

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values

Apr 13, 2012

Page 1

Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2012															
Elementary Lunch	Total														
Pizza, Flatbread Cheese	slice	370	15	500	5.00	2.70	350.0	500	100	0.0	21.0	50.0	10.0	4.00	0.00
Chicken Strips, Brakebush	3 strips	230	40	590	1.00	1.44	20.0	0	0	0.0	15.0	10.0	15.0	3.50	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Sweet Potato Patty	patty	70	0	100	0.40	0.00	0.0	750	150	3.6	0.0	16.0	0.0	0.00	0.00
Green Beans, Seasoned	4 oz	37	0	280	2.03	0.96	27.9	445	89	4.65	1.28	4.87	1.76	0.47	*0.45
Peaches: canned,light syrup	1/2 Cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Barbecue Sauce	2 oz	61	0	668	0.00	0.00	0.0	607	121	2.43	0.0	14.17	0.0	0.00	0.00
Weighted Daily Average		722	23	1589	8.29	3.71	693.4	3002	554	28.77	27.80	122.25	13.94	4.30	*0.68
% of Calories											15.4%	67.7%	17.4%	5.4%	*0.9%

Wed - 05/02/2012															
Elementary Lunch	Total														
Shrimp Poppers	3 oz spoodl	180	35	850	1.00	1.08	20.0	0	0	1.2	8.0	18.0	8.0	2.00	0.00
Chicken Nuggets	5 each	223	73	345	0.00	1.40	19.4	97	19	0.0	15.54	12.63	12.63	2.43	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
French fries: oven heat	4 oz	173	0	213	2.67	0.96	0.0	0	0	4.8	2.67	29.33	6.0	0.67	0.00
Grapes,Fresh	1/2 CUP	33	0	5	0.37	0.00	7.3	0	0	0.44	0.0	8.4	0.0	0.00	0.00
Strawberries: frozen	#8 scoop	82	0	3	1.62	0.50	9.4	20	2	35.21	0.45	22.04	0.11	0.01	*N/A*
Whole Wheat Bread Sticks/Rolls	1 each	171	0	202	2.76	1.43	35.6	2	0	0.15	5.12	29.21	4.25	0.59	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Mustard: individual PC	PC packet	0	0	57	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Shrimp Sauce	2 oz	56	0	640	0.28	0.30	12.0	527	58	9.36	1.02	14.58	0.2	0.03	*N/A*
Weighted Daily Average		843	63	1321	7.94	4.27	485.9	959	167	54.41	29.19	136.05	22.51	3.98	*0.34
% of Calories											13.8%	64.5%	24.0%	4.3%	*0.4%

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 - denotes optional nutrient values

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.

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values

Apr 13, 2012

Page 2

Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2012															
Elementary Lunch	Total														
Chicken Alfredo	1 c. serving	317	47	103	1.81	2.48	26.8	28	6	0.0	22.33	43.09	5.28	1.41	*0.00
Chicken Patty on Bun	1 each	380	50	830	3.10	3.24	100.0	100	20	0.0	22.0	40.0	15.5	2.50	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Carrots, Glazed	4 oz	91	0	99	3.35	0.49	42.1	14343	2156	2.5	0.79	13.81	4.02	1.02	*0.97
Pineapple tidbit:canned,lt syr	1/2 CUP	63	0	1	0.98	0.48	17.1	18	4	9.15	0.44	16.41	0.15	0.01	0.00
Cherries, frozen	4 oz	136	0	0	1.13	0.00	0.0	680	136	2.72	1.13	34.02	0.0	0.00	0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Dressing, Salad Miracle Whip	pkg- 12,4 g	30	0	85	0.00	0.00	0.0	0	0	0.0	0.0	2.0	2.5	0.00	0.00
Mustard: individual PC	PC packet	0	0	57	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Pickles, Sliced Dill	3 slices	0	0	281	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		851	53	1169	8.29	4.11	557.3	14307	2210	34.66	32.71	140.10	19.49	3.51	*0.98
% of Calories											15.4%	65.9%	20.6%	3.7%	*1.0%

