

Lee's Summit R-7 School District

May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values

High School 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															
High School Lunch	Total														
Ravioli, Beef - LSHS	1 cup	249	31	653	4.47	2.41	74.6	207	41	0.0	16.27	27.07	8.85	4.12	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
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
Cheese Stix, Max Stix w/sc	2 ea	375	14	1017	2.03	3.77	265.0	880	176	6.08	19.43	40.1	15.61	5.20	*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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Peanut Butter & Jelly Sandwich	1 each	438	0	617	3.46	3.28	168.3	1	0	0.19	17.19	68.32	13.68	2.19	*0.00
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
Peas & Carrots, seasoned	4 oz	95	0	114	3.52	1.07	26.1	10991	920	9.19	3.5	11.48	4.93	1.30	*1.22
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
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
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	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*
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
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
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
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		763	40	1773	9.27	3.68	610.5	9638	989	167.67	36.32	117.21	18.29	5.71	*0.96
% of Calories										19.0%	61.4%	21.6%	6.7%	*1.1%	

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

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¹ - denotes optional nutrient values

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High School 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 - 05/02/2012															
High School Lunch	Total														
Tacos, Soft-bf crmbl	2 oz. or #1	294	41	995	4.78	3.33	280.3	667	105	3.07	18.33	27.61	11.89	4.21	*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 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
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
Pizza, Cheese Stuffed Peppero	slice	431	35	1304	1.96	3.10	352.0	555	111	0.72	22.0	46.0	17.77	6.85	*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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
Black Beans	1/2 cup	163	0	207	12.30	3.61	65.8	12	2	4.74	10.76	29.61	0.6	0.14	*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
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Assorted Sandwich Condiments	1 each	8	0	68	0.01	0.02	0.7	36	4	0.59	0.07	1.28	0.39	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
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
Jalapeno Peppers	1 each	9	0	661	1.89	0.68	37.8	189	520	4.54	0.0	1.89	0.0	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	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		880	50	2191	20.95	6.91	671.8	2871	584	93.44	37.56	150.86	16.19	4.89	*0.28
% of Calories											17.1%	68.6%	16.6%	5.0%	*0.3%

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1 - denotes optional nutrient values

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High School 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														
High School Lunch	Total													
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
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
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
Taquitos	1 Each	170	5	200	1.00	2.70	60.0	500	100	2.4	6.0	23.0	6.0	1.50
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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46
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
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75
Whole Wheat Bread/Rolls	2 oz rolls	178	0	167	2.67	1.51	32.6	113	22	0.12	5.22	33.07	3.16	0.79
Mashed Potatoes	#8 scoop	126	0	490	2.00	2.16	45.6	0	0	7.21	3.0	26.03	1.4	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
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
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01
Crisp - Asst. Fruit	1/2 cup	418	0	190	3.37	1.69	29.5	989	183	2.04	4.0	68.19	15.41	3.75
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	0.0	0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	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
Assorted Sandwich Condiments	1 each	8	0	68	0.01	0.02	0.7	36	4	0.59	0.07	1.28	0.39	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	0.00
Weighted Daily Average		1118	37	2020	13.98	10.89	608.3	2529	433	84.41	33.03	185.07	29.66	7.82
% of Calories										11.8%	66.2%	23.9%	6.3%	*1.9%

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High School 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)
Fri - 05/04/2012															
High School 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
Pretzel Stick with Cheese	1 each	270	10	940	1.00	1.80	80.0	0	0	4.8	8.0	37.0	10.5	4.00	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
Beef Quesadilla, Max	Slice	360	10	1020	6.00	4.32	250.0	800	110	7.2	16.0	45.0	12.0	3.00	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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Peanut Butter & Jelly Sandwich	1 each	309	0	359	2.47	1.85	89.1	1	0	0.19	10.27	44.54	12.19	2.19	*N/A*
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
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
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Crisp - Asst. Fruit	1/2 cup	418	0	190	3.37	1.69	29.5	989	183	2.04	4.0	68.19	15.41	3.75	*2.59
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	0.00	0.00
Assorted Sandwich Condiments	1 each	8	0	68	0.01	0.02	0.7	36	4	0.59	0.07	1.28	0.39	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		1132	42	1611	13.83	5.09	541.3	2945	480	94.36	33.04	188.16	29.97	7.02	*2.14
% of Calories										11.7%		66.5%	23.8%	5.6%	*1.7%

