

Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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 - 05/01/2019																
Middle School Lunch	Total	100														
Chicken Nuggets	1 serving/5	15	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	60	260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	0.00
Bosco Sticks	1 serving 2	10	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Bacon Cheeseburger Basket	1 sandwich	5	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Peanut Butter & Jelly Sandwich	1 each	4	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
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	5	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	40	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	1 TBSP	35	27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Broccoli, Seasoned	1/2 cup	25	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	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	6 oz	5	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	30	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	30	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	30	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	1 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	1 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
Dressing, Salad Miracle Whip	1 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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			546	36	700	6.27	3.47	408.3	4053	46.99	*34	25.90	70.53	18.79	5.11	*0.00
% of Calories											*25.1%	19.0%	51.7%	31.0%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<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

Middle 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 - 05/02/2019																
Middle School Lunch	Total	100														
Macaroni & Cheese	1 Cup	25	563	79	876	2.04	1.86	466.4	1158	0.0	7	23.71	48.62	29.09	16.26	*0.00
Spicy Chicken Filet on bun	sandwich	24	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	20	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Bosco Sticks, Pepperoni	serving/2	10	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	10	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	20	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Peas, Seasoned	1/2 cup	35	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	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	6 oz	5	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Crisp, Blueberry	1/2 cup	40	229	19	5	2.71	0.85	24.5	288	1.71	*27	1.97	38.84	7.91	4.59	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	40	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	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	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			786	61	966	6.98	4.12	572.2	4625	21.32	*48	31.62	102.09	27.02	11.67	*0.00
% of Calories											*24.5%	16.1%	52.0%	31.0%	13.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Middle School Lunch

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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																
Middle School Lunch	Total	100														
Cheeseburger on Bun	1 each	50	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Corn Dog Nuggets	serving of 6	25	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Pizza, Big Daddy, Cheese	slice	5	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	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	6	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	5	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Peas & Carrots, seasoned	1/2 cup	40	65	3	77	3.53	1.07	26.3	10829	9.19	5	3.51	11.51	1.58	0.79	0.00
French Fries, Seasoned	2.52 oz	30	118	0	277	1.68	0.61	0.0	0	4.03	0	1.68	15.96	5.04	1.26	0.00
Vegetable Variety	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Salad, Tossed	1 cup	15	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	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	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
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
Salsa	2 oz	5	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
BBQ Sauce	1 TBSP	10	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			588	45	802	7.15	3.24	434.4	7638	41.69	*40	26.96	80.61	18.89	5.53	*0.00
% of Calories											*27.5%	18.3%	54.9%	28.9%	8.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Mon - 05/06/2019																
Middle School Lunch	Total	100														
Pizza, Cheese Wedge	slice	55	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
Chicken Strips-Secondary	4 strips	20	237	37	367	0.00	1.11	22.2	93	96.67	0	14.22	19.22	11.44	1.78	0.00
Pretzel Braid/ Cheese -MS	2 each	5	513	50	1110	4.00	2.88	333.3	500	0.0	0	19.67	64.33	18.67	10.00	0.00
Spicy Chicken Tender Basket	serving/3	3	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	6	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	20	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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Salad, Tossed	1 cup	15	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
Fruit Cup- Canned/Frozen	1/2 cup	50	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	40	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	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	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
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
Salsa	2 oz	10	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
