

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

**Feb 1, 2016 thru Feb 29, 2016**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/01/2016															
High School Breakfast	Total														
French Toast Sticks/Sausage*	1 serving	650	40	780	2.00	2.16	60.0	155	0.0	31	14.0	74.0	35.0	11.00	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		497	12	541	4.54	1.86	365.2	949	25.42	*41	13.70	70.83	18.33	7.79	*0.00
% of Calories										*32.7%	11.0%	57.0%	33.2%	14.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 02/02/2016															
High School Breakfast	Total														
Sausage Biscuit	1 each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	201	0	289	0.25	0.46	24.4	147	0.0	11	4.23	32.95	5.38	2.32	*0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		406	9	476	2.12	1.00	400.9	1003	36.48	*41	12.58	71.13	7.63	2.71	*0.00
% of Calories										*40.8%	12.4%	70.1%	16.9%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

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# Lee's Summit R-7 School District

Feb 1, 2016 thru Feb 29, 2016

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/03/2016															
High School Breakfast	Total														
Breakfast Burrito	1 each	279	201	612	2.00	1.42	212.3	442	0.0	*0	14.84	21.28	13.54	5.63	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		459	140	703	3.90	1.68	479.0	1085	29.52	*33	19.98	58.56	15.58	6.34	*0.00
% of Calories										*28.7%	17.4%	51.1%	30.6%	12.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 02/04/2016															
High School Breakfast	Total														
Biscuit and Country Gravy	1 each	196	0	454	1.00	1.09	81.0	11	0.0	2	4.0	24.79	8.32	4.16	0.00
Sausage Patty,	patty	230	40	360	0.00	0.36	0.0	0	0.0	0	8.0	0.0	22.0	8.00	0.00
Pancakes/Sausage*	serving	490	45	620	1.00	1.08	0.0	90	0.0	18	10.0	59.0	26.0	9.00	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Ketchup: individual	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Jelly	TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	0.00
Weighted Daily Average		626	38	733	3.40	1.68	386.6	1055	34.41	*50	16.22	97.04	20.97	6.88	*0.00
% of Calories										*32.3%	10.4%	62.0%	30.2%	9.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 02/05/2016</b>															
High School Breakfast	Total														
Breakfast Burrito	1 each	279	201	612	2.00	1.42	212.3	442	0.0	*0	14.84	21.28	13.54	5.63	0.00
Cinnamon Rolls, Rich's	2 oz roll	170	5	190	1.00	1.44	0.0	300	0.0	7	5.0	31.0	2.5	0.50	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Fruit Fresh, Whole and Sliced	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	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Salsa, Portion Cup	2 oz	13	0	92	1.00	0.54	30.0	650	7.8	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		355	31	410	2.60	1.77	373.9	1224	32.34	*35	13.98	63.66	4.60	1.08	*0.00
% of Calories										*39.7%	15.7%	71.6%	11.7%	2.7%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Mon - 02/08/2016</b>															
High School Breakfast	Total														
French Toast Sticks/Sausage*	1 serving	650	40	780	2.00	2.16	60.0	155	0.0	31	14.0	74.0	35.0	11.00	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		497	12	541	4.54	1.86	365.2	949	25.42	*41	13.70	70.83	18.33	7.79	*0.00
% of Calories										*32.7%	11.0%	57.0%	33.2%	14.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 02/09/2016</b>															
High School Breakfast	Total														
Sausage Biscuit	each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	201	0	289	0.25	0.46	24.4	147	0.0	11	4.23	32.95	5.38	2.32	*0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		406	9	476	2.12	1.00	400.9	1003	36.48	*41	12.58	71.13	7.63	2.71	*0.00
% of Calories										*40.8%	12.4%	70.1%	16.9%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 02/10/2016</b>															
High School Breakfast	Total														
Breakfast Burrito	1 each	279	201	612	2.00	1.42	212.3	442	0.0	*0	14.84	21.28	13.54	5.63	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		459	140	703	3.90	1.68	479.0	1085	29.52	*33	19.98	58.56	15.58	6.34	*0.00
% of Calories										*28.7%	17.4%	51.1%	30.6%	12.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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High School Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/11/2016															
High School Breakfast	Total														
Biscuit and Country Gravy	1 each	196	0	454	1.00	1.09	81.0	11	0.0	2	4.0	24.79	8.32	4.16	0.00
Sausage Patty,	patty	230	40	360	0.00	0.36	0.0	0	0.0	0	8.0	0.0	22.0	8.00	0.00
Pancakes/Sausage*	serving	490	45	620	1.00	1.08	0.0	90	0.0	18	10.0	59.0	26.0	9.00	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Ketchup: individual	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Jelly	TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	0.00
Weighted Daily Average		626	38	733	3.40	1.68	386.6	1055	34.41	*50	16.22	97.04	20.97	6.88	*0.00
% of Calories										*32.3%	10.4%	62.0%	30.2%	9.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 02/12/2016															
High School Breakfast	Total														
Breakfast Burrito	1 each	279	201	612	2.00	1.42	212.3	442	0.0	*0	14.84	21.28	13.54	5.63	0.00
Cinnamon Rolls, Rich's	2 oz roll	170	5	190	1.00	1.44	0.0	300	0.0	7	5.0	31.0	2.5	0.50	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Fruit Fresh, Whole and Sliced	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	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Salsa, Portion Cup	2 oz	13	0	92	1.00	0.54	30.0	650	7.8	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		355	31	410	2.60	1.77	373.9	1224	32.34	*35	13.98	63.66	4.60	1.08	*0.00
% of Calories										*39.7%	15.7%	71.6%	11.7%	2.7%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 02/15/2016															
High School Breakfast	Total														
NO SCHOOL TODAY	SERVING	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	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 02/16/2016															
High School Breakfast	Total														
Sausage Biscuit	each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	201	0	289	0.25	0.46	24.4	147	0.0	11	4.23	32.95	5.38	2.32	*0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		406	9	476	2.12	1.00	400.9	1003	36.48	*41	12.58	71.13	7.63	2.71	*0.00
% of Calories										*40.8%	12.4%	70.1%	16.9%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 02/17/2016															
High School Breakfast	Total														
Breakfast Burrito	1 each	279	201	612	2.00	1.42	212.3	442	0.0	*0	14.84	21.28	13.54	5.63	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		459	140	703	3.90	1.68	479.0	1085	29.52	*33	19.98	58.56	15.58	6.34	*0.00
% of Calories										*28.7%	17.4%	51.1%	30.6%	12.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

