

Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

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																
Elem Grab N' Go Breakfast	Total	100														
Sausage Biscuit	1 each	30	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Long John	1 each	70	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Raisels	1 Each	40	130	0	0	1.00	0.72	20.0	140	102.0	28	1.0	35.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	85	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	2	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	3	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	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
Weighted Daily Average			550	13	579	3.20	1.70	411.2	733	59.00	54	14.70	84.13	17.97	8.17	*0.00
% of Calories											39.6%	10.7%	61.2%	29.4%	13.4%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

	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																
Elem Grab N' Go Breakfast	Total	200														
French Toast Minis	1 Each	40	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnaminis	bag	30	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Peach Cup	Serving	40	118	0	8	2.20	0.46	4.0	355	117.8	16	0.79	29.98	0.16	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	15	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			191	2	169	1.71	0.85	203.7	457	32.63	25	5.74	37.86	2.45	0.61	0.00
% of Calories											51.3%	12.0%	79.1%	11.5%	2.9%	0.0%
Nutrient Guideline			400-500		540										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

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																
Elem Grab N' Go Breakfast	Total	100														
Cheese, Egg, Salsa Br Burrito	1 Each	35	244	71	311	2.72	1.08	100.0	400	6.0	1	9.75	28.08	10.0	3.88	0.00
Donut, Ring	1 each	50	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	55	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa, Portion Cup	2 oz	35	25	0	195	1.00	0.72	20.0	350	6.0	3	1.0	5.0	0.0	0.00	0.00
Weighted Daily Average			408	29	447	2.37	1.09	409.2	1079	25.40	*49	13.72	77.37	4.87	1.90	*0.00
% of Calories											*48.0%	13.5%	75.9%	10.8%	4.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 05/06/2019																
Elem Grab N' Go Breakfast	Total	100														
Chicken Breakfast Biscuit	1 each	75	300	20	650	1.00	2.16	80.0	10	42.0	2	12.0	31.0	14.0	5.00	0.00
Blueberry Muffin	1 each	25	190	1	135	1.00	0.72	0.0	0	0.0	15	2.0	30.0	7.0	1.00	0.00
Applesauce, Cup	1 each	75	45	0	0	0.89	0.00	0.0	36	0.0	10	0.0	12.44	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	75	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Ketchup packet	packet	75	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			488	20	677	1.90	1.81	408.9	584	47.79	47	17.14	77.39	12.28	4.01	0.00
% of Calories											38.2%	14.1%	63.5%	22.7%	7.4%	0.0%
Nutrient Guideline			400-500		540										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

**May 1, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

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)
<b>Tue - 05/07/2019</b>																
Elem Grab N' Go Breakfast	Total	100														
Confetti Pancake Minis	Pouch	70	220	10	300	4.00	3.60	40.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Yogurt/cheese breakfast	1 each	30	263	27	292	0.00	0.00	433.3	470	0.8	21	12.67	37.0	8.17	4.83	0.00
Strawberries: frozen	1/2 cup	75	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			508	20	435	4.53	2.80	526.1	1496	33.24	69	14.99	96.14	7.38	2.17	0.00
% of Calories											54.2%	11.8%	75.7%	13.1%	3.8%	0.0%
Nutrient Guideline			400-500		540										<10.00	

<b>Wed - 05/08/2019</b>																
Elem Grab N' Go Breakfast	Total	100														
Sausage Biscuit	1 each	30	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Long John	1 each	70	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Raisels	1 Each	40	130	0	0	1.00	0.72	20.0	140	102.0	28	1.0	35.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	85	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	2	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	3	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	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
Weighted Daily Average			550	13	579	3.20	1.70	411.2	733	59.00	54	14.70	84.13	17.97	8.17	*0.00
% of Calories											39.6%	10.7%	61.2%	29.4%	13.4%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

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)
Thu - 05/09/2019																
Elem Grab N' Go Breakfast	Total	200														
French Toast Minis	1 Each	40	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnamini	bag	30	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Peach Cup	Serving	40	118	0	8	2.20	0.46	4.0	355	117.8	16	0.79	29.98	0.16	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	15	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			191	2	169	1.71	0.85	203.7	457	32.63	25	5.74	37.86	2.45	0.61	0.00
% of Calories											51.3%	12.0%	79.1%	11.5%	2.9%	0.0%
Nutrient Guideline			400-500		540										<10.00	

	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																
Elem Grab N' Go Breakfast	Total	100														
Cheese, Egg, Salsa Br Burrito	1 Each	35	244	71	311	2.72	1.08	100.0	400	6.0	1	9.75	28.08	10.0	3.88	0.00
Donut, Ring	1 each	50	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	55	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa, Portion Cup	2 oz	35	25	0	195	1.00	0.72	20.0	350	6.0	3	1.0	5.0	0.0	0.00	0.00
Weighted Daily Average			408	29	447	2.37	1.09	409.2	1079	25.40	*49	13.72	77.37	4.87	1.90	*0.00
% of Calories											*48.0%	13.5%	75.9%	10.8%	4.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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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)
<b>Mon - 05/13/2019</b>																
Elem Grab N' Go Breakfast	Total	100														
Chicken Breakfast Biscuit	1 each	75	300	20	650	1.00	2.16	80.0	10	42.0	2	12.0	31.0	14.0	5.00	0.00
Blueberry Muffin	1 each	25	190	1	135	1.00	0.72	0.0	0	0.0	15	2.0	30.0	7.0	1.00	0.00
Applesauce, Cup	1 each	75	45	0	0	0.89	0.00	0.0	36	0.0	10	0.0	12.44	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	75	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Ketchup packet	packet	75	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			488	20	677	1.90	1.81	408.9	584	47.79	47	17.14	77.39	12.28	4.01	0.00
% of Calories											38.2%	14.1%	63.5%	22.7%	7.4%	0.0%
Nutrient Guideline			400-500		540										<10.00	

