

Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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 ¹ (g)
Wed - 05/01/2019																
High School Lunch	Total	100														
Macaroni & Cheese	1 Cup	28	563	79	876	2.04	1.86	466.4	1158	0.0	7	23.71	48.62	29.09	16.26	*0.00
Chicken Patty/Bun	sandwich	52	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Bosco Sticks, Pepperoni	serving/2	3	480	50	1000	2.00	3.60	300.0	800	3.6	6	22.0	28.0	18.0	9.00	0.00
Spicy Chicken Nuggets	serving	3	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Baked Potato Entree	1 each	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	10	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Peas, Seasoned	1/2 cup	65	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	0.00
Carrots, Baby	2 oz bag	4	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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	45	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	18	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	45	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
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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	3	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 HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			795	46	925	9.68	4.77	561.9	5047	34.48	*50	34.11	107.26	25.19	7.96	*0.00
% of Calories											*25.3%	17.2%	54.0%	28.5%	9.0%	*0.0%
Nutrient Guideline			750-850		1420										<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

High School 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 ¹ (g)
Thu - 05/02/2019																
High School Lunch	Total	100														
Chicken Nuggets	100 serving/5	20	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Breaded Chicken Fried Steak	1 each	59	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	0.00
Pizza, Big Daddy Pepperoni	slice	5	410	40	730	2.00	2.70	200.0	500	0.0	9	20.0	42.0	18.0	9.00	0.00
Chicken Tender Basket	basket	3	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	1 each	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Mashed Potatoes	1/2 cup	65	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	60	27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Mixed Vegetables	1/2 cup	60	83	4	94	2.66	0.32	0.4	928	4.22	4	3.53	14.13	1.32	0.84	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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	45	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	50	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	10	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	5	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 HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			687	34	936	9.07	3.80	388.7	4153	47.68	*50 *28.9%	28.32 16.5%	99.23 57.8%	21.06 27.6%	5.10 6.7%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<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 ¹ (g)
Fri - 05/03/2019																
High School Lunch	Total	100														
Corn Dog Nuggets	serving of 6	42	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Thai Chicken Ramen Bowl	bowls	13	525	32	794	7.18	3.27	34.1	4468	5.63	29	22.82	81.62	11.88	2.27	0.00
Bacon Cheeseburger Basket	sandwich	22	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Spicy Chicken Tender Basket	serving/3	5	360	50	705	3.00	2.16	0.0	0	4.8	2	22.0	28.0	18.0	3.50	0.00
Baked Potato Entree	1 each	1	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	Salad	3	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	10	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	3	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	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
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
Vegetable Variety	2.6 oz	30	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	25	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	50	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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	20	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	10	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	20	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			690	43	864	8.68	3.52	459.2	6118	82.33	*57	27.81	105.52	18.46	4.31	*0.00
% of Calories											*33.1%	16.1%	61.2%	24.1%	5.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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High School 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 ¹ (g)
Mon - 05/06/2019																
High School Lunch	Total	100														
Pizza, Cheese Wedge	slice	42	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
French Toast /Sausage*	serving	5	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Chicken Tender Basket	basket	1	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	45	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	1	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	Salad	2	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	2	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	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
Carrots, Glazed	1/2 cup	20	87	38	62	2.79	0.07	35.9	6899	1.64	13	1.38	16.92	3.13	1.12	*0.00
Waffle Cut Fries	2.89 oz s	40	140	0	75	3.00	0.72	0.0	0	3.6	0	2.0	21.0	5.0	1.00	0.00
Vegetable Variety	2.6 oz	15	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	25	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	45	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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
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	5	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			744	46	872	9.01	4.36	689.9	6045	40.53	*51 *27.4%	34.30 18.4%	114.38 61.5%	17.84 21.6%	7.58 9.2%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<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
 1 - 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 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 ¹ (g)
Tue - 05/07/2019																
High School Lunch	Total	100														
Taco Salad - HS	#10	41	455	45	475	4.19	2.65	181.9	455	3.85	3	17.94	42.28	24.8	8.69	0.45
Spicy Chicken Filet on bun	sandwich	5	374	32	590	2.00	3.20	90.0	98	2.0	*2	21.0	37.0	15.5	2.70	0.00
Pizza, Big Daddy, Cheese	slice	6	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	35	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	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Spanish Rice	1/2 cup	20	46	0	145	0.06	1.80	1.7	691	8.29	*1	0.47	8.46	0.77	0.12	*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