Fri - 05/04/2012															
Elementary Lunch	Total														
Nachos with cheese	2 oz.	240	20	720	2.00	0.72	290.0	300	60	0.0	8.0	21.0	14.0	5.50	0.00
Manager's Choice	1 each	240	56	547	1.45	1.59	119.5	218	52	1.02	14.18	20.59	11.21	2.93	*0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Rice and Beans, Taco flavored	4 oz	29	1	59	0.55	0.31	13.0	0	0	0.0	1.1	5.52	0.0	0.00	*0.00
Corn, Seasoned	4 oz	110	0	381	2.38	0.90	6.3	99	28	0.88	3.31	23.54	2.09	0.47	*0.25
Fruit Cup	4 oz	53	0	3	1.44	0.25	6.3	366	38	5.27	0.42	13.92	0.05	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Mustard: individual PC	PC packet	0	0	57	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Jalapeno Peppers	serving	9	0	661	1.89	0.68	37.8	189	520	4.54	0.0	1.89	0.0	0.00	0.00
Weighted Daily Average		653	43	1580	7.25	3.28	633.2	1569	389	37.72	24.84	108.17	15.41	4.12	*0.66
% of Calories											15.2%	66.3%	21.2%	5.7%	*0.9%

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 - denotes optional nutrient values

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.

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values

Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/07/2012															
Elementary Lunch	Total														
Pancakes 2 per serving	120	180	10	120	4.00	1.04	40.0	0	0	0.0	6.0	44.0	2.0	0.00	0.00
Syrup	packet	120	0	45	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Sausage Patty, 1.2 oz	patty	70	20	240	0.00	0.36	20.0	0	0	0.0	6.0	1.0	5.0	1.50	0.00
Pizza, Cheese Wedge	slice	350	40	370	2.00	2.70	300.0	750	150	6.0	15.0	43.0	12.0	8.00	*N/A*
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Potato, Tri Tator	1 each	99	0	229	0.99	0.36	0.0	0	0	1.19	0.99	11.94	4.97	1.49	0.00
Corn, Seasoned	4 oz	110	0	381	2.38	0.90	6.3	99	28	0.88	3.31	23.54	2.09	0.47	*0.25
Pears, Rosey	4 oz	77	0	116	1.78	0.31	5.6	0	0	20.38	2.42	18.22	0.03	0.00	*N/A*
Juice, Assorted, 4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		814	42	1444	7.65	3.97	648.8	1386	268	48.10	28.62	137.52	18.63	8.21	*0.44
% of Calories											14.1%	67.6%	20.6%	9.1%	*0.5%

Tue - 05/08/2012															
Elementary Lunch	Total														
Taco Salad - District-bf crmb	2 oz. or #1	306	41	1109	3.39	2.91	234.7	855	148	6.01	17.55	24.83	16.08	5.00	*0.02
Chicken Strips, Brakebush	3 strips	230	40	590	1.00	1.44	20.0	0	0	0.0	15.0	10.0	15.0	3.50	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Carrots with Dip	Serving	38	0	349	1.59	0.17	18.7	9532	1595	3.35	0.53	8.43	0.14	0.02	0.00
Cinnamon Apples	4 oz	60	0	1	2.49	0.21	7.9	44	9	0.21	0.3	15.38	0.39	0.06	*0.00
Crisp - Cherry	1 each	209	0	95	1.69	0.84	14.8	494	92	1.02	2.0	34.09	7.7	1.88	*1.30
Juice, Assorted, 4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Jalapeno Peppers	serving	9	0	661	1.89	0.68	37.8	189	520	4.54	0.0	1.89	0.0	0.00	0.00
Salsa, Red Gold	2 oz	20	0	280	2.00	0.72	0.0	400	30	7.2	0.0	4.0	0.0	0.00	0.00
Barbecue Sauce	2 oz	61	0	668	0.00	0.00	0.0	607	121	2.43	0.0	14.17	0.0	0.00	0.00
Weighted Daily Average		737	39	1667	10.00	3.73	523.2	10767	1889	29.42	25.14	109.46	22.93	5.46	*1.43
% of Calories											13.6%	59.4%	28.0%	6.7%	*1.7%

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 - denotes optional nutrient values

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.

