

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

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

Base Menu Spreadsheet

High School Lunch

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 Lunch	Total														
Chicken Patty/Bun	sandwich	396	62	510	6.00	3.80	129.0	78	11.0	2	22.0	41.0	16.5	2.50	0.00
French Toast Sticks/Sausage*	serving	650	40	780	2.00	2.16	60.0	155	0.0	31	14.0	74.0	35.0	11.00	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender Basket	basket	338	0	1023	9.13	2.21	0.0	15	5.19	3	14.38	34.05	16.45	3.66	0.00
Baked Potato w/Homemade Bread	Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Cheesy Hasbrowns	4 oz	248	15	1385	3.08	0.67	113.0	141	15.52	5	6.15	40.0	7.18	3.59	0.00
Peas, Seasoned	4 oz	99	0	93	6.25	1.73	27.5	2432	11.23	5	5.85	16.2	1.41	0.56	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	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	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		888	49	1639	11.52	4.58	535.5	6039	54.67	*57	31.57	126.57	30.66	9.35	*0.00
% of Calories										*25.5%	14.2%	57.0%	31.1%	9.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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Lee's Summit R-7 School District

Feb 1, 2016 thru Feb 29, 2016

Base Menu Spreadsheet

High School Lunch

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)
Tue - 02/02/2016															
High School Lunch	Total														
Chipotle Rice Bowl	Bowls	247	47	949	3.02	1.88	243.1	932	9.55	4	19.26	25.95	7.93	3.01	*0.00
Chicken Strips-Secondary	4 strips	356	56	637	4.98	3.64	49.3	170	1.11	*4	21.44	38.5	13.02	2.87	*0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
*Bacon Cheeseburger Basket*	sandwich	519	56	1042	6.67	4.51	235.2	107	5.0	2	27.5	46.01	25.12	9.86	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mashed Potatoes	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	2 oz	2	0	15	0.00	0.01	1.1	0	0.0	0	0.0	0.29	0.1	0.00	0.00
Refried Beans: canned	1/2 cup	156	14	227	8.07	2.76	96.4	237	11.37	1	9.18	23.81	2.9	1.28	0.00
Corn, Seasoned	4 oz	106	0	250	2.90	0.36	4.2	140	2.63	3	2.91	18.91	3.55	1.04	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Power Gelatin	4 oz	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	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
BBQ Sauce, Lower Sodium	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Ketchup: individual	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	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	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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		731	47	1350	9.26	4.27	615.3	2829	69.35	*45	32.08	107.09	20.30	6.83	*0.00
% of Calories										*24.9%	17.6%	58.6%	25.0%	8.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

High School Lunch

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 - 02/03/2016															
High School Lunch	Total														
Ravioli, Beef	1 cup	260	25	600	4.00	2.70	40.0	300	0.0	6	16.0	29.99	8.0	3.50	0.00
Chicken Nuggets	serving/4	244	57	366	0.00	1.00	12.0	101	12.0	0	16.0	9.0	16.0	3.00	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Bosco Sticks/Marinara	serving 2	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mixed Vegetables	1/2 cup	83	0	110	3.01	0.36	0.1	1013	4.8	5	4.0	16.02	0.28	0.13	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	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	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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		614	45	902	7.88	3.45	475.8	6822	56.27	*46	29.21	88.02	17.17	4.22	*0.00
% of Calories										*30.0%	19.0%	57.4%	25.2%	6.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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)
Thu - 02/04/2016															
High School Lunch	Total														
Macaroni & Cheese	1 Cup	541	57	1112	2.04	1.86	577.4	1231	0.0	*5	21.49	50.84	26.87	10.36	*0.00
CFS	1 each	260	45	340	2.00	3.00	40.0	5	40.0	1	16.0	11.0	17.0	5.00	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chicken Tender Basket	basket	338	0	1023	9.13	2.21	0.0	15	5.19	3	14.38	34.05	16.45	3.66	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mashed Potatoes	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, Country Fat Free	2 oz.	6	0	24	0.00	0.01	1.0	1	0.0	0	0.0	0.79	0.32	0.16	0.00
Zucchini and Tomatoes	1/2 cup	52	2	322	1.06	0.77	75.8	814	9.56	6	2.23	8.67	1.0	0.58	0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Crisp - Asst. Fruit	servings	223	8	70	2.03	0.75	19.5	575	1.16	*24	2.09	37.3	7.76	3.89	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		866	54	1480	8.33	4.18	823.1	5635	55.98	*47	33.66	116.49	30.54	11.29	*0.00
% of Calories										*21.9%	15.6%	53.8%	31.8%	11.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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High School Lunch