BBQ Sauce	1 TBSP	10	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			719	45	839	9.21	3.98	621.6	5444	60.39	*48	33.77	104.41	20.04	7.22	*0.00
% of Calories											*26.5%	18.8%	58.1%	25.1%	9.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Middle 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																
Middle School Lunch	Total	200														
Nachos & Cheese (MS)	serving	57	501	50	1136	3.06	0.86	393.4	502	0.0	0	15.69	46.76	28.39	11.59	0.46
Chicken Patty/Bun	sandwich	17	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Popcorn Chicken Basket*	Basket	5	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Pepperoni Pinwheel Pocket	1 each	6	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
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
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	25	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Corn, Seasoned	1/2 cup	60	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Black Beans	1/2 cup	20	154	0	195	11.21	15.28	31.7	12	0.03	0	9.84	28.18	0.78	0.01	0.00
Taco Toppings	serving	30	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Salad, Tossed	1 cup	35	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	6 oz	5	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	30	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	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
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
Hot Sauce	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			398	23	622	5.20	3.16	304.9	2681	13.76	*20	14.99	54.46	14.22	4.85	*0.13
											*20.0%	15.1%	54.8%	32.2%	11.0%	*0.3%
Nutrient Guideline			600-700		1360											<10.00

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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																
Middle School Lunch	Total	100														
Chicken Nuggets	100 serving/5	10	260	25	400	3.00	1.80	0.0	100	0.0	1	16.0	16.0	15.0	2.50	0.00
Spicy Chicken Nuggets	65 serving	65	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	10 serving 2	10	394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Bacon Cheeseburger Basket	5 sandwich	5	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Peanut Butter & Jelly Sandwich	1 each	4	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
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	30	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	25	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	25	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	1/2 cup	40	43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	30	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	30	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	60	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	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			590	35	920	7.38	3.90	405.6	3815	34.69	*38	26.76	80.28	18.80	4.46	*0.00
% of Calories											*26.1%	18.1%	54.4%	28.7%	6.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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																
Middle School Lunch	Total	100														
Sweet and Sour Chicken/Rice	Servings	25	629	32	655	1.75	3.98	33.3	253	3.62	*49	19.58	116.88	8.85	1.50	*0.00
Deli Sub Sandwich, HS	1 each	34	414	107	1049	2.00	2.45	135.9	152	3.48	3	40.13	27.91	15.02	4.11	0.00
Pizza, Big Daddy, Cheese	slice	10	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Bosco Sticks, Pepperoni	serving/2	10	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	10	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	20	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Peas & Carrots, seasoned	1/2 cup	50	65	3	77	3.53	1.07	26.3	10829	9.19	5	3.51	11.51	1.58	0.79	0.00
Salad, Tossed	1 cup	10	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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Crisp, Blueberry	1/2 cup	50	229	19	5	2.71	0.85	24.5	288	1.71	*27	1.97	38.84	7.91	4.59	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	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	60	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	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	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			863	76	1086	7.66	4.55	490.7	8472	32.40	*66	37.72	126.43	22.85	8.47	*0.00
% of Calories											*30.8%	17.5%	58.6%	23.8%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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																
Middle School Lunch	Total	100														
Pizza, Southwest (Fiestada)	slice	15	360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
Corn Dog Nuggets	serving of 6	30	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Pizza, Big Daddy, Cheese	slice	35	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	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	6	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	10	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	60	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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	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
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	60	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	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
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
Salsa	2 oz	5	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
BBQ Sauce	1 TBSP	10	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			627	37	835	8.24	3.51	526.6	5918	82.28	*47	26.16	89.99	19.14	6.88	*0.00