**Feb 1, 2016 thru Feb 29, 2016**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 02/18/2016</b>															
High School Breakfast	Total														
Biscuit and Country Gravy	1 each	196	0	454	1.00	1.09	81.0	11	0.0	2	4.0	24.79	8.32	4.16	0.00
Sausage Patty,	1 patty	230	40	360	0.00	0.36	0.0	0	0.0	0	8.0	0.0	22.0	8.00	0.00
Pancakes/Sausage*	1 serving	490	45	620	1.00	1.08	0.0	90	0.0	18	10.0	59.0	26.0	9.00	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Ketchup: individual	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Jelly	1 TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	0.00
Weighted Daily Average		626	38	733	3.40	1.68	386.6	1055	34.41	*50	16.22	97.04	20.97	6.88	*0.00
% of Calories										*32.3%	10.4%	62.0%	30.2%	9.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Fri - 02/19/2016</b>															
High School Breakfast	Total														
Breakfast Burrito	1 each	279	201	612	2.00	1.42	212.3	442	0.0	*0	14.84	21.28	13.54	5.63	0.00
Cinnamon Rolls, Rich's	2 oz roll	170	5	190	1.00	1.44	0.0	300	0.0	7	5.0	31.0	2.5	0.50	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Fruit Fresh, Whole and Sliced	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	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Salsa, Portion Cup	2 oz	13	0	92	1.00	0.54	30.0	650	7.8	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		355	31	410	2.60	1.77	373.9	1224	32.34	*35	13.98	63.66	4.60	1.08	*0.00
% of Calories										*39.7%	15.7%	71.6%	11.7%	2.7%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Lee's Summit R-7 School District

Feb 1, 2016 thru Feb 29, 2016

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/22/2016															
High School Breakfast	Total														
French Toast Sticks/Sausage*	1 serving	650	40	780	2.00	2.16	60.0	155	0.0	31	14.0	74.0	35.0	11.00	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		497	12	541	4.54	1.86	365.2	949	25.42	*41	13.70	70.83	18.33	7.79	*0.00
% of Calories										*32.7%	11.0%	57.0%	33.2%	14.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 02/23/2016															
High School Breakfast	Total														
Sausage Biscuit	1 each	420	40	790	1.00	1.44	80.0	10	0.0	2	12.0	24.0	30.0	12.00	0.00
Donut, Ring	1 each	201	0	289	0.25	0.46	24.4	147	0.0	11	4.23	32.95	5.38	2.32	*0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		406	9	476	2.12	1.00	400.9	1003	36.48	*41	12.58	71.13	7.63	2.71	*0.00
% of Calories										*40.8%	12.4%	70.1%	16.9%	6.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