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Mon - 05/07/2012															
High School Lunch	Total														
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*
Meatball Submarine (Secondary)	1 each	373	36	1107	4.66	3.54	220.8	268	54	3.21	18.09	40.21	16.17	5.77	0.00
Popcorn Chicken	4 oz	251	34	752	2.28	1.64	22.8	0	0	0.0	18.23	17.09	12.54	2.85	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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Peanut Butter & Jelly Sandwich	1 each	309	0	359	2.47	1.85	89.1	1	0	0.19	10.27	44.54	12.19	2.19	*N/A*
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
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
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	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
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
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	6-8 slices	0	0	185	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		804	41	1421	12.68	3.90	635.9	3095	467	115.60	28.47	140.98	16.03	5.84	*0.17
% of Calories											14.2%	70.1%	17.9%	6.5%	*0.2%

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¹ - denotes optional nutrient values

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Lee's Summit R-7 School District

May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values

High School 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)
Tue - 05/08/2012															
High School 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 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
Cheese Stix, Max Stix w/sc	2 ea	375	14	1017	2.03	3.77	265.0	880	176	6.08	19.43	40.1	15.61	5.20	*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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Peanut Butter & Jelly Sandwich	1 each	309	0	359	2.47	1.85	89.1	1	0	0.19	10.27	44.54	12.19	2.19	*N/A*
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
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
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
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	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
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
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	6-8 slices	0	0	185	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		804	42	1145	13.21	3.38	520.2	5885	770	117.21	29.75	141.17	14.56	3.64	*0.30
% of Calories											14.8%	70.2%	16.3%	4.1%	*0.3%

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Lee's Summit R-7 School District

May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values

High School 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)
Wed - 05/09/2012															
High School Lunch	Total														
Taco Salad - District-bf crmbl	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
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 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
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
Pizza, Cheese Stuffed Peppero	slice	431	35	1304	1.96	3.10	352.0	555	111	0.72	22.0	46.0	17.77	6.85	*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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
Refried Beans LSHS	1/2 cup	127	5	228	7.01	2.06	78.8	521	60	3.64	7.09	19.92	2.33	0.76	*0.00
Spanish Rice	1/2 cup	226	0	838	2.20	2.09	38.3	923	120	9.47	3.81	37.91	6.12	1.64	*1.52
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Assorted Sandwich Condiments	1 each	8	0	68	0.01	0.02	0.7	36	4	0.59	0.07	1.28	0.39	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
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
Jalapeno Peppers	1 each	9	0	661	1.89	0.68	37.8	189	520	4.54	0.0	1.89	0.0	0.00	0.00
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	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		903	53	2409	16.80	6.27	683.0	3687	680	98.06	34.85	147.06	20.49	6.10	*0.87
% of Calories											15.4%	65.1%	20.4%	6.1%	*0.9%

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1 - denotes optional nutrient values

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Lee's Summit R-7 School District

May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values

High School 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															
High School Lunch	Total														
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
Chicken Parmesan w/noodles	1 each	432	60	1011	3.84	3.32	258.1	676	135	5.57	29.34	40.48	17.41	4.53	*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
Taquitos	1 Each	170	5	200	1.00	2.70	60.0	500	100	2.4	6.0	23.0	6.0	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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*0.00
Un crustables - 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
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
Whole Wheat Bread/Rolls	2 oz rolls	178	0	167	2.67	1.51	32.6	113	22	0.12	5.22	33.07	3.16	0.79	*0.67
Mashed Potatoes	#8 scoop	126	0	490	2.00	2.16	45.6	0	0	7.21	3.0	26.03	1.4	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
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
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Crisp - Asst. Fruit	1/2 cup	418	0	190	3.37	1.69	29.5	989	183	2.04	4.0	68.19	15.41	3.75	*2.59
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	0.0	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	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
Assorted Sandwich Condiments	1 each	8	0	68	0.01	0.02	0.7	36	4	0.59	0.07	1.28	0.39	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	0.00	0.00
Weighted Daily Average		1171	45	2079	14.96	10.75	682.2	3276	582	97.52	39.18	194.41	28.69	7.26	*2.33
% of Calories											13.4%	66.4%	22.1%	5.6%	*1.8%