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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	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, Strawberry Skim	half pint	10	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	50	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	15	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	5	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
Hot Sauce	2 tsp	5	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	4	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
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			720	43	898	7.44	3.84	442.4	3968	33.99	*47	27.80	102.67	23.70	6.83	*0.19
% of Calories											*26.1%	15.5%	57.1%	29.6%	8.5%	*0.2%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Wed - 05/08/2019																
High School Lunch	Total	100														
Spaghetti & Meatsauce	1 Cup	38	324	26	606	3.07	3.61	44.2	572	6.87	2	16.27	41.47	9.96	3.12	0.00
Chicken Strips-Secondary	4 strips	28	237	37	367	0.00	1.11	22.2	93	96.67	0	14.22	19.22	11.44	1.78	0.00
Spicy Chicken Nuggets	serving	10	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Bosco Sticks, Pepperoni	serving/2	5	480	50	1000	2.00	3.60	300.0	800	3.6	6	22.0	28.0	18.0	9.00	0.00
Baked Potato Entree	1 each	2	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	Salad	3	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	10	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	3	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	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
Broccoli, Seasoned	1/2 cup	70	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Vegetable Variety	2.6 oz	30	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	10	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	25	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	50	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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	20	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	10	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	20	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			649	36	891	8.79	4.29	456.4	7306	114.54	*49	28.44	96.68	17.14	4.48	*0.00
% of Calories											*30.5%	17.5%	59.6%	23.8%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Thu - 05/09/2019																
High School Lunch	Total	100														
Mashed Potato Bowl	bowl	20	341	41	937	3.48	1.25	108.2	136	25.06	6	18.3	37.02	14.01	4.52	0.00
Breaded Chicken Fried Steak	1 each	59	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	0.00
Pizza, Big Daddy Pepperoni	slice	5	410	40	730	2.00	2.70	200.0	500	0.0	9	20.0	42.0	18.0	9.00	0.00
Chicken Tender Basket	basket	3	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	1 each	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Mashed Potatoes	1/2 cup	65	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	60	27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Corn, Seasoned	1/2 cup	60	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	45	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	50	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	10	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	5	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 HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			702	38	996	8.75	3.66	412.0	3668	51.40	*50 *28.4%	27.84 15.9%	103.84 59.2%	21.72 27.8%	5.68 7.3%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Fri - 05/10/2019																
High School Lunch	Total	100														
Pizza, Southwest (Fiestada)	slice	22	360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
BBQ Pulled Pork on Bun	sandwich	8	437	100	751	3.12	2.00	88.0	224	0.0	9	29.0	34.97	14.0	4.50	0.00
Bacon Cheeseburger Basket	sandwich	47	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Spicy Chicken Tender Basket	serving/3	5	360	50	705	3.00	2.16	0.0	0	4.8	2	22.0	28.0	18.0	3.50	0.00
Baked Potato Entree	1 each	1	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	Salad	3	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	10	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	3	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Homemade Bread	1 each	22	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	40	134	0	175	5.51	1.16	47.2	244	1.12	9	7.4	25.66	1.04	0.00	*0.00
Vegetable Variety	2.6 oz	30	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	10	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	25	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	50	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, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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	20	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	10	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	20	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			803	52	1072	10.08	4.70	554.2	5615	42.84	*57	36.82	116.75	21.74	6.25	*0.00
% of Calories											*28.2%	18.4%	58.2%	24.4%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Mon - 05/13/2019																
High School Lunch	Total	100														
Pizza, Cheese Stuffed Peppero	slice	10	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Ham & Cheese Sandwich	1 each	33	265	68	742	2.00	1.80	135.9	152	1.2	*1	22.54	21.01	10.02	2.77	0.00
Chicken Tender Basket	basket	1	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	45	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	1	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	Salad	2	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	6	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	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
Mixed Vegetables	1/2 cup	20	83	4	94	2.66	0.32	0.4	928	4.22	4	3.53	14.13	1.32	0.84	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	10	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	50	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, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	18	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	50	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
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			647	46	947	6.26	3.66	602.8	4655	31.79	*48	31.22	98.54	14.91	5.31	*0.00
% of Calories											*29.7%	19.3%	60.9%	20.8%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Tue - 05/14/2019																
High School Lunch	Total	100														
Tacos, Soft - Secondary	tacos	38	431	46	613	6.88	1.73	238.4	334	3.13	4	21.97	43.86	19.43	9.19	0.00
Chicken Patty/Bun	sandwich	5	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Pizza, Big Daddy, Cheese	slice	16	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	25	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	4	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Taco Toppings	serving	15	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Refried Beans: canned	1/2 cup	20	122	1	179	5.05	2.63	59.2	166	9.62	1	7.67	20.96	0.56	0.30	0.00