<b>Tue - 05/14/2019</b>																
Elem Grab N' Go Breakfast	Total	100														
Confetti Pancake Minis	Pouch	70	220	10	300	4.00	3.60	40.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Yogurt/cheese breakfast	1 each	30	263	27	292	0.00	0.00	433.3	470	0.8	21	12.67	37.0	8.17	4.83	0.00
Strawberries: frozen	1/2 cup	75	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			508	20	435	4.53	2.80	526.1	1496	33.24	69	14.99	96.14	7.38	2.17	0.00
% of Calories											54.2%	11.8%	75.7%	13.1%	3.8%	0.0%
Nutrient Guideline			400-500		540										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

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 - 05/15/2019																
Elem Grab N' Go Breakfast	Total	100														
Sausage Biscuit	1 each	30	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Long John	1 each	70	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Raisels	1 Each	40	130	0	0	1.00	0.72	20.0	140	102.0	28	1.0	35.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	85	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	2	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	3	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	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
Weighted Daily Average			550	13	579	3.20	1.70	411.2	733	59.00	54	14.70	84.13	17.97	8.17	*0.00
% of Calories											39.6%	10.7%	61.2%	29.4%	13.4%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Thu - 05/16/2019																
Elem Grab N' Go Breakfast	Total	200														
French Toast Minis	1 Each	40	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnaminis	bag	30	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Peach Cup	Serving	40	118	0	8	2.20	0.46	4.0	355	117.8	16	0.79	29.98	0.16	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	15	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			191	2	169	1.71	0.85	203.7	457	32.63	25	5.74	37.86	2.45	0.61	0.00
% of Calories											51.3%	12.0%	79.1%	11.5%	2.9%	0.0%
Nutrient Guideline			400-500		540										<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

Elem Grab N' Go Breakfast

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																
Elem Grab N' Go Breakfast	Total	100														
Cheese, Egg, Salsa Br Burrito	1 Each	35	244	71	311	2.72	1.08	100.0	400	6.0	1	9.75	28.08	10.0	3.88	0.00
Donut, Ring	1 each	50	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	55	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa, Portion Cup	2 oz	35	25	0	195	1.00	0.72	20.0	350	6.0	3	1.0	5.0	0.0	0.00	0.00
Weighted Daily Average			408	29	447	2.37	1.09	409.2	1079	25.40	*49	13.72	77.37	4.87	1.90	*0.00
% of Calories											*48.0%	13.5%	75.9%	10.8%	4.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 05/20/2019																
Elem Grab N' Go Breakfast	Total	100														
Chicken Breakfast Biscuit	1 each	75	300	20	650	1.00	2.16	80.0	10	42.0	2	12.0	31.0	14.0	5.00	0.00
Blueberry Muffin	1 each	25	190	1	135	1.00	0.72	0.0	0	0.0	15	2.0	30.0	7.0	1.00	0.00
Applesauce, Cup	1 each	75	45	0	0	0.89	0.00	0.0	36	0.0	10	0.0	12.44	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	75	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Ketchup packet	packet	75	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			488	20	677	1.90	1.81	408.9	584	47.79	47	17.14	77.39	12.28	4.01	0.00
% of Calories											38.2%	14.1%	63.5%	22.7%	7.4%	0.0%
Nutrient Guideline			400-500		540										<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

Elem Grab N' Go Breakfast

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)
<b>Tue - 05/21/2019</b>																
Elem Grab N' Go Breakfast	Total	100														
Confetti Pancake Minis	Pouch	70	220	10	300	4.00	3.60	40.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Yogurt/cheese breakfast	1 each	30	263	27	292	0.00	0.00	433.3	470	0.8	21	12.67	37.0	8.17	4.83	0.00
Strawberries: frozen	1/2 cup	75	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			508	20	435	4.53	2.80	526.1	1496	33.24	69	14.99	96.14	7.38	2.17	0.00
% of Calories											54.2%	11.8%	75.7%	13.1%	3.8%	0.0%
Nutrient Guideline			400-500		540										<10.00	

<b>Wed - 05/22/2019</b>																
Elem Grab N' Go Breakfast	Total	100														
Sausage Biscuit	1 each	30	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Long John	1 each	70	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Raisels	1 Each	40	130	0	0	1.00	0.72	20.0	140	102.0	28	1.0	35.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	85	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	2	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	3	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	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
Weighted Daily Average			550	13	579	3.20	1.70	411.2	733	59.00	54	14.70	84.13	17.97	8.17	*0.00
% of Calories											39.6%	10.7%	61.2%	29.4%	13.4%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