% of Calories											*29.7%	16.7%	57.4%	27.5%	9.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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																
Middle School Lunch	Total	100														
Pizza, Cheese Stuffed Peppero	slice	20	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
French Toast /Sausage*	serving	55	433	104	509	0.83	0.60	48.7	275	0.0	18	15.34	43.43	21.67	7.82	0.00
Pretzel Braid/ Cheese -MS	2 each	5	513	50	1110	4.00	2.88	333.3	500	0.0	0	19.67	64.33	18.67	10.00	0.00
Spicy Chicken Tender Basket	serving/3	3	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	6	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	25	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Corn, Seasoned	1/2 cup	40	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Vegetable Variety	6 oz	20	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Salad, Tossed	1 cup	15	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	20	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	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	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	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
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
Salsa	2 oz	10	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
BBQ Sauce	1 TBSP	10	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			721	77	943	6.40	2.95	479.3	5432	36.47	*52	27.13	102.37	23.79	7.92	*0.00
% of Calories											*28.9%	15.1%	56.8%	29.7%	9.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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)
Tue - 05/14/2019																
Middle School Lunch	Total	200														
Taco Salad - HS	#10	57	455	45	475	4.19	2.65	181.9	455	3.85	3	17.94	42.28	24.8	8.69	0.45
Chicken Taquitos	serving of 2	17	347	30	846	4.77	1.30	75.0	201	4.8	2	17.01	39.61	14.93	3.40	0.12
Popcorn Chicken Basket*	Basket	5	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Pepperoni Pinwheel Pocket	1 each	6	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
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
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	20	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Spanish Rice	1/2 cup	75	224	15	557	1.56	2.99	33.0	1013	9.21	2	3.95	37.45	5.96	3.64	*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
Taco Toppings	serving	30	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Salad, Tossed	1 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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	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
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	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	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	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
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
Hot Sauce	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			434	27	663	4.74	3.12	262.8	2648	20.82	*22 *19.9%	15.81 14.6%	62.25 57.3%	14.19 29.4%	5.12 10.6%	*0.14 *0.3%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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																
Middle School Lunch	Total	100														
Chicken Nuggets	45 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
Breaded Chicken Fried Steak	10 each		260	30	180	3.00	2.70	40.0	100	1.2	1	15.0	16.0	16.0	4.00	0.00
Bosco Sticks	30 serving 2		394	27	555	1.79	3.22	358.1	358	0.0	2	21.49	48.34	12.53	6.27	0.00
Bacon Cheeseburger Basket	5 sandwich		483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	0.00
Baked Potato Entree	5 each		440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Peanut Butter & Jelly Sandwich	4 each		601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
Sandwiches, Asst Cold Meat	1 each		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	25 each		150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	40 1/2 cup		66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	35 1 TBSP		27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
Green Beans, Seasoned	30 1/2 cup		43	5	217	3.14	0.58	31.6	377	1.89	2	1.6	4.92	1.84	1.17	0.00
Salad, Tossed	20 1 cup		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	10 6 oz		41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	10 2 oz bag		25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	50 1/2 cup		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	30 1 each		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	40 4 oz servin		60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	65 half pint		130	5	140	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, Strawberry Skim	15 half pint		120	0	120	0.00	0.00	300.0	500	2.4	22	8.0	22.0	0.0	0.00	0.00
Milk, 1% White	5 half pint		100	15	120	0.00	0.00	300.0	500	1.2	11	8.0	11.0	2.5	1.50	0.00
Salad Dressing, Assorted Sec.	15 1 TBSP		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	50 packet		10	0	25	0.00	0.00	0.0	10	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard: individual PC	10 packet		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		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 1 tsp		0	0	135	0.00	0.00	0.0	100	0.0	0	0.0	0.0	0.0	0.00	0.00
Dressing, Salad Miracle Whip	5 packet		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		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			634	35	963	7.19	3.71	487.6	4417	37.80	*41	28.76	90.19	18.35	5.27	*0.00
% of Calories											*25.6%	18.2%	56.9%	26.1%	7.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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 - 05/16/2019																