Corn, Seasoned	1/2 cup	65	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	10	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	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, Strawberry Skim	half pint	10	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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
Mustard: individual PC	packet	15	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	5	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	4	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	4	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			763	46	965	10.28	3.90	511.4	4476	34.87	*50	31.76	112.18	22.67	8.10	*0.00
% of Calories											*26.2%	16.7%	58.8%	26.7%	9.6%	*0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Wed - 05/15/2019																
High School Lunch	Total	100														
Sweet and Sour Chicken/Rice	Servings	29	629	32	655	1.75	3.98	33.3	253	3.62	*49	19.58	116.88	8.85	1.50	*0.00
Chicken Strips-Secondary	4 strips	50	237	37	367	0.00	1.11	22.2	93	96.67	0	14.22	19.22	11.44	1.78	0.00
Bosco Sticks, Pepperoni	serving/2	5	480	50	1000	2.00	3.60	300.0	800	3.6	6	22.0	28.0	18.0	9.00	0.00
Spicy Chicken Nuggets	serving	3	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Baked Potato Entree	1 each	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Broccoli, Seasoned	1/2 cup	65	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Carrots, Baby	2 oz bag	4	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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	45	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	50	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	10	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	5	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 HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			697	38	815	6.87	3.75	423.6	5237	120.05	*59	28.05	111.65	15.94	3.42	*0.00
% of Calories											*34.1%	16.1%	64.1%	20.6%	4.4%	*0.0%
Nutrient Guideline			750-850		1420										<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 ¹ (g)
Thu - 05/16/2019																
High School Lunch	Total	100														
Chicken Nuggets	100 serving/5	20	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Breaded Chicken Fried Steak	1 each	59	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	0.00
Pizza, Big Daddy Pepperoni	slice	5	410	40	730	2.00	2.70	200.0	500	0.0	9	20.0	42.0	18.0	9.00	0.00
Chicken Tender Basket	basket	3	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	1 each	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Mashed Potatoes	1/2 cup	65	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	60	27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Carrots, Glazed	1/2 cup	20	87	38	62	2.79	0.07	35.9	6899	1.64	13	1.38	16.92	3.13	1.12	*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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	45	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	50	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	10	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	5	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 HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			655	40	892	8.03	3.62	395.6	4976	45.48	*50 *30.3%	26.48 16.2%	94.14 57.5%	20.90 28.7%	4.82 6.6%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<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

High School 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 ¹ (g)
Fri - 05/17/2019																
High School Lunch	Total	100														
Corn Dog Nuggets	serving of 6	13	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Chicken, Grilled	patty	22	160	40	410	0.00	0.72	60.0	0	0.0	0	12.0	4.0	11.0	2.50	0.00
Bacon Cheeseburger Basket	sandwich	42	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Spicy Chicken Tender Basket	serving/3	5	360	50	705	3.00	2.16	0.0	0	4.8	2	22.0	28.0	18.0	3.50	0.00
Baked Potato Entree	1 each	1	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	Salad	3	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	10	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	3	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Homemade Bread	1 each	22	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	40	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
Vegetable Variety	2.6 oz	30	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	10	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	25	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	50	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, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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	20	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	10	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	20	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			770	49	1015	9.62	4.17	504.2	5494	49.22	*56	33.32	113.36	21.66	5.21	*0.00
% of Calories											*28.9%	17.3%	58.9%	25.3%	6.1%	*0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Mon - 05/20/2019																
High School Lunch	Total	100														
Pizza, Cheese Wedge	slice	64	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
French Toast /Sausage*	serving	18	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Chicken Tender Basket	basket	1	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Bosco Sticks	serving 2	1	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Baked Potato Entree	1 each	3	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	Salad	2	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	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
Carrots, Glazed	1/2 cup	20	87	38	62	2.79	0.07	35.9	6899	1.64	13	1.38	16.92	3.13	1.12	*0.00
Waffle Cut Fries	2.89 oz s	50	140	0	75	3.00	0.72	0.0	0	3.6	0	2.0	21.0	5.0	1.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	15	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	25	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	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, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	15	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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	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	5	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			784	56	848	10.50	4.05	657.9	6938	41.14	*56 *28.8%	35.60 18.2%	115.87 59.1%	21.49 24.7%	8.25 9.5%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Tue - 05/21/2019																
