

Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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)
Wed - 05/01/2019																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	20	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	60	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bacon/Egg/Cheese Bagel	1 each	10	266	129	745	4.00	1.91	95.9	353	0.0	6	16.84	32.01	9.44	3.32	0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	20	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Ketchup packet	packet	5	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			527	59	617	4.09	2.03	413.0	1034	28.66	*48	15.51	81.68	16.02	6.84	*0.00
% of Calories											*36.5%	11.8%	62.0%	27.4%	11.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 05/02/2019																
High School Breakfast	Total	100														
Biscuit, Sausage/Gravy	1 each	35	380	26	882	1.00	1.09	97.8	76	0.0	4	10.0	34.89	21.96	9.68	0.00
French Toast /Sausage*	serving	35	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pop Tart Combo #1	1 each	30	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	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	30	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			634	50	747	2.39	1.16	420.0	861	30.15	*53	17.46	100.68	18.92	6.44	0.00
% of Calories											*33.3%	11.0%	63.5%	26.9%	9.1%	0.0%
Nutrient Guideline			450-600		640										<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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May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	35	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	60	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo #1	1 each	5	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	35	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			467	80	525	3.12	2.24	415.7	1295	33.92	*52	15.75	83.32	7.58	2.82	*0.00
% of Calories											*44.3%	13.5%	71.3%	14.6%	5.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 05/06/2019																
High School Breakfast	Total	100														
French Toast /Sausage*	serving	10	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	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
Sausage/Egg/Cheese Bagel	1 each	10	351	149	749	4.00	1.80	111.9	408	0.0	6	20.54	33.01	16.53	5.97	0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	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			563	30	558	4.68	1.55	388.8	804	30.78	*54	15.13	88.41	17.60	7.32	*0.00
% of Calories											*38.3%	10.8%	62.9%	28.2%	11.7%	*0.0%
Nutrient Guideline			450-600		640										<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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May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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)
Tue - 05/07/2019																
High School Breakfast	Total	100														
Sausage Biscuit	1 each	10	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Donut, Ring	1 each	80	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	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			446	7	443	2.21	0.70	382.0	647	30.78	*56	12.19	88.46	5.14	1.73	*0.00
% of Calories											*50.2%	10.9%	79.3%	10.4%	3.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 05/08/2019																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	20	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	60	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bacon/Egg/Cheese Bagel	1 each	10	266	129	745	4.00	1.91	95.9	353	0.0	6	16.84	32.01	9.44	3.32	0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	20	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Ketchup packet	packet	5	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			527	59	617	4.09	2.03	413.0	1034	28.66	*48	15.51	81.68	16.02	6.84	*0.00
% of Calories											*36.5%	11.8%	62.0%	27.4%	11.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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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																
High School Breakfast	Total	100														
Biscuit, Sausage/Gravy	1 each	35	380	26	882	1.00	1.09	97.8	76	0.0	4	10.0	34.89	21.96	9.68	0.00
French Toast /Sausage*	serving	35	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pop Tart Combo #1	1 each	30	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	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	30	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			634	50	747	2.39	1.16	420.0	861	30.15	*53	17.46	100.68	18.92	6.44	0.00
% of Calories											*33.3%	11.0%	63.5%	26.9%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 05/10/2019																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	35	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	60	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo #1	1 each	5	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	35	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			467	80	525	3.12	2.24	415.7	1295	33.92	*52	15.75	83.32	7.58	2.82	*0.00
% of Calories											*44.3%	13.5%	71.3%	14.6%	5.4%	*0.0%
Nutrient Guideline			450-600		640										<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)
Mon - 05/13/2019																
High School Breakfast	Total	100														
French Toast /Sausage*	1 serving	10	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	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
Sausage/Egg/Cheese Bagel	1 each	10	351	149	749	4.00	1.80	111.9	408	0.0	6	20.54	33.01	16.53	5.97	0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	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 % of Calories			563	30	558	4.68	1.55	388.8	804	30.78	*54 *38.3%	15.13 10.8%	88.41 62.9%	17.60 28.2%	7.32 11.7%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 05/14/2019																
High School Breakfast	Total	100														
Sausage Biscuit	1 each	10	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Donut, Ring	1 each	80	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	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 % of Calories			446	7	443	2.21	0.70	382.0	647	30.78	*56 *50.2%	12.19 10.9%	88.46 79.3%	5.14 10.4%	1.73 3.5%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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)
Wed - 05/15/2019																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	20	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	60	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bacon/Egg/Cheese Bagel	1 each	10	266	129	745	4.00	1.91	95.9	353	0.0	6	16.84	32.01	9.44	3.32	0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	20	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Ketchup packet	packet	5	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			527	59	617	4.09	2.03	413.0	1034	28.66	*48	15.51	81.68	16.02	6.84	*0.00
% of Calories											*36.5%	11.8%	62.0%	27.4%	11.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 05/16/2019																
High School Breakfast	Total	100														
Biscuit, Sausage/Gravy	1 each	35	380	26	882	1.00	1.09	97.8	76	0.0	4	10.0	34.89	21.96	9.68	0.00
French Toast /Sausage*	serving	35	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pop Tart Combo #1	1 each	30	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	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	30	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			634	50	747	2.39	1.16	420.0	861	30.15	*53	17.46	100.68	18.92	6.44	0.00
% of Calories											*33.3%	11.0%	63.5%	26.9%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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<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