Lee's Summit R-7 School District
May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values
Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/09/2012															
Elementary Lunch	Total														
Chicken Nuggets	5 each	223	73	345	0.00	1.40	19.4	97	19	0.0	15.54	12.63	12.63	2.43	0.00
Pork Patty, Breaded	1 Each	310	40	630	2.00	2.70	40.0	100	20	0.0	15.0	17.0	20.0	6.00	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Homemade Bread	1 Each	157	4	247	1.44	1.49	27.5	44	10	0.23	4.16	28.58	3.3	0.65	0.00
Mashed Potatoes	1/2 cup	63	0	245	1.00	1.08	22.8	0	0	3.6	1.5	13.01	0.7	0.00	*0.00
Gravy, Chicken Fat Free	2 oz	21	0	275	0.00	0.38	22.2	105	21	1.26	1.05	5.26	0.0	0.00	*0.00
Mixed Vegetables	1/2 CUP	69	0	41	4.00	0.75	22.8	3943	400	2.91	2.6	11.91	1.25	0.33	*0.30
Pineapple tidbit:canned,lt syr	1/2 CUP	63	0	1	0.98	0.48	17.1	18	4	9.15	0.44	16.41	0.15	0.01	0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Barbecue Sauce	2 oz	61	0	668	0.00	0.00	0.0	607	121	2.43	0.0	14.17	0.0	0.00	0.00
Dressing, Ranch FF	2 oz	28	0	586	0.00	0.00	0.0	0	0	0.0	0.0	5.67	0.0	0.00	0.00
Dressing, Honey Mustard	2 oz	94	0	529	0.00	0.00	37.8	0	0	0.0	1.89	22.68	0.0	0.00	0.00
Weighted Daily Average		841	54	2088	9.40	5.73	588.9	5443	681	40.28	30.25	136.50	20.30	4.80	*0.93
% of Calories											14.4%	65.0%	21.7%	5.1%	*1.0%

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 - denotes optional nutrient values

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.

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values

Apr 13, 2012

Page 5

Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/10/2012															
Elementary Lunch	Total														
Spaghetti & Meatsauce Beef Cr.	4 oz sauce +nood	365	46	1095	4.73	4.77	86.6	537	107	6.44	22.73	44.88	10.72	3.60	*0.00
Cheese Stick, (Jammer)	1 each	234	16	365	2.00	1.98	190.0	150	30	0.0	12.4	33.0	6.2	3.30	0.00
Spaghetti Sauce for Dipping	2 oz.	31	0	590	1.07	0.68	10.1	343	75	4.1	0.96	7.18	0.11	0.02	*N/A*
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Salad, Tossed	1 cup	12	0	10	0.79	0.36	17.9	1239	203	5.32	0.82	2.27	0.01	0.00	*0.00
Green Beans, Seasoned	4 oz	37	0	280	2.03	0.96	27.9	445	89	4.65	1.28	4.87	1.76	0.47	*0.45
Peaches: canned,light syrup	1/2 Cup	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Dressing, Ranch FF	2 oz	28	0	586	0.00	0.00	0.0	0	0	0.0	0.0	5.67	0.0	0.00	0.00
Dressing, Honey Mustard	2 oz	94	0	529	0.00	0.00	37.8	0	0	0.0	1.89	22.68	0.0	0.00	0.00
Dressing, Raspberry FF	2 oz	70	0	160	0.00	0.00	0.0	0	0	0.0	0.0	16.0	0.0	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Barbecue Sauce	2 oz	61	0	668	0.00	0.00	0.0	607	121	2.43	0.0	14.17	0.0	0.00	0.00
Weighted Daily Average		676	42	2109	8.38	5.60	540.8	3082	528	33.06	30.07	111.93	12.49	4.02	*0.58
% of Calories											17.8%	66.3%	16.6%	5.4%	*0.8%