High School Lunch	Total	100														
Chipotle Rice Bowl	Bowls	41	329	96	1187	1.77	3.43	133.7	1129	13.24	8	25.22	27.61	12.69	7.10	*0.00
Spicy Chicken Filet on bun	sandwich	5	374	32	590	2.00	3.20	90.0	98	2.0	*2	21.0	37.0	15.5	2.70	0.00
Pizza, Big Daddy, Cheese	slice	6	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	35	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	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Spanish Rice	1/2 cup	20	46	0	145	0.06	1.80	1.7	691	8.29	*1	0.47	8.46	0.77	0.12	*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
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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	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, Strawberry Skim	half pint	10	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	50	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	15	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	5	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
Hot Sauce	2 tsp	5	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	4	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
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			668	64	1190	6.45	4.16	422.6	4244	37.84	*49	30.78	96.65	18.74	6.18	*0.01
% of Calories											*29.3%	18.4%	57.9%	25.2%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Wed - 05/22/2019																
High School Lunch	Total	100														
Macaroni & Cheese	1 Cup	28	563	79	876	2.04	1.86	466.4	1158	0.0	7	23.71	48.62	29.09	16.26	*0.00
Chicken Strips-Secondary	4 strips	52	237	37	367	0.00	1.11	22.2	93	96.67	0	14.22	19.22	11.44	1.78	0.00
Bosco Sticks, Pepperoni	serving/2	3	480	50	1000	2.00	3.60	300.0	800	3.6	6	22.0	28.0	18.0	9.00	0.00
Spicy Chicken Nuggets	serving	3	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Baked Potato Entree	1 each	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	10	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Peas, Seasoned	1/2 cup	65	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	0.00
Carrots, Baby	2 oz bag	4	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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	45	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	18	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	45	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
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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	3	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 HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			689	53	861	7.08	3.37	506.9	5043	84.75	*49	29.55	95.41	21.26	7.33	*0.00
% of Calories											*28.3%	17.2%	55.4%	27.8%	9.6%	*0.0%
Nutrient Guideline			750-850		1420										<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 ¹ (g)
Thu - 05/23/2019																
High School Lunch	Total	100														
Chicken Nuggets	25 serving/5	25	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Breaded Chicken Fried Steak	18 1 each	18	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	0.00
Pizza, Big Daddy Pepperoni	39 slice	39	410	40	730	2.00	2.70	200.0	500	0.0	9	20.0	42.0	18.0	9.00	0.00
Chicken Tender Basket	3 basket	3	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	3 1 each	3	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	1 Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	9 1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Mashed Potatoes	65 1/2 cup	65	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	60 1 TBSP	60	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	25 1/2 cup	25	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Homemade Bread	20 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
Salad, Tossed	20 1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	4 2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	5 2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	75 1/2 cup	75	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	50 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	45 4 oz servin	45	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	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, Strawberry Skim	15 half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White	5 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
Salad Dressing, Assorted Sec.	20 1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	75 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
Mustard: individual PC	10 packet	10	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce	5 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
Hot Sauce	4 2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	5 packet	5	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 HS	5 6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			712	38	1150	7.91	3.66	471.6	3869	45.43	*52 *29.1%	28.81 16.2%	103.00 57.9%	21.52 27.2%	6.71 8.5%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<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 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 ¹ (g)
Fri - 05/24/2019																
High School Lunch	Total	100														
Corn Dog Nuggets	1 serving of 6	13	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Pepperoni Pinwheel Pocket	1 each	22	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Bacon Cheeseburger Basket	sandwich	42	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Spicy Chicken Tender Basket	1 serving/3	5	360	50	705	3.00	2.16	0.0	0	4.8	2	22.0	28.0	18.0	3.50	0.00
Baked Potato Entree	1 each	1	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	3 Salad	3	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	10	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	3	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Homemade Bread	1 each	22	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	40	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Vegetable Variety	2.6 oz	30	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	10	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	25	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	50	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, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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	20	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	10	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	20	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			726	45	938	8.84	4.36	555.5	6419	76.32	*52	32.77	105.14	20.41	5.92	*0.00
% of Calories											*28.9%	18.1%	58.0%	25.3%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 05/27/2019																
High School Lunch	Total	100														