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)
Fri - 02/05/2016															
High School Lunch	Total														
Pizza, Cheese Wedge	slice	371	27	490	5.45	1.96	381.4	545	13.08	7	26.15	42.5	11.99	6.54	0.00
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Popcorn Chicken Basket*	Basket	536	58	818	6.23	4.25	64.6	166	4.84	*5	25.28	62.54	18.73	3.62	*0.00
Bosco Sticks/Marinara	serving 2	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Baked Potato w/Homemade Bread	Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Spinach, Seasoned	1/2 cup se rving	16	0	29	0.75	0.52	37.1	3362	1.47	0	1.04	1.26	0.8	0.36	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup: individual	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	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	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		652	36	994	8.75	3.50	676.4	6171	67.51	*49	31.07	99.60	15.79	5.62	*0.00
% of Calories										*29.9%	19.1%	61.1%	21.8%	7.8%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

<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 Lunch

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)
Mon - 02/08/2016															
High School Lunch	Total														
Crazy Cheezy Bread	slice	280	25	460	2.00	1.80	350.0	300	0.0	1	16.0	30.0	11.0	6.00	0.00
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender Basket	basket	338	0	1023	9.13	2.21	0.0	15	5.19	3	14.38	34.05	16.45	3.66	0.00
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Baked Potato w/Homemade Bread	Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Green Beans, Seasoned	4 oz	38	0	310	2.02	0.38	20.4	379	0.09	1	0.07	5.24	1.85	0.84	0.00
Potato, Tri Tator	serving of	200	0	440	3.00	0.77	0.0	0	5.92	0	1.0	26.0	10.0	1.50	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	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	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		663	32	1224	9.21	3.41	646.5	5095	44.76	*39	26.41	95.01	21.24	6.82	*0.00
% of Calories										*23.6%	15.9%	57.3%	28.8%	9.2%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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)
Tue - 02/09/2016															
High School Lunch	Total														
Beefy Nachos	1/4 cup serving	267	33	506	2.79	1.85	300.2	346	28.04	2	17.7	22.7	13.61	5.16	*0.00
Chicken Strips-Secondary	4 strips	356	56	637	4.98	3.64	49.3	170	1.11	*4	21.44	38.5	13.02	2.87	*0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
*Bacon Cheeseburger Basket*	sandwich	519	56	1042	6.67	4.51	235.2	107	5.0	2	27.5	46.01	25.12	9.86	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mashed Potatoes	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	2 oz	2	0	15	0.00	0.01	1.1	0	0.0	0	0.0	0.29	0.1	0.00	0.00
Corn, Seasoned	4 oz	106	0	250	2.90	0.36	4.2	140	2.63	3	2.91	18.91	3.55	1.04	*0.00
Black Beans	1/2 cup	143	0	181	7.79	14.12	29.6	12	0.03	0	7.81	26.04	0.73	0.01	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Power Gelatin	4 oz	143	0	56	0.00	0.00	119.1	206	86.81	33	1.02	34.07	0.0	0.00	0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
BBQ Sauce, Lower Sodium	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Ketchup: individual	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	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	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		787	44	1343	10.38	6.56	631.9	2803	101.87	*58	33.14	122.24	19.94	6.07	*0.00
% of Calories										*29.3%	16.8%	62.1%	22.8%	6.9%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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 - 02/10/2016															
High School Lunch	Total														
Meatball Submarine	1 each	301	37	552	3.80	3.60	158.0	289	6.56	*3	18.46	28.31	9.76	3.73	0.00
Chicken Nuggets/Homemade Brea	serving	429	69	617	1.84	2.48	80.0	223	12.03	8	20.95	40.37	20.51	3.71	*0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Bosco Sticks/Marinara	serving w/ sauce	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato w/Homemade Bread	Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Broccoli Normandy	4 oz	42	0	48	2.02	0.01	0.4	1334	24.0	2	2.01	4.06	1.84	0.83	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		711	39	1102	7.62	4.76	716.4	4984	58.22	*43	33.88	104.10	18.49	6.97	*0.00
% of Calories										*24.4%	19.1%	58.5%	23.4%	8.8%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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)
Thu - 02/11/2016															
High School Lunch	Total														
Thai Chili Rice Bowl	servings	614	45	927	4.39	4.70	21.5	854	0.97	35	20.79	99.31	11.9	3.89	0.00
Chicken Strips-Secondary	4 strips	356	56	637	4.98	3.64	49.3	170	1.11	*4	21.44	38.5	13.02	2.87	*0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chicken Tender Basket	basket	338	0	1023	9.13	2.21	0.0	15	5.19	3	14.38	34.05	16.45	3.66	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mashed Potatoes	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, Country Fat Free	2 oz.	6	0	24	0.00	0.01	1.0	1	0.0	0	0.0	0.79	0.32	0.16	0.00
Carrots, Glazed	4 oz	91	0	73	2.40	0.07	32.0	5950	1.41	12	1.19	15.76	1.76	0.80	0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Crisp - Asst. Fruit	servings	223	8	70	2.03	0.75	19.5	575	1.16	*24	2.09	37.3	7.76	3.89	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		914	49	1324	9.93	5.05	589.2	7552	51.16	*61	33.24	139.60	24.81	8.75	*0.00
% of Calories										*26.9%	14.5%	61.1%	24.4%	8.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 02/12/2016															
High School Lunch	Total														
NO LUNCH	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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**Lee's Summit R-7 School District**