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Lee's Summit R-7 School District
May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values
High School 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)
Fri - 05/11/2012															
High School Lunch	Total														
Chipotle Rice Bowl	Bowls	362	75	1392	14.70	4.92	60.6	559	121	11.58	25.95	50.17	7.07	1.84	*0.38
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
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
Beef Quesadilla, Max	Slice	360	10	1020	6.00	4.32	250.0	800	110	7.2	16.0	45.0	12.0	3.00	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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Peanut Butter & Jelly Sandwich	1 each	309	0	359	2.47	1.85	89.1	1	0	0.19	10.27	44.54	12.19	2.19	*N/A*
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
Broccoli, Seasoned	4 oz	57	0	62	3.74	0.76	45.4	1840	174	73.6	2.7	8.14	2.32	0.60	*0.51
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Crisp - Asst. Fruit	1/2 cup	418	0	190	3.37	1.69	29.5	989	183	2.04	4.0	68.19	15.41	3.75	*2.59
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	0.00	0.00
Assorted Sandwich Condiments	1 each	8	0	68	0.01	0.02	0.7	36	4	0.59	0.07	1.28	0.39	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		1097	33	1354	18.51	5.47	701.7	4542	666	143.36	35.85	188.74	25.02	7.10	*2.55
% of Calories										13.1%		68.8%	20.5%	5.8%	*2.1%

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Lee's Summit R-7 School District
May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values
High School Lunch

Apr 13, 2012

	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)
Mon - 05/14/2012															
High School Lunch	Total														
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*
BBQ Rib on bun	1 each	335	30	837	3.00	2.88	120.0	252	60	1.81	18.0	40.54	12.5	3.50	0.00
Popcorn Chicken	4 oz	251	34	752	2.28	1.64	22.8	0	0	0.0	18.23	17.09	12.54	2.85	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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Peanut Butter & Jelly Sandwich	1 each	309	0	359	2.47	1.85	89.1	1	0	0.19	10.27	44.54	12.19	2.19	*N/A*
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
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
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	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
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
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	6-8 slices	0	0	185	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		858	38	1537	14.90	4.42	622.7	3193	485	115.62	31.71	157.71	14.18	4.76	*0.11
% of Calories											14.8%	73.6%	14.9%	5.0%	*0.1%

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Lee's Summit R-7 School District
May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values
High School Lunch

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 - 05/15/2012															
High School 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
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
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
Cheese Stix, Max Stix w/sc	2 ea	375	14	1017	2.03	3.77	265.0	880	176	6.08	19.43	40.1	15.61	5.20	*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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Peanut Butter & Jelly Sandwich	1 each	438	0	617	3.46	3.28	168.3	1	0	0.19	17.19	68.32	13.68	2.19	*0.00
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
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
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
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
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	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*
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
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
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
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		787	58	2205	8.04	2.52	900.7	3995	646	162.36	34.46	114.04	22.59	7.37	*0.92
% of Calories											17.5%	58.0%	25.8%	8.4%	*1.1%

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Lee's Summit R-7 School District
May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values
High School 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)
Wed - 05/16/2012															
High School Lunch	Total														
Sweet and Sour Chicken	Servings	531	73	726	0.85	3.11	44.4	322	44	6.12	18.46	85.87	13.03	2.50	*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
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
Pizza, Cheese Stuffed Pepperoni	slice	431	35	1304	1.96	3.10	352.0	555	111	0.72	22.0	46.0	17.77	6.85	*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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
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
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	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
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		755	58	1360	8.73	3.08	549.3	2725	473	89.75	29.65	126.01	15.82	4.54	*0.31
% of Calories											15.7%	66.7%	18.8%	5.4%	*0.4%