Middle School Lunch	Total	100														
Macaroni & Cheese	1 Cup	25	563	79	876	2.04	1.86	466.4	1158	0.0	7	23.71	48.62	29.09	16.26	*0.00
Spicy Chicken Filet on bun	sandwich	24	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	20	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Bosco Sticks, Pepperoni	serving/2	10	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	10	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	20	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Peas, Seasoned	1/2 cup	35	73	2	60	3.77	1.27	20.2	1785	8.26	4	4.3	11.93	1.11	0.60	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	6 oz	5	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Crisp, Apple	1/2 cup	40	197	0	79	2.58	0.62	15.7	348	0.01	*19	1.93	29.48	7.68	3.34	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	40	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	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	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			773	53	995	6.93	4.02	568.6	4649	20.64	*45	31.61	98.35	26.93	11.17	*0.00
% of Calories											*23.2%	16.4%	50.9%	31.4%	13.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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																
Middle School Lunch	Total	100														
BBQ Pulled Pork on Bun	sandwich	50	437	100	751	3.12	2.00	88.0	224	0.0	9	29.0	34.97	14.0	4.50	0.00
Corn Dog Nuggets	serving of 6	25	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Pizza, Big Daddy, Cheese	slice	5	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	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	6	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	5	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
French Fries, Seasoned	2.52 oz	30	118	0	277	1.68	0.61	0.0	0	4.03	0	1.68	15.96	5.04	1.26	0.00
Vegetable Variety	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Salad, Tossed	1 cup	15	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	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	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
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
Salsa	2 oz	5	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
BBQ Sauce	1 TBSP	10	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			696	70	1008	8.50	3.19	408.8	3440	38.46	*46	32.75	93.25	19.16	5.33	*0.00
% of Calories											*26.3%	18.8%	53.6%	24.8%	6.9%	*0.0%
Nutrient Guideline			600-700		1360										<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

Middle 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																
Middle School Lunch	Total	100														
Pizza, Cheese Wedge	slice	50	398	30	482	6.03	3.26	422.0	482	14.47	7	28.94	43.4	13.26	7.23	0.00
Chicken Strips-Secondary	4 strips	20	237	37	367	0.00	1.11	22.2	93	96.67	0	14.22	19.22	11.44	1.78	0.00
Pretzel Braid/ Cheese -MS	2 each	5	513	50	1110	4.00	2.88	333.3	500	0.0	0	19.67	64.33	18.67	10.00	0.00
Spicy Chicken Tender Basket	serving/3	3	360	50	705	3.00	2.16	0.0	0	4.8	2	22.0	28.0	18.0	3.50	0.00
Cheeseburger on Bun	1 each	5	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Yogurt Parfait	Parfait	1	301	13	163	2.73	0.37	342.7	248	1.94	49	9.12	64.27	3.88	1.37	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
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	25	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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Salad, Tossed	1 cup	15	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
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	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
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
Salsa	2 oz	10	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
BBQ Sauce	1 TBSP	10	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			712	45	860	8.92	3.98	603.7	5412	56.79	*46	33.47	103.01	20.06	6.97	*0.00
% of Calories											*26.0%	18.8%	57.9%	25.4%	8.8%	*0.0%
Nutrient Guideline			600-700		1360										<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

Middle 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																
Middle School Lunch	Total	200														
Walking Taco (Secondary)	portions	37	336	34	397	3.81	1.95	106.5	510	3.69	2	13.51	31.46	17.04	6.32	0.00
Chicken Patty/Bun	sandwich	35	440	25	490	5.00	3.80	128.0	100	0.0	3	23.0	42.0	19.0	3.00	0.00
Popcorn Chicken Basket*	Basket	5	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Pepperoni Pinwheel Pocket	1 each	3	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Cheeseburger on Bun	1 each	5	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Yogurt Parfait	Parfait	1	301	13	163	2.73	0.37	342.7	248	1.94	49	9.12	64.27	3.88	1.37	0.00
Peanut Butter & Jelly Sandwich	1 each	8	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
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	25	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Corn, Seasoned	1/2 cup	65	80	5	15	1.98	0.28	3.1	109	2.07	3	1.98	14.81	2.75	1.12	0.00
Refried Beans: canned	1/2 cup	15	122	1	179	5.05	2.63	59.2	166	9.62	1	7.67	20.96	0.56	0.30	0.00
Taco Toppings	serving	30	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Salad, Tossed	1 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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	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
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