Fri - 05/11/2012															
Elementary Lunch	Total														
Chicken Patty on Bun	1 each	380	50	830	3.10	3.24	100.0	100	20	0.0	22.0	40.0	15.5	2.50	0.00
Corn Dog,4oz.State Fair	1 each	240	20	590	5.00	2.70	150.0	0	0	0.0	9.0	33.0	8.0	2.00	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Potato of Choice	svg	119	0	272	1.68	0.51	8.2	0	0	5.15	2.0	18.18	4.29	1.17	*0.00
Baked Beans- district	1/2 CUP	151	0	512	5.47	1.60	51.8	199	34	1.35	6.32	34.56	0.49	0.09	*0.00
Fruit Cup	4 oz	53	0	3	1.44	0.25	6.3	366	38	5.27	0.42	13.92	0.05	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Mustard: individual PC	PC packet	0	0	57	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		771	29	1696	11.76	4.63	639.1	1444	227	41.18	26.97	133.51	16.58	3.97	*0.43
% of Calories											14.0%	69.3%	19.4%	4.6%	*0.5%

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 - denotes optional nutrient values

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.

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/14/2012															
Elementary Lunch	Total														
Egg Omelet,Cheese(Sunny Fresh)	1 each	110	195	210	0.00	0.66	85.0	375	375	0.0	8.0	1.0	8.0	3.00	*N/A*
Ham, Commodity	2 oz	66	31	693	0.00	0.49	4.9	25	7	0.0	10.67	0.7	2.33	0.80	0.02
Cheese Stick, (Jammer)	1 each	234	16	365	2.00	1.98	190.0	150	30	0.0	12.4	33.0	6.2	3.30	0.00
Spaghetti Sauce for Dipping	2 oz.	31	0	590	1.07	0.68	10.1	343	75	4.1	0.96	7.18	0.11	0.02	*N/A*
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Cheesy Hash Brown Cass. - Sec.	#8 scoop	248	0	918	3.81	0.70	40.4	0	0	11.43	5.71	45.71	3.81	0.95	*0.00
Mixed Vegetables	1/2 CUP	69	0	41	4.00	0.75	22.8	3943	400	2.91	2.6	11.91	1.25	0.33	*0.30
Applesauce, Rosey	4 oz	510	0	933	10.36	2.17	38.3	273	28	172.25	19.98	117.24	0.94	0.08	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		1241	65	3101	20.01	5.86	673.1	5010	675	203.16	49.61	238.12	14.37	4.90	*0.49
% of Calories											16.0%	76.8%	10.4%	3.6%	*0.4%
Tue - 05/15/2012															
Elementary Lunch	Total														
Taco, Soft Chicken(fajita)	1 each	255	59	644	5.65	2.13	250.4	650	118	1.32	18.05	24.95	8.48	2.56	*0.00
Salsa, Red Gold	2 oz	20	0	280	2.00	0.72	0.0	400	30	7.2	0.0	4.0	0.0	0.00	0.00
Chicken Strips-Gold Kist	3 strips	218	49	383	0.00	0.81	0.0	0	0	0.0	10.5	11.25	15.0	3.37	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Rice and Beans, Taco flavored	2 oz	15	0	30	0.28	0.15	6.5	0	0	0.0	0.55	2.76	0.0	0.00	*0.00
Corn, Seasoned	4 oz	110	0	381	2.38	0.90	6.3	99	28	0.88	3.31	23.54	2.09	0.47	*0.25
Orange Smiles	1/2 EACH	40	0	0	1.50	0.00	30.0	50	10	39.0	0.5	9.5	0.0	0.00	0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	PC packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Barbecue Sauce	2 oz	61	0	668	0.00	0.00	0.0	607	121	2.43	0.0	14.17	0.0	0.00	0.00
Dressing, Honey Mustard	2 oz	94	0	529	0.00	0.00	37.8	0	0	0.0	1.89	22.68	0.0	0.00	0.00
Jalapeno Peppers	serving	9	0	661	1.89	0.68	37.8	189	520	4.54	0.0	1.89	0.0	0.00	0.00
Weighted Daily Average		647	58	1892	10.66	3.69	668.6	1920	434	65.28	28.84	105.29	12.52	3.36	*0.48
% of Calories											17.8%	65.1%	17.4%	4.7%	*0.7%

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 - denotes optional nutrient values

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.