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

Base Menu Spreadsheet

High School Lunch

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)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420											<10.00

Mon - 02/15/2016															
	Total SERVING	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)
High School Lunch															
NO SCHOOL TODAY															
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420											<10.00

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Lee's Summit R-7 School District

Feb 1, 2016 thru Feb 29, 2016

Base Menu Spreadsheet

High School Lunch

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)
Tue - 02/16/2016															
High School Lunch	Total														
Pizza, Southwest (Fiestada)	slice	360	25	780	5.00	2.70	250.0	500	0.0	9	18.0	41.0	14.0	6.00	0.00
Chicken Strips-Secondary	4 strips	356	56	637	4.98	3.64	49.3	170	1.11	*4	21.44	38.5	13.02	2.87	*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
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
*Bacon Cheeseburger Basket*	sandwich	519	56	1042	6.67	4.51	235.2	107	5.0	2	27.5	46.01	25.12	9.86	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Baked Potato w/Homemade Bread	Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mashed Potatoes	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	2 oz	2	0	15	0.00	0.01	1.1	0	0.0	0	0.0	0.29	0.1	0.00	0.00
Corn, Seasoned	4 oz	106	0	250	2.90	0.36	4.2	140	2.63	3	2.91	18.91	3.55	1.04	*0.00
Red Beans and Rice	1/2 cup	322	0	963	16.77	6.62	134.6	1962	24.26	14	14.6	65.28	1.0	0.16	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Power Gelatin	4 oz	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	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
BBQ Sauce, Lower Sodium	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Ketchup: individual	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	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	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		964	57	1768	14.32	7.13	680.3	6506	100.50	*62	41.68	148.33	23.86	7.00	*0.00
% of Calories										*25.8%	17.3%	61.5%	22.3%	6.5%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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 - 02/17/2016															
High School Lunch	Total														
Chicken Parmesan w/noodles	1 each	454	70	820	4.51	4.19	121.7	450	14.99	2	23.56	53.34	15.72	3.25	0.00
Chicken Nuggets	1 serving/4	244	57	366	0.00	1.00	12.0	101	12.0	0	16.0	9.0	16.0	3.00	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Bosco Sticks/Marinara	1 serving w/ sauce	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Pizza, Cheese Stuffed Pepperoni	1 slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato w/Homemade Bread	1 Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	1 Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Broccoli, Seasoned	4 oz	45	0	47	3.40	0.82	68.0	2351	61.23	1	3.4	5.67	1.83	0.83	0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	1 PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce, Lower Sodium	1 oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Salad Miracle Whip	1 pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		745	62	1125	10.10	5.51	617.8	5823	84.41	*42	36.33	104.22	21.75	6.13	*0.00
% of Calories										*22.5%	19.5%	55.9%	26.3%	7.4%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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)
Thu - 02/18/2016															
High School Lunch	Total														
Mashed Potato Bowl	bowl	345	38	1007	4.54	2.07	31.6	143	26.11	6	15.56	42.87	11.12	1.94	*0.00
CFS	1 each	260	45	340	2.00	3.00	40.0	5	40.0	1	16.0	11.0	17.0	5.00	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Chicken Tender Basket	basket	338	0	1023	9.13	2.21	0.0	15	5.19	3	14.38	34.05	16.45	3.66	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mashed Potatoes	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, Country Fat Free	2 oz.	6	0	24	0.00	0.01	1.0	1	0.0	0	0.0	0.79	0.32	0.16	0.00
Corn, Seasoned	4 oz	106	0	250	2.90	0.36	4.2	140	2.63	3	2.91	18.91	3.55	1.04	*0.00
Biscuit, Southern	1 each	190	0	430	1.00	1.08	80.0	10	0.0	2	4.0	24.0	8.0	4.00	0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Crisp - Asst. Fruit	servings	223	8	70	2.03	0.75	19.5	575	1.16	*24	2.09	37.3	7.76	3.89	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		787	46	1412	8.31	4.11	502.5	2879	64.44	*48	29.74	110.77	25.95	8.66	*0.00
% of Calories										*24.6%	15.1%	56.3%	29.7%	9.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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

