinnamon	1/2 cup	40	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	30	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	70	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	half pint	5	100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Milk, Strawberry Skim	half pint	20	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	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	3	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Ranch FF	1 TBSP	4	80	10	250	0.00	0.00	0.0	0	0.0	0	0.0	1.0	8.0	1.00	0.00
Dressing, Honey Mustard	1 TBSP	4	45	0	300	0.00	0.00	0.0	45	0.0	9	0.0	10.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	5	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	2	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			710	80	1219	6.29	3.58	531.1	2895	13.04	*39	29.86	86.87	26.25	7.98	*0.00
% of Calories											*21.9%	16.8%	48.9%	33.3%	10.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			622	49	895	5.93	3.54	511.7	3451	28.79	*40	28.99	85.61	18.33	5.93	*0.01
											*57.8%	18.6%	55.0%	26.5%	8.6%	*0.0%

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	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)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)							
Calories	622		600 - 650		100%												
Cholesterol (mg)	49																
Sodium 1 (mg)	895			1230													
Sodium 2 (mg)	895			935													
Fiber (g)	5.93																
Iron (mg)	3.54																
Calcium (mg)	511.7																
Vitamin A (IU)	3451																
Sugars (g)	40	25.70%				Missing											
Vitamin C (mg)	28.79																
Protein (g)	28.99	18.64%															
Carbohydrate (g)	85.61	55.04%															
Total Fat (g)	18.33	26.52%															
Saturated Fat (g)	5.93	8.58%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.01	0.02%				Missing											

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