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

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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 ¹ (g)
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			750-850		1420											<10.00

Tue - 05/28/2019																
High School Lunch	Total	100														
Chicken Strips-Secondary	4 strips	5	237	37	367	0.00	1.11	22.2	93	96.67	0	14.22	19.22	11.44	1.78	0.00
Manager's Choice	1 each	41	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Pizza, Big Daddy, Cheese	slice	6	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Popcorn Chicken Basket*	Basket	35	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	1	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Corn, Seasoned	1/2 cup	65	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	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, Strawberry Skim	half pint	10	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
Ketchup packet	packet	50	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	15	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	5	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	4	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	4	5	0	331	0.94	0.34	18.9	94	2.27	0	0.0	0.94	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			667	36	887	7.48	3.36	426.8	3794	39.98	*49	27.29	100.05	19.13	4.66	*0.00
% of Calories											*29.3%	16.4%	60.0%	25.8%	6.3%	*0.0%
Nutrient Guideline			750-850		1420											<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 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 ¹ (g)
Wed - 05/29/2019																
High School Lunch	Total	100														
Spaghetti & Meatsauce	1 Cup	38	324	26	606	3.07	3.61	44.2	572	6.87	2	16.27	41.47	9.96	3.12	0.00
Manager's Choice	1 each	28	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Spicy Chicken Nuggets	serving	10	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Bosco Sticks, Pepperoni	serving/2	5	480	50	1000	2.00	3.60	300.0	800	3.6	6	22.0	28.0	18.0	9.00	0.00
Baked Potato Entree	1 each	2	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	Salad	3	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	10	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	3	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	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
Broccoli, Seasoned	1/2 cup	70	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Vegetable Variety	2.6 oz	30	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Carrots, Baby	2 oz bag	10	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Salad, Tossed	1 cup	25	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	50	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	65	130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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	20	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	10	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	20	20	0	90	0.56	0.00	0.0	112	0.0	3	0.0	4.48	0.0	0.00	0.00
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			671	33	942	9.73	4.66	492.6	7367	90.20	*51 *30.5%	29.09 17.3%	100.59 59.9%	17.53 23.5%	4.79 6.4%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<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

High School 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 ¹ (g)
Thu - 05/30/2019																
High School Lunch	Total	100														
Chicken Nuggets	18 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	1 each	25	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Pizza, Big Daddy Pepperoni	slice	39	410	40	730	2.00	2.70	200.0	500	0.0	9	20.0	42.0	18.0	9.00	0.00
Chicken Tender Basket	basket	3	380	0	1204	10.72	2.42	0.0	20	5.33	4	17.72	36.34	19.16	3.79	0.00
Baked Potato Entree	1 each	3	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	Salad	1	296	93	783	3.96	2.99	233.2	12780	51.99	3	28.61	11.92	15.06	7.55	0.00
Peanut Butter & Jelly Sandwich	1 each	9	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Wrap, Crispy/Grilled Chicken	1 each	1	352	50	610	3.22	0.99	205.5	909	39.98	1	19.38	30.61	17.57	5.96	0.00
Sandwiches, Asst Cold Meat	1 each	1	375	71	1080	2.01	2.67	182.4	152	2.13	*2	32.05	37.25	11.22	2.98	0.00
Green Beans, Seasoned	1/2 cup	25	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	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
Salad, Tossed	1 cup	20	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Carrots, Baby	2 oz bag	4	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Vegetable Variety	2.6 oz	5	18	0	27	1.27	0.39	20.0	1762	28.94	1	1.12	3.48	0.17	0.02	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	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	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	45	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, Strawberry Skim	half pint	15	120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	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
Salad Dressing, Assorted Sec.	1 TBSP	20	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	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
Mustard: individual PC	packet	10	0	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Hot Sauce	2 tsp	4	0	0	270	0.00	0.00	0.0	200	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	packet	5	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 HS	6 slices	5	0	0	370	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			667	37	972	7.34	3.52	491.1	3915	32.32	*52	28.16	96.27	19.70	6.42	*0.00
% of Calories											*31.1%	16.9%	57.7%	26.6%	8.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 05/31/2019																
High School Lunch	Total	1														
NO LUNCH	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

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School 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 ¹ (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Weighted Average			710	44	946	8.47	3.96	496.5	5159	56.06	*52 *65.4%	30.40 17.1%	104.25 58.7%	20.13 25.5%	5.97 7.6%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	710		750 - 850	95%		40		Correction Required - Calories are Low
Cholesterol (mg)	44							
Sodium 1 (mg)	946		1420					
Sodium 2 (mg)	946		1080					
Fiber (g)	8.47							
Iron (mg)	3.96							
Calcium (mg)	496.5							
Vitamin A (IU)	5159							
Sugars (g)	52	29.08%			Missing			
Vitamin C (mg)	56.06							
Protein (g)	30.40	17.13%						
Carbohydrate (g)	104.25	58.75%						
Total Fat (g)	20.13	25.52%						
Saturated Fat (g)	5.97	7.57%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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