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values

Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/16/2012															
Elementary Lunch	Total														
Chicken Nuggets	5 each	223	73	345	0.00	1.40	19.4	97	19	0.0	15.54	12.63	12.63	2.43	0.00
Chicken Fried Steak	1 each	310	50	510	1.00	2.70	20.0	100	20	0.0	16.0	17.0	20.0	7.00	1.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Whole Wheat Bread Sticks/Rolls	1 each	171	0	202	2.76	1.43	35.6	2	0	0.15	5.12	29.21	4.25	0.59	*0.00
Mashed Potatoes	1/2 cup	63	0	245	1.00	1.08	22.8	0	0	3.6	1.5	13.01	0.7	0.00	*0.00
Gravy, Country Fat Free	2 oz.	29	0	323	0.00	3.69	20.7	97	19	1.17	0.0	7.8	0.0	0.00	*0.00
Green Beans, Seasoned	4 oz	37	0	280	2.03	0.96	27.9	445	89	4.65	1.28	4.87	1.76	0.47	*0.45
Power Gelatin, Secondary	1/2 cup	167	0	749	0.00	0.01	121.6	121	24	206.0	15.05	26.01	0.0	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Barbecue Sauce	2 oz	61	0	668	0.00	0.00	0.0	607	121	2.43	0.0	14.17	0.0	0.00	0.00
Dressing, Honey Mustard	2 oz	94	0	529	0.00	0.00	37.8	0	0	0.0	1.89	22.68	0.0	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Jelly	2 TBSP	101	0	11	0.38	0.07	2.7	2	1	0.34	0.06	26.58	0.01	0.00	*N/A*
Weighted Daily Average		1019	65	2770	7.35	8.94	677.1	1820	352	216.72	44.62	162.49	22.57	5.12	*1.08
% of Calories											17.5%	63.8%	19.9%	4.5%	*1.0%

Thu - 05/17/2012															
Elementary Lunch	Total														
Mac/Cheese WW Elbow	1 Cup	414	74	1352	0.65	0.49	708.5	1246	269	0.0	19.78	21.67	27.46	9.85	*1.09
Corn Dog Nuggets - Elementary	5 each	208	42	458	0.80	1.44	20.0	0	0	0.0	9.99	23.29	9.0	1.50	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Mixed Vegetables/Separate	1/2 cup	54	0	59	3.32	0.77	22.3	7236	704	4.61	2.16	8.3	1.47	0.37	*0.30
Sweet Potato Patty	patty	70	0	100	0.40	0.00	0.0	750	150	3.6	0.0	16.0	0.0	0.00	0.00
Pineapple tidbit:canned,lt syr	1/2 CUP	63	0	1	0.98	0.48	17.1	18	4	9.15	0.44	16.41	0.15	0.01	0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Mustard: individual PC	PC packet	0	0	57	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*

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 - denotes optional nutrient values

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.