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)
Thu - 05/23/2019																
Elem Grab N' Go Breakfast	Total	200														
French Toast Minis	1 Each	40	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnaminis	bag	30	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Peach Cup	Serving	40	118	0	8	2.20	0.46	4.0	355	117.8	16	0.79	29.98	0.16	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	15	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			191	2	169	1.71	0.85	203.7	457	32.63	25	5.74	37.86	2.45	0.61	0.00
% of Calories											51.3%	12.0%	79.1%	11.5%	2.9%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 05/24/2019																
Elem Grab N' Go Breakfast	Total	100														
Cheese, Egg, Salsa Br Burrito	1 Each	35	244	71	311	2.72	1.08	100.0	400	6.0	1	9.75	28.08	10.0	3.88	0.00
Donut, Ring	1 each	50	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	55	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa, Portion Cup	2 oz	35	25	0	195	1.00	0.72	20.0	350	6.0	3	1.0	5.0	0.0	0.00	0.00
Weighted Daily Average			408	29	447	2.37	1.09	409.2	1079	25.40	*49	13.72	77.37	4.87	1.90	*0.00
% of Calories											*48.0%	13.5%	75.9%	10.8%	4.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 05/27/2019																
Elem Grab N' Go Breakfast	Total	200														
NO SCHOOL TODAY	SERVING	100	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			400-500		540										<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

Elem Grab N' Go Breakfast

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)
<b>Tue - 05/28/2019</b>																
Elem Grab N' Go Breakfast	Total	100														
Confetti Pancake Minis	Pouch	70	220	10	300	4.00	3.60	40.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
Yogurt/cheese breakfast	1 each	30	263	27	292	0.00	0.00	433.3	470	0.8	21	12.67	37.0	8.17	4.83	0.00
Strawberries: frozen	1/2 cup	75	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			508	20	435	4.53	2.80	526.1	1496	33.24	69	14.99	96.14	7.38	2.17	0.00
% of Calories											54.2%	11.8%	75.7%	13.1%	3.8%	0.0%
Nutrient Guideline			400-500		540										<10.00	

<b>Wed - 05/29/2019</b>																
Elem Grab N' Go Breakfast	Total	100														
Sausage Biscuit	1 each	30	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Long John	1 each	70	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Raisels	1 Each	40	130	0	0	1.00	0.72	20.0	140	102.0	28	1.0	35.0	0.0	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	85	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	2	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	3	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Ketchup packet	10	10	10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			550	13	579	3.20	1.70	411.2	733	59.00	54	14.70	84.13	17.97	8.17	*0.00
% of Calories											39.6%	10.7%	61.2%	29.4%	13.4%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

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)
Thu - 05/30/2019																
Elem Grab N' Go Breakfast	Total	200														
French Toast Minis	1 Each	40	210	0	270	4.00	2.70	100.0	500	0.0	11	5.0	36.0	6.0	1.50	0.00
Cinnamais	bag	30	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
Peach Cup	Serving	40	118	0	8	2.20	0.46	4.0	355	117.8	16	0.79	29.98	0.16	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Fruit Fresh, Whole and Sliced	1 each	15	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			191	2	169	1.71	0.85	203.7	457	32.63	25	5.74	37.86	2.45	0.61	0.00
% of Calories											51.3%	12.0%	79.1%	11.5%	2.9%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 05/31/2019																
Elem Grab N' Go Breakfast	Total	100														
Cheese, Egg, Salsa Br Burrito	1 Each	35	244	71	311	2.72	1.08	100.0	400	6.0	1	9.75	28.08	10.0	3.88	0.00
Donut, Ring	1 each	50	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	55	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	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	80	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, 1% White	half pint	1	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	4	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, Choc Skim	half pint	90	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa, Portion Cup	2 oz	35	25	0	195	1.00	0.72	20.0	350	6.0	3	1.0	5.0	0.0	0.00	0.00
Weighted Daily Average			408	29	447	2.37	1.09	409.2	1079	25.40	*49	13.72	77.37	4.87	1.90	*0.00
% of Calories											*48.0%	13.5%	75.9%	10.8%	4.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Weighted Average			420	16	443	2.74	1.58	384.2	867	39.16	*48	12.82	73.34	8.76	3.37	*0.00
											*102.8	12.2%	69.9%	18.8%	7.2%	*0.0%

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elem Grab N' Go Breakfast

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	420		400 - 500		100%												
Cholesterol (mg)	16																
Sodium 1 (mg)	443			540													
Sodium 2 (mg)	443			485													
Fiber (g)	2.74																
Iron (mg)	1.58																
Calcium (mg)	384.2																
Vitamin A (IU)	867																
Sugars (g)	48	45.68%				Missing											
Vitamin C (mg)	39.16																
Protein (g)	12.82	12.21%															
Carbohydrate (g)	73.34	69.86%															
Total Fat (g)	8.76	18.78%															
Saturated Fat (g)	3.37	7.22%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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