

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

Apr 13, 2012

	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															
High School Breakfast	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*
Biscuit, Wheat Readi-bake	1 each	180	0	560	2.00	1.44	20.0	0	0	0.0	4.0	24.0	8.0	5.00	0.00
French Tst Sticks - Brkfst Sec	3 each	234	0	312	1.04	1.50	62.4	0	0	0.0	5.2	33.52	10.39	2.08	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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		610	36	700	3.06	3.71	508.6	863	218	27.51	15.93	113.57	12.04	2.97	*0.00
% of Calories											10.4%	74.4%	17.8%	4.4%	*0.0%

Wed - 05/02/2012															
High School Breakfast	Total														
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*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
Long John	1 each	421	0	349	1.45	1.64	8.9	465	94	0.0	4.46	44.9	24.76	10.63	*1.52
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		662	35	692	3.71	3.87	462.9	1312	263	28.59	15.29	96.91	23.34	9.51	*1.29
% of Calories											9.2%	58.5%	31.7%	12.9%	*1.8%

Thu - 05/03/2012															
High School Breakfast	Total														
Pancakes 2 per serving	1 each	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 Biscuit	1 each	250	20	800	2.00	1.80	40.0	0	0	0.0	10.0	25.0	13.0	6.50	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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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*
Weighted Daily Average		627	21	1068	5.43	3.57	473.3	849	163	27.38	18.63	114.28	12.98	4.67	*0.00
% of Calories											11.9%	73.0%	18.6%	6.7%	*0.0%

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

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Lee's Summit R-7 School District

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

Apr 13, 2012

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High School Breakfast

	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)
Fri - 05/04/2012															
High School Breakfast	Total														
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*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
Cinnamon Rolls	EACH,2 oz	186	0	295	3.37	1.36	40.0	4	0	0.15	5.15	32.18	4.86	0.73	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		504	140	904	5.86	4.21	525.2	1327	259	33.63	19.65	83.42	9.23	2.44	*0.00
% of Calories											15.6%	66.2%	16.5%	4.4%	*0.0%
Mon - 05/07/2012															
High School Breakfast	Total														
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		555	11	643	3.46	3.63	468.3	869	174	33.72	15.56	87.83	16.32	7.49	*0.00
% of Calories											11.2%	63.3%	26.4%	12.1%	*0.0%
Tue - 05/08/2012															
High School Breakfast	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*
Biscuit, Wheat Read-i-bake	1 each	180	0	560	2.00	1.44	20.0	0	0	0.0	4.0	24.0	8.0	5.00	0.00
French Tst Sticks - Brkfst Sec	3 each	234	0	312	1.04	1.50	62.4	0	0	0.0	5.2	33.52	10.39	2.08	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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		610	36	700	3.06	3.71	508.6	863	218	27.51	15.93	113.57	12.04	2.97	*0.00
% of Calories											10.4%	74.4%	17.8%	4.4%	*0.0%

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

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Lee's Summit R-7 School District

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High School Breakfast

	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															
High School Breakfast	Total														
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*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
Long John	1 each	421	0	349	1.45	1.64	8.9	465	94	0.0	4.46	44.9	24.76	10.63	*1.52
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		662	35	692	3.71	3.87	462.9	1312	263	28.59	15.29	96.91	23.34	9.51	*1.29
% of Calories										9.2%	58.5%	31.7%	12.9%		*1.8%

Thu - 05/10/2012															
High School Breakfast	Total														
Pancakes 2 per serving	1 each	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 Biscuit	1 each	250	20	800	2.00	1.80	40.0	0	0	0.0	10.0	25.0	13.0	6.50	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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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*
Weighted Daily Average		627	21	1068	5.43	3.57	473.3	849	163	27.38	18.63	114.28	12.98	4.67	*0.00
% of Calories										11.9%	73.0%	18.6%	6.7%		*0.0%