Hot Sauce	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			359	19	419	4.67	2.20	235.7	2030	16.76	*22	15.03	51.13	11.10	3.05	*0.00
% of Calories											*24.3%	16.7%	57.0%	27.8%	7.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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																
Middle 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
Spicy Chicken Nuggets	40 serving	40	260	25	390	3.00	2.70	0.0	100	0.0	1	15.0	17.0	15.0	2.50	0.00
Bacon Cheeseburger Basket	25 sandwich	25	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	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
Yogurt Parfait	1 Parfait	1	301	13	163	2.73	0.37	342.7	248	1.94	49	9.12	64.27	3.88	1.37	0.00
Peanut Butter & Jelly Sandwich	1 each	4	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
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	20	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	40	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	1 TBSP	35	27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
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
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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			628	39	956	7.17	3.79	409.4	3850	38.33	*41	28.56	85.51	19.90	4.60	*0.00
% of Calories											*26.1%	18.2%	54.4%	28.5%	6.6%	*0.0%
Nutrient Guideline			600-700		1360										<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

Middle 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 - 05/23/2019																
Middle School Lunch	Total	100														
Spaghetti & Meatsauce	1 Cup	10	324	26	606	3.07	3.61	44.2	572	6.87	2	16.27	41.47	9.96	3.12	0.00
Deli Sub Sandwich, HS	1 each	67	414	107	1049	2.00	2.45	135.9	152	3.48	3	40.13	27.91	15.02	4.11	0.00
Pizza, Big Daddy, Cheese	slice	5	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	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	10	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	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
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	5	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	60	47	0	44	3.55	0.85	71.0	2447	63.9	1	3.55	5.92	1.76	0.80	0.00
Salad, Tossed	1 cup	10	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	6 oz	5	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Crisp - Asst. Fruit	1/2 cup	20	218	8	50	2.04	0.96	20.4	613	1.11	*22	2.02	35.87	7.67	3.83	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	40	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	10	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	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			659	92	1153	6.24	3.63	488.0	4208	57.00	*37	42.87	77.51	19.25	6.87	*0.00
% of Calories											*22.3%	26.0%	47.1%	26.3%	9.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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																
Middle School Lunch	Total	100														
Corn Dog Nuggets	100 serving of 6	35	267	34	365	3.00	1.00	66.0	114	51.02	12	9.0	33.01	11.0	1.90	0.00
Manager's Choice	1 each	20	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	20	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	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
Cheeseburger on Bun	1 each	5	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Baked Potato Entree	1 each	5	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Yogurt Parfait	Parfait	1	301	13	163	2.73	0.37	342.7	248	1.94	49	9.12	64.27	3.88	1.37	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
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	25	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mixed Vegetables	1/2 cup	40	83	4	94	2.66	0.32	0.4	928	4.22	4	3.53	14.13	1.32	0.84	0.00
Vegetable Variety	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Salad, Tossed	1 cup	15	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	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	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
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
Salsa	2 oz	5	20	0	137	0.00	2.11	0.0	978	11.73	2	0.0	3.91	0.0	0.00	0.00
BBQ Sauce	1 TBSP	10	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			635	38	844	7.27	3.06	467.0	3797	49.25	*49	25.59	94.47	17.96	5.26	*0.00
% of Calories											*30.9%	16.1%	59.5%	25.5%	7.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 05/27/2019																
Middle School Lunch	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 05/28/2019																
Middle School Lunch	Total	100														
Tacos, Beef Hard Shells	tacos	59	229	34	450	2.14	1.81	114.5	457	3.09	1	11.86	13.74	14.24	5.89	*0.00
Manager's Choice	1 each	20	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Popcorn Chicken Basket*	Basket	5	312	32	602	1.82	1.59	18.0	108	3.92	0	16.33	28.38	14.93	3.03	0.00
Pepperoni Pinwheel Pocket	1 each	5	280	20	600	3.00	2.70	250.0	200	9.0	1	18.0	28.0	10.0	5.00	0.00
Baked Potato Entree	1 each	6	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Peanut Butter & Jelly Sandwich	1 each	4	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
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	5	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Spanish Rice	1/2 cup	50	224	15	557	1.56	2.99	33.0	1013	9.21	2	3.95	37.45	5.96	3.64	*0.00
Black Bean Salsa	1/2 cup	10	138	0	257	6.15	5.80	24.4	402	7.05	3	6.18	26.64	1.31	0.17	0.00
Vegetable Variety	6 oz	5	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Cinnamon Rolls, Rich's	2 oz roll	10	207	5	190	1.00	1.45	0.1	300	0.0	16	5.0	40.43	2.5	0.50	*0.00