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

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

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

Base Menu Spreadsheet

High School Lunch

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)
Fri - 02/19/2016															
High School Lunch	Total														
Pizza, Cheese Wedge	slice	371	27	490	5.45	1.96	381.4	545	13.08	7	26.15	42.5	11.99	6.54	0.00
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Popcorn Chicken Basket*	Basket	536	58	818	6.23	4.25	64.6	166	4.84	*5	25.28	62.54	18.73	3.62	*0.00
Bosco Sticks/Marinara	serving 2	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Baked Potato w/Homemade Bread	Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Peas & Carrots, seasoned	4 oz	65	0	88	3.53	1.07	26.3	10839	9.19	5	3.51	11.51	1.58	0.58	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup: individual	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	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	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		744	48	1157	10.66	4.80	561.8	10774	68.68	*51	32.29	112.72	18.98	4.73	*0.00
% of Calories										*27.2%	17.4%	60.6%	23.0%	5.7%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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)
Mon - 02/22/2016															
High School Lunch	Total														
BBQ Rib/bun sandwich		256	25	555	3.47	2.16	80.0	193	3.6	*8	16.0	29.74	6.0	2.00	0.00
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
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Pizza Crunchers	1 serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender Basket	1 basket	338	0	1023	9.13	2.21	0.0	15	5.19	3	14.38	34.05	16.45	3.66	0.00
Baked Potato w/Homemade Bread	1 Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	1 Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Cheesy Hasbrowns	4 oz	248	15	1385	3.08	0.67	113.0	141	15.52	5	6.15	40.0	7.18	3.59	0.00
Peas, Seasoned	4 oz	99	0	93	6.25	1.73	27.5	2432	11.23	5	5.85	16.2	1.41	0.56	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	1 PC packet	5	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 pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	1 oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		875	46	1639	11.24	4.46	536.4	6046	53.75	*57	31.19	125.05	30.01	9.45	*0.00
% of Calories										*26.0%	14.3%	57.1%	30.9%	9.7%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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)
Tue - 02/23/2016															
High School Lunch	Total														
Taco Salad - HS	#10	405	38	501	5.17	3.58	295.3	579	43.05	3	22.07	43.94	17.26	4.65	*0.45
Chicken Strips-Secondary	4 strips	356	56	637	4.98	3.64	49.3	170	1.11	*4	21.44	38.5	13.02	2.87	*0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
*Bacon Cheeseburger Basket*	sandwich	519	56	1042	6.67	4.51	235.2	107	5.0	2	27.5	46.01	25.12	9.86	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mashed Potatoes	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	2 oz	2	0	15	0.00	0.01	1.1	0	0.0	0	0.0	0.29	0.1	0.00	0.00
Corn, Seasoned	4 oz	106	0	250	2.90	0.36	4.2	140	2.63	3	2.91	18.91	3.55	1.04	*0.00
Black Bean Salsa	1/2 cup	134	0	227	5.70	4.89	35.1	278	5.71	*2	5.62	26.03	1.37	0.13	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Power Gelatin	4 oz	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	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
BBQ Sauce, Lower Sodium	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Ketchup: individual	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	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	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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		790	43	1361	10.67	5.06	638.5	3659	98.57	*51	33.25	121.31	21.07	5.99	*0.14
% of Calories										*25.9%	16.8%	61.4%	24.0%	6.8%	*0.2%
Nutrient Guideline		750-850		1420										<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 Lunch