High School 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																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	35	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	60	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo #1	1 each	5	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	35	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			467	80	525	3.12	2.24	415.7	1295	33.92	*52	15.75	83.32	7.58	2.82	*0.00
% of Calories											*44.3%	13.5%	71.3%	14.6%	5.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 05/20/2019																
High School Breakfast	Total	100														
French Toast /Sausage*	serving	10	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	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
Sausage/Egg/Cheese Bagel	1 each	10	351	149	749	4.00	1.80	111.9	408	0.0	6	20.54	33.01	16.53	5.97	0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	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			563	30	558	4.68	1.55	388.8	804	30.78	*54	15.13	88.41	17.60	7.32	*0.00
% of Calories											*38.3%	10.8%	62.9%	28.2%	11.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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)
Tue - 05/21/2019																
High School Breakfast	Total	100														
Sausage Biscuit	1 each	10	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Donut, Ring	1 each	80	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	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			446	7	443	2.21	0.70	382.0	647	30.78	*56	12.19	88.46	5.14	1.73	*0.00
% of Calories											*50.2%	10.9%	79.3%	10.4%	3.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 05/22/2019																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	20	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	60	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bacon/Egg/Cheese Bagel	1 each	10	266	129	745	4.00	1.91	95.9	353	0.0	6	16.84	32.01	9.44	3.32	0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	20	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Ketchup packet	packet	5	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			527	59	617	4.09	2.03	413.0	1034	28.66	*48	15.51	81.68	16.02	6.84	*0.00
% of Calories											*36.5%	11.8%	62.0%	27.4%	11.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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\* - 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

High School 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)
Thu - 05/23/2019																
High School Breakfast	Total	100														
Biscuit, Sausage/Gravy	1 each	35	380	26	882	1.00	1.09	97.8	76	0.0	4	10.0	34.89	21.96	9.68	0.00
French Toast /Sausage*	serving	35	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pop Tart Combo #1	1 each	30	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	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	30	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			634	50	747	2.39	1.16	420.0	861	30.15	*53	17.46	100.68	18.92	6.44	0.00
% of Calories											*33.3%	11.0%	63.5%	26.9%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 05/24/2019																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	35	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	60	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo #1	1 each	5	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	35	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			467	80	525	3.12	2.24	415.7	1295	33.92	*52	15.75	83.32	7.58	2.82	*0.00
% of Calories											*44.3%	13.5%	71.3%	14.6%	5.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 05/27/2019																
High School Breakfast	Total	1														
NO BREAKFAST	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			450-600		640										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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>																
High School Breakfast	Total	100														
Sausage Biscuit	1 each	10	311	26	602	1.00	1.08	96.0	66	0.0	2	10.0	25.0	18.0	7.70	0.00
Donut, Ring	1 each	80	194	0	260	0.24	0.46	21.0	15	0.0	16	4.13	37.95	2.59	1.05	*0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	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			446	7	443	2.21	0.70	382.0	647	30.78	*56	12.19	88.46	5.14	1.73	*0.00
% of Calories											*50.2%	10.9%	79.3%	10.4%	3.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

<b>Wed - 05/29/2019</b>																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	20	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Long John	1 each	60	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bacon/Egg/Cheese Bagel	1 each	10	266	129	745	4.00	1.91	95.9	353	0.0	6	16.84	32.01	9.44	3.32	0.00
Pop Tart Combo #1	1 each	10	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	20	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
Ketchup packet	packet	5	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			527	59	617	4.09	2.03	413.0	1034	28.66	*48	15.51	81.68	16.02	6.84	*0.00
% of Calories											*36.5%	11.8%	62.0%	27.4%	11.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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)
Thu - 05/30/2019																
High School Breakfast	Total	100														
Biscuit, Sausage/Gravy	1 each	35	380	26	882	1.00	1.09	97.8	76	0.0	4	10.0	34.89	21.96	9.68	0.00
French Toast /Sausage*	serving	35	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pop Tart Combo #1	1 each	30	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	50	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	85	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	30	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			634	50	747	2.39	1.16	420.0	861	30.15	*53	17.46	100.68	18.92	6.44	0.00
% of Calories											*33.3%	11.0%	63.5%	26.9%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 05/31/2019																
High School Breakfast	Total	100														
Breakfast Burrito	1 each	35	295	208	604	2.00	1.40	183.2	504	0.0	*0	14.47	21.5	15.48	7.02	0.00
Cinnamon Rolls, Rich's	2 oz roll	60	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Pop Tart Combo #1	1 each	5	511	0	407	2.00	1.80	83.3	620	19.2	*25	4.0	104.67	12.0	1.00	0.00
Fruit Fresh, Whole and Sliced	1 each	75	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	85	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Salsa	2 oz	35	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			467	80	525	3.12	2.24	415.7	1295	33.92	*52	15.75	83.32	7.58	2.82	*0.00
% of Calories											*44.3%	13.5%	71.3%	14.6%	5.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			528	48	586	3.22	1.57	406.3	952	30.87	*52	15.35	88.52	13.00	4.97	*0.00
											*89.0%	11.6%	67.1%	22.2%	8.5%	*0.0%

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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	528		450 - 600	100%														
Cholesterol (mg)	48																	
Sodium 1 (mg)	586		640															
Sodium 2 (mg)	586		570						16	Correction Required - Sodium too High								
Fiber (g)	3.22																	
Iron (mg)	1.57																	
Calcium (mg)	406.3																	
Vitamin A (IU)	952																	
Sugars (g)	52	39.56%				Missing												
Vitamin C (mg)	30.87																	
Protein (g)	15.35	11.63%																
Carbohydrate (g)	88.52	67.08%																
Total Fat (g)	13.00	22.16%																
Saturated Fat (g)	4.97	8.48%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing												

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