**Feb 1, 2016 thru Feb 29, 2016**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/24/2016															
High School Breakfast	Total														
Breakfast Burrito	1 each	279	201	612	2.00	1.42	212.3	442	0.0	*0	14.84	21.28	13.54	5.63	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Bacon, Egg, Cheese	1 each	286	136	799	2.00	2.02	141.2	314	2.4	3	15.13	27.01	13.86	4.88	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		459	140	703	3.90	1.68	479.0	1085	29.52	*33	19.98	58.56	15.58	6.34	*0.00
% of Calories										*28.7%	17.4%	51.1%	30.6%	12.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 02/25/2016															
High School Breakfast	Total														
Biscuit and Country Gravy	1 each	196	0	454	1.00	1.09	81.0	11	0.0	2	4.0	24.79	8.32	4.16	0.00
Sausage Patty,	patty	230	40	360	0.00	0.36	0.0	0	0.0	0	8.0	0.0	22.0	8.00	0.00
Pancakes/Sausage*	serving	490	45	620	1.00	1.08	0.0	90	0.0	18	10.0	59.0	26.0	9.00	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Ketchup: individual	packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Jelly	TBSP	51	0	6	0.19	0.04	1.3	1	0.17	10	0.03	13.29	0.0	0.00	0.00
Weighted Daily Average		626	38	733	3.40	1.68	386.6	1055	34.41	*50	16.22	97.04	20.97	6.88	*0.00
% of Calories										*32.3%	10.4%	62.0%	30.2%	9.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

**Feb 1, 2016 thru Feb 29, 2016**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 02/26/2016</b>															
High School Breakfast	Total														
Breakfast Burrito	1 each	279	201	612	2.00	1.42	212.3	442	0.0	*0	14.84	21.28	13.54	5.63	0.00
Cinnamon Rolls, Rich's	2 oz roll	170	5	190	1.00	1.44	0.0	300	0.0	7	5.0	31.0	2.5	0.50	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Fruit Fresh, Whole and Sliced	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	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Salsa, Portion Cup	2 oz	13	0	92	1.00	0.54	30.0	650	7.8	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		355	31	410	2.60	1.77	373.9	1224	32.34	*35	13.98	63.66	4.60	1.08	*0.00
% of Calories										*39.7%	15.7%	71.6%	11.7%	2.7%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Mon - 02/29/2016</b>															
High School Breakfast	Total														
French Toast Sticks/Sausage*	1 serving	650	40	780	2.00	2.16	60.0	155	0.0	31	14.0	74.0	35.0	11.00	0.00
Long John	1 each	321	0	369	3.25	1.54	24.4	152	0.0	12	5.23	35.95	17.88	8.32	*0.00
Bagel, Sausage, Egg, Cheese	1 each	445	163	822	2.00	2.16	141.2	311	2.4	3	18.54	27.01	30.04	10.77	0.00
Pop Tart Combo	1 each	473	0	385	6.59	3.00	223.3	1078	36.0	*38	4.33	98.55	7.17	1.67	0.00
Fruit Fresh, Whole and Sliced	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
Fruit, Assorted, Canned & Froz	4 oz	76	0	32	1.40	0.33	6.6	381	14.95	16	0.89	18.68	0.11	0.01	*0.00
Juice, Assorted 4 oz	4 oz servin	40	0	5	0.00	0.00	90.0	200	36.0	9	0.0	10.0	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	100	8	141	0.00	0.00	300.0	500	1.5	14	8.0	15.0	0.75	0.00	0.00
Weighted Daily Average		497	12	541	4.54	1.86	365.2	949	25.42	*41	13.70	70.83	18.33	7.79	*0.00
% of Calories										*32.7%	11.0%	57.0%	33.2%	14.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		469	46	573	3.31	1.60	401.1	1063	31.63	*40	15.29	72.25	13.42	4.96	*0.00
										*77.1%	13.1%	61.7%	25.8%	9.5%	*0.0%

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

**Feb 1, 2016 thru Feb 29, 2016**

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	469		450 - 600	100%													
Cholesterol (mg)	46																
Sodium (mg)	573		640														
Fiber (g)	3.31																
Iron (mg)	1.60																
Calcium (mg)	401.1																
Vitamin A (IU)	1063																
Sugars (g)	40	34.26%				Missing											
Vitamin C (mg)	31.63																
Protein (g)	15.29	13.06%															
Carbohydrate (g)	72.25	61.67%															
Total Fat (g)	13.42	25.78%															
Saturated Fat (g)	4.96	9.52%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.