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 Lunch	Total														
Spicy Chicken Filet on bun	1 EACH	384	32	610	4.00	3.00	102.0	103	2.0	*1	22.0	39.0	16.0	2.70	0.00
Chicken Nuggets	servng/4	244	57	366	0.00	1.00	12.0	101	12.0	0	16.0	9.0	16.0	3.00	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Bosco Sticks/Marinara	servng 2	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Pizza, Cheese Stuffed Peppero	slice	330	20	870	3.00	3.10	352.0	555	0.72	4	17.0	35.0	14.0	4.50	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Soup, Tomato	6 oz	141	0	737	1.56	0.00	2.7	625	9.37	19	3.13	26.56	2.34	0.00	*0.00
Mixed Vegetables	1/2 cup	83	0	110	3.01	0.36	0.1	1013	4.8	5	4.0	16.02	0.28	0.13	*0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup: individual	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	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	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		715	37	1408	9.04	3.66	554.4	5801	66.75	*55	31.06	107.58	18.82	3.92	*0.00
% of Calories										*30.8%	17.4%	60.2%	23.7%	4.9%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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)
Thu - 02/25/2016															
High School Lunch	Total														
Sweet and Sour Chicken/Rice	Servings	667	47	706	2.75	4.98	31.3	257	4.61	50	19.88	120.27	9.44	2.09	*0.00
Chicken Strips-Secondary	4 strips	356	56	637	4.98	3.64	49.3	170	1.11	*4	21.44	38.5	13.02	2.87	*0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Chicken Tender Basket	basket	338	0	1023	9.13	2.21	0.0	15	5.19	3	14.38	34.05	16.45	3.66	0.00
Pizza, Big Daddy Pepperoni	slice	410	40	730	2.00	3.60	250.0	500	0.0	6	19.0	43.0	17.0	8.00	0.00
Baked Potato Entree	1 each	357	32	469	3.83	1.96	540.4	554	16.61	2	19.76	37.79	14.54	8.42	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Mashed Potatoes	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, Country Fat Free	2 oz.	6	0	24	0.00	0.01	1.0	1	0.0	0	0.0	0.79	0.32	0.16	0.00
Broccoli, Seasoned	4 oz	45	0	47	3.40	0.82	68.0	2351	61.23	1	3.4	5.67	1.83	0.83	0.00
Homemade Bread	1 Each	172	12	222	1.74	1.11	46.1	365	0.59	*11	3.82	29.03	4.71	1.40	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Crisp - Asst. Fruit	servings	223	8	70	2.03	0.75	19.5	575	1.16	*24	2.09	37.3	7.76	3.89	*0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	0	57	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		871	54	1316	9.11	5.15	515.9	3708	65.34	*61	32.51	134.88	23.02	7.35	*0.00
% of Calories										*28.2%	14.9%	62.0%	23.8%	7.6%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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)
Fri - 02/26/2016															
High School Lunch	Total														
Pizza, Cheese Wedge	slice	371	27	490	5.45	1.96	381.4	545	13.08	7	26.15	42.5	11.99	6.54	0.00
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Popcorn Chicken Basket*	Basket	536	58	818	6.23	4.25	64.6	166	4.84	*5	25.28	62.54	18.73	3.62	*0.00
Bosco Sticks/Marinara	serving 2	465	30	850	3.00	4.32	420.0	650	3.0	6	25.0	60.0	14.0	7.00	0.00
Baked Potato w/Homemade Bread	Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Green Beans, Seasoned	4 oz	38	0	310	2.02	0.38	20.4	379	0.09	1	0.07	5.24	1.85	0.84	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	0.00	*0.00
Ketchup: individual	PC packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard: individual PC	PC packet	5	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	pkg- 12,4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	1 oz servin	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		730	48	1268	9.91	4.45	558.8	5545	64.14	*49	30.56	109.59	19.12	4.86	*0.00
% of Calories										*26.6%	16.7%	60.0%	23.6%	6.0%	*0.0%
Nutrient Guideline		750-850		1420										<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 Lunch