Taco Toppings	serving	25	9	0	54	0.57	0.38	10.1	68	2.7	1	0.49	2.15	0.08	0.01	0.00
Salad, Tossed	1 cup	10	37	0	48	2.46	1.57	51.3	9943	12.46	*3	1.96	7.83	0.12	0.03	0.00
Power Gelatin	1/2 cup	15	143	0	56	0.00	0.00	119.1	206	86.81	33	1.02	34.07	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	40	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	20	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	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	15	47	3	270	0.00	0.00	0.0	18	0.0	4	0.0	4.67	2.67	0.33	0.00
BBQ Sauce	1 TBSP	10	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	0.0	0	0.0	0.0	0.0	0.00	0.00
Salsa	2 oz	10	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
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	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	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

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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			631	45	1083	5.96	4.96	440.7	3420	41.10	*40	24.50	89.76	19.36	7.60	*0.00
% of Calories											*25.4%	15.5%	56.9%	27.6%	10.8%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Wed - 05/29/2019																
Middle School Lunch	Total	100														
Chicken Nuggets	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
Manager's Choice	1 each	1	316	24	551	3.38	2.45	151.4	310	9.75	*6	16.55	33.19	12.83	2.88	0.00
Bacon Cheeseburger Basket	sandwich	25	483	54	587	3.11	3.65	193.9	153	5.0	3	27.07	46.97	20.84	6.38	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
Yogurt Parfait	1	301	13	163	2.73	0.37	342.7	248	1.94	49	9.12	64.27	3.88	1.37	0.00	
Peanut Butter & Jelly Sandwich	1 each	4	601	0	404	5.47	2.64	94.7	1	5.12	19	20.53	52.4	37.25	6.66	*0.05
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	20	150	0	270	3.00	1.44	40.0	20	0.0	5	5.0	30.0	2.0	0.00	0.00
Mashed Potatoes	1/2 cup	40	66	0	251	1.03	0.22	16.2	5	23.58	1	1.49	13.97	0.69	0.18	0.00
Gravy, Poultry Low Sodium	1 TBSP	35	27	0	153	0.00	0.01	1.1	5	0.0	1	0.0	3.25	1.08	0.00	0.00
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
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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Fruit Cup- Canned/Frozen	1/2 cup	50	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	30	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	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			528	30	805	6.00	2.73	410.9	3813	38.43	*41	22.72	79.04	14.03	3.63	*0.00
% of Calories											*30.8%	17.2%	59.9%	23.9%	6.2%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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Lee's Summit R-7 School District

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle 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 - 05/30/2019																
Middle School Lunch	Total	100														
Lasagna Roll Up	servings	4	302	20	941	3.78	2.36	335.6	1067	14.0	8	16.78	39.67	7.33	3.50	0.00
Manager's Choice	1 each	50	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	10	400	40	580	2.00	2.70	250.0	500	0.0	9	19.0	42.0	17.0	9.00	0.00
Bosco Sticks, Pepperoni	serving/2	10	480	50	1000	2.00	3.60	300.0	800	3.6	6	22.0	28.0	18.0	9.00	0.00
Cheeseburger on Bun	1 each	4	275	48	417	2.00	2.16	155.9	152	0.0	*1	20.54	21.01	13.03	4.27	0.00
Baked Potato Entree	1 each	10	440	69	446	3.03	0.55	435.0	874	15.0	3	17.96	40.01	23.82	13.79	0.00
Yogurt Parfait	Parfait	1	301	13	163	2.73	0.37	342.7	248	1.94	49	9.12	64.27	3.88	1.37	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
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	5	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
Salad, Tossed	1 cup	10	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	6 oz	10	41	0	62	2.94	0.91	46.2	4065	66.79	3	2.59	8.03	0.4	0.05	0.00
Carrots, Baby	2 oz bag	5	25	0	55	2.00	0.72	20.0	9500	2.4	3	1.0	6.0	0.0	0.00	0.00
Crisp, Apple	1/2 cup	20	197	0	79	2.58	0.62	15.7	348	0.01	*19	1.93	29.48	7.68	3.34	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	40	72	0	4	1.32	0.41	6.6	479	7.17	*11	0.46	18.6	0.08	0.01	0.00
Fruit Fresh, Whole and Sliced	1 each	10	58	0	1	2.29	0.07	14.2	69	17.85	12	0.38	14.68	0.06	0.00	0.00
Juice, Assorted 4 oz	4 oz servin	20	60	0	7	0.00	0.00	83.3	80	19.2	14	0.0	15.67	0.0	0.00	0.00
Milk, Choc Skim	half pint	60	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	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	1 tsp	4	0	0	135	0.00	0.00	0.0	100	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			619	36	860	6.73	3.37	513.6	3983	50.37	*40	27.31	80.43	20.13	6.78	*0.00
% of Calories											*26.1%	17.7%	52.0%	29.3%	9.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 05/31/2019																
Middle 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

Middle 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			600-700		1360						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Weighted Average			626	46	872	6.90	3.55	454.3	4464	39.80	*41 *59.1%	27.62 17.6%	86.48 55.3%	19.24 27.7%	6.37 9.2%	*0.02 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	626		600 - 700	100%				
Cholesterol (mg)	46							
Sodium 1 (mg)	872		1360					
Sodium 2 (mg)	872		1035					
Fiber (g)	6.90							
Iron (mg)	3.55							
Calcium (mg)	454.3							
Vitamin A (IU)	4464							
Sugars (g)	41	26.24%			Missing			
Vitamin C (mg)	39.80							
Protein (g)	27.62	17.65%						
Carbohydrate (g)	86.48	55.27%						
Total Fat (g)	19.24	27.66%						
Saturated Fat (g)	6.37	9.16%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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