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values Elementary Lunch

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		710	69	1528	5.22	1.97	947.5	8743	1087	33.22	27.81	94.35	24.50	8.01	*1.12
% of Calories											15.7%	53.2%	31.1%	10.1%	*1.4%

Fri - 05/18/2012															
Elementary Lunch	Total														
Mozzarella Cheese Dippers	1 Each	323	18	786	3.52	2.71	546.5	0	0	0.0	24.65	38.78	7.8	4.86	*0.00
Spaghetti Sauce for Dipping 2	servings	31	0	225	1.35	0.65	18.0	337	67	4.05	1.35	5.4	0.67	0.00	0.00
Cheeseburger on Bun	1 EACH	388	50	1000	3.00	3.66	250.0	372	82	0.0	24.0	33.0	18.5	7.50	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Confetti fries	1/2 cup	140	0	235	2.50	0.54	10.0	2550	460	6.0	1.5	21.5	4.75	0.50	0.00
Broccoli Normandy	4 oz	50	0	55	2.67	0.00	0.0	1751	350	32.0	2.67	5.33	1.86	0.51	0.51
Fruit Cup	4 oz	53	0	3	1.44	0.25	6.3	366	38	5.27	0.42	13.92	0.05	0.00	*0.00
Juice, Assorted, 4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Mustard: individual PC	PC packet	0	0	57	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Pickles, Sliced Dill	3 slices	0	0	281	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		755	28	1603	10.82	4.05	888.1	5306	974	62.96	36.53	114.23	16.70	6.03	*0.70
% of Calories											19.4%	60.5%	19.9%	7.2%	*0.8%

Mon - 05/21/2012															
Elementary Lunch	Total														
Pancake On A Stick	1 Each	210	15	470	1.00	1.08	0.0	0	0	0.0	9.0	23.0	10.0	3.50	0.00
Syrup	packet	120	0	45	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Pizza, Cheese Wedge	slice	350	40	370	2.00	2.70	300.0	750	150	6.0	15.0	43.0	12.0	8.00	*N/A*
Uncrustables - PB & J	sandwich	290	0	320	4.00	1.44	200.0	0	0	0.0	10.0	33.0	15.0	2.50	0.00
Baked Potato Entree w/ grahams	1 Potato	359	25	809	5.87	2.65	231.1	1076	161	23.81	9.4	43.86	16.29	5.22	*2.14
Yogurt Entree/Teddy Grahams	serving	184	9	106	0.00	0.10	254.0	0	0	0.0	6.55	36.6	2.2	1.00	0.00
Combo Meal	SERVING	400	38	714	1.34	1.84	122.8	188	38	0.11	14.5	48.45	15.92	4.93	*0.00
Potato of Choice	svg	119	0	272	1.68	0.51	8.2	0	0	5.15	2.0	18.18	4.29	1.17	*0.00
Mixed Vegetables	1/2 CUP	69	0	41	4.00	0.75	22.8	3943	400	2.91	2.6	11.91	1.25	0.33	*0.30
Pears, Rosey	4 oz	77	0	116	1.78	0.31	5.6	0	0	20.38	2.42	18.22	0.03	0.00	*N/A*
Juice, Assorted, 4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*

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 - denotes optional nutrient values

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.

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values
Elementary Lunch

Apr 13, 2012

Page 9

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		811	36	1227	9.11	3.76	629.9	4771	587	53.29	27.79	136.19	17.58	7.72	*0.49
% of Calories											13.7%	67.2%	19.5%	8.6%	*0.5%

Weighted Average		806	47	1785	9.48	4.49	653.0	4635	735	65.48	31.39	132.41	18.03	5.17	*0.72
											15.6%	65.7%	20.1%	5.8%	*0.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	806		664	121%			
Cholesterol (mg)	47		100	47%			
Sodium (mg)	1785		1350	132%			Correction Required - Sodium too High
Fiber (g)	9.48		4.00	237%			
Iron (mg)	4.49		3.50	128%			
Calcium (mg)	653.0		286.00	228%			
Vitamin A (IU)	4635		1120	414%			
Vitamin A (RE)	735		224	328%			
Vitamin C (mg)	65.48		15.00	437%			
Protein (g)	31.39	15.58%	10.00	314%			
Carbohydrate (g)	132.41	65.71%					
Total Fat (g)	18.03	20.14%	<=30.00%				
Saturated Fat (g)	5.17	5.77%	<10.00%				
Trans Fat (g)	0.72	0.81%			Missing		

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 - denotes optional nutrient values

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.