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)
Mon - 02/29/2016															
High School Lunch	Total														
Crazy Cheezy Bread	slice	280	25	460	2.00	1.80	350.0	300	0.0	1	16.0	30.0	11.0	6.00	0.00
Corn Dog Nuggets	serving of	250	50	550	1.00	1.44	40.0	100	18.0	6	11.0	28.0	11.0	2.50	0.00
Cheeseburger on Bun	1 each	290	42	460	3.00	3.08	195.2	101	0.0	*1	20.54	22.01	14.04	4.97	0.00
Pizza Crunchers	serving of	390	30	807	4.90	1.72	428.8	499	3.12	3	19.35	39.76	18.71	7.80	0.00
Chicken Tender Basket	basket	338	0	1023	9.13	2.21	0.0	15	5.19	3	14.38	34.05	16.45	3.66	0.00
Baked Potato w/Homemade Bread	Potato	542	44	720	5.68	3.44	608.4	676	16.64	10	24.71	69.16	19.05	9.14	*0.00
Chef Salad Entree/Roll	Salad	342	27	755	7.86	4.27	382.8	13045	90.27	*8	21.8	43.52	10.46	4.29	*0.00
Fresh Fruit Plate	1 Each	276	7	119	3.66	0.37	248.0	144	68.3	*22	4.92	59.36	2.72	0.67	0.00
Peanut Butter & Jelly Sandwich	1 each	580	0	368	7.54	3.01	115.3	1	5.12	16	21.56	53.43	35.19	6.55	*0.00
Wrap, Crispy Chicken	1 each	313	52	699	3.98	2.69	174.6	919	2.48	*0	20.32	28.7	11.68	3.91	0.00
Sandwiches, Asst Cold Meat	1 each	321	42	1006	2.70	2.86	221.7	106	1.65	*2	25.74	39.28	7.81	2.64	0.00
Green Beans, Seasoned	4 oz	38	0	310	2.02	0.38	20.4	379	0.09	1	0.07	5.24	1.85	0.84	0.00
Potato, Tri Tator	serving of	200	0	440	3.00	0.77	0.0	0	5.92	0	1.0	26.0	10.0	1.50	0.00
Vegetable Variety	4 oz	29	0	47	2.16	0.64	30.8	3987	40.59	2	1.66	5.89	0.26	0.05	*0.00
Salad, Tossed	1 cup	35	0	55	2.44	1.71	58.5	9756	15.6	*3	2.02	7.34	0.18	0.03	0.00
Fruit Cup- Canned/Frozen	1/2 cup	75	0	6	1.32	0.41	6.6	481	7.22	*11	0.46	19.14	0.08	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	257	0.00	0.00	6.4	27	0.0	4	0.18	5.17	0.46	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
Mustard: individual PC	PC packet	5	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	pkg- 12.4 g	15	0	105	0.00	0.00	0.0	0	0.0	0	0.0	1.0	1.0	0.00	0.00
BBQ Sauce, Lower Sodium	oz serving	33	0	150	0.93	0.00	0.0	187	0.0	6	0.0	7.48	0.0	0.00	0.00
Pickles, Sliced Dill HS	6 slices	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		648	34	1172	8.92	3.61	611.5	5035	44.30	*39	26.59	92.35	20.54	6.39	*0.00
% of Calories										*24.0%	16.4%	57.0%	28.5%	8.9%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	
Weighted Average		773	46	1315	9.74	4.62	604.6	5458	66.88	*51	32.08	113.98	22.21	6.86	*0.01
										*58.8%	16.6%	58.9%	25.9%	8.0%	*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 Lunch

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	773		750 - 850	100%													
Cholesterol (mg)	46																
Sodium (mg)	1315		1420														
Fiber (g)	9.74																
Iron (mg)	4.62																
Calcium (mg)	604.6																
Vitamin A (IU)	5458																
Sugars (g)	51	26.15%				Missing											
Vitamin C (mg)	66.88																
Protein (g)	32.08	16.59%															
Carbohydrate (g)	113.98	58.95%															
Total Fat (g)	22.21	25.85%															
Saturated Fat (g)	6.86		<10.00%														
Trans Fat <sup>1</sup> (g)	0.01	0.01%				Missing											

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