Fri - 05/11/2012															
High School Breakfast	Total														
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*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
Cinnamon Rolls	EACH,2 oz	186	0	295	3.37	1.36	40.0	4	0	0.15	5.15	32.18	4.86	0.73	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		504	140	904	5.86	4.21	525.2	1327	259	33.63	19.65	83.42	9.23	2.44	*0.00
% of Calories										15.6%	66.2%	16.5%	4.4%		*0.0%

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May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values
High School Breakfast

Apr 13, 2012

	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															
High School Breakfast	Total														
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		555	11	643	3.46	3.63	468.3	869	174	33.72	15.56	87.83	16.32	7.49	*0.00
% of Calories											11.2%	63.3%	26.4%	12.1%	*0.0%

Tue - 05/15/2012															
High School Breakfast	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*
Biscuit, Wheat Readi-bake	1 each	180	0	560	2.00	1.44	20.0	0	0	0.0	4.0	24.0	8.0	5.00	0.00
French Tst Sticks - Brkfst Sec	3 each	234	0	312	1.04	1.50	62.4	0	0	0.0	5.2	33.52	10.39	2.08	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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		610	36	700	3.06	3.71	508.6	863	218	27.51	15.93	113.57	12.04	2.97	*0.00
% of Calories											10.4%	74.4%	17.8%	4.4%	*0.0%

Wed - 05/16/2012															
High School Breakfast	Total														
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*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
Long John	1 each	421	0	349	1.45	1.64	8.9	465	94	0.0	4.46	44.9	24.76	10.63	*1.52
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		662	35	692	3.71	3.87	462.9	1312	263	28.59	15.29	96.91	23.34	9.51	*1.29
% of Calories											9.2%	58.5%	31.7%	12.9%	*1.8%

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High School Breakfast

	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)
Thu - 05/17/2012															
High School Breakfast	Total														
Pancakes 2 per serving	1 each	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 Biscuit	1 each	250	20	800	2.00	1.80	40.0	0	0	0.0	10.0	25.0	13.0	6.50	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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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*
Weighted Daily Average		627	21	1068	5.43	3.57	473.3	849	163	27.38	18.63	114.28	12.98	4.67	*0.00
% of Calories											11.9%	73.0%	18.6%	6.7%	*0.0%

Fri - 05/18/2012															
High School Breakfast	Total														
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*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
Cinnamon Rolls	EACH, 2 oz	186	0	295	3.37	1.36	40.0	4	0	0.15	5.15	32.18	4.86	0.73	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		504	140	904	5.86	4.21	525.2	1327	259	33.63	19.65	83.42	9.23	2.44	*0.00
% of Calories											15.6%	66.2%	16.5%	4.4%	*0.0%

Mon - 05/21/2012															
High School Breakfast	Total														
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
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
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit, Fresh, Whole Asst'd	1 each	94	0	1	3.40	0.18	23.0	70	14	20.66	0.8	24.16	0.02	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
Weighted Daily Average		555	11	643	3.46	3.63	468.3	869	174	33.72	15.56	87.83	16.32	7.49	*0.00
% of Calories											11.2%	63.3%	26.4%	12.1%	*0.0%

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

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Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values High School Breakfast

	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 Average		592	49	801	4.30	3.80	487.6	1044	215	30.17	17.01 11.5%	99.20 67.1%	14.79 22.5%	5.42 8.2%	*0.26 *0.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	592		625	95%		33	Correction Required - Calories are Low
Cholesterol (mg)	49		75	65%			
Sodium (mg)	801		1000	80%			
Fiber (g)	4.30		5.00	86%		0.70	Correction Required - Fiber is Low
Iron (mg)	3.80		3.40	112%			
Calcium (mg)	487.6		300.00	163%			
Vitamin A (IU)	1044		1125	93%		81	Correction Required - Vitamin A is Low
Vitamin A (RE)	215		225	96%		10	Correction Required - Vitamin A is Low
Vitamin C (mg)	30.17		14.40	209%			
Protein (g)	17.01	11.50%	12.50	136%			
Carbohydrate (g)	99.20	67.06%					
Total Fat (g)	14.79	22.49%	<=30.00%				
Saturated Fat (g)	5.42	8.24%	<10.00%				
Trans Fat (g)	0.26	0.39%			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

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