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Lee's Summit R-7 School District
May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values
High School 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 - 05/17/2012															
High School Lunch	Total														
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
Salisbury Steak	servings	161	30	614	1.00	1.09	21.2	40	8	1.2	10.94	7.26	10.0	4.00	*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
Taquitos	1 Each	170	5	200	1.00	2.70	60.0	500	100	2.4	6.0	23.0	6.0	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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
Whole Wheat Bread/Rolls	2 oz rolls	178	0	167	2.67	1.51	32.6	113	22	0.12	5.22	33.07	3.16	0.79	*0.67
Mashed Potatoes	#8 scoop	126	0	490	2.00	2.16	45.6	0	0	7.21	3.0	26.03	1.4	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
Carrots, Glazed	4 oz.	91	0	99	3.35	0.49	41.9	14343	2156	2.5	0.79	13.81	4.02	1.02	*0.97
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Crisp - Asst. Fruit	1/2 cup	418	0	190	3.37	1.69	29.5	989	183	2.04	4.0	68.19	15.41	3.75	*2.59
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	0.0	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	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
Assorted Sandwich Condiments	1 each	8	0	68	0.01	0.02	0.7	36	4	0.59	0.07	1.28	0.39	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	0.00	0.00
Weighted Daily Average		1083	38	1960	13.82	10.20	588.6	8075	1257	84.02	31.85	183.24	27.17	7.71	*2.61
% of Calories											11.8%	67.7%	22.6%	6.4%	*2.2%

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Lee's Summit R-7 School District

May 1, 2012 thru May 18, 2012 Spreadsheet - Portion Values

High School 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)
Fri - 05/18/2012															
High School 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 oz.	31	0	590	1.07	0.68	10.1	343	75	4.1	0.96	7.18	0.11	0.02	*N/A*
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
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
Beef Quesadilla, Max	Slice	360	10	1020	6.00	4.32	250.0	800	110	7.2	16.0	45.0	12.0	3.00	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
Chef Salad Entree w/ Teddy Gr	Salad	299	58	853	7.37	2.99	350.4	12489	2323	68.63	23.58	24.56	12.91	6.92	*0.01
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
Fresh Fruit Plate	1 Each	406	3	292	9.22	1.72	216.2	164	35	88.8	10.19	89.28	2.9	0.46	*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
Peanut Butter & Jelly Sandwich	1 each	309	0	359	2.47	1.85	89.1	1	0	0.19	10.27	44.54	12.19	2.19	*N/A*
Sandwiches, Asst Cold Meat	1 each	385	50	1441	1.98	2.90	312.1	291	74	0.0	25.16	45.79	12.96	4.75	*0.01
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
Vegetable Variety	4 oz	29	0	51	2.13	0.70	32.7	5316	585	35.91	1.49	5.97	0.24	0.01	*0.00
Crisp - Asst. Fruit	1/2 cup	418	0	190	3.37	1.69	29.5	989	183	2.04	4.0	68.19	15.41	3.75	*2.59
Salad, Tossed Small	1 cup	14	0	12	1.09	0.36	17.9	1115	132	9.9	0.75	3.11	0.11	0.01	*0.00
Fruit - Fresh/Cnd/Frozen	1/2 cup	96	0	3	2.80	0.31	17.4	116	15	16.95	0.71	24.94	0.05	0.00	*0.00
Fruit, Fresh Assorted Cup	1 EACH	195	0	3	6.52	0.26	53.2	122	24	78.41	1.72	49.07	0.26	0.00	0.00
Shape Up	1 each	60	0	10	0.00	0.36	60.0	0	0	60.0	0.0	15.0	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
Salad Dressing, Assorted Sec.	2 TBSP	28	0	293	0.00	0.00	6.7	0	0	0.0	0.33	6.33	0.0	0.00	0.00
Assorted Sandwich Condiments	1 each	8	0	68	0.01	0.02	0.7	36	4	0.59	0.07	1.28	0.39	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*
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
Weighted Daily Average		1111	27	1649	14.99	4.46	716.3	3210	522	95.81	28.62	187.95	29.93	8.46	*2.14
% of Calories											10.3%	67.7%	24.2%	6.9%	*1.7%

Weighted Average		948	43	1765	13.90	5.79	645.2	4262	645	111.37	33.17	158.76	22.04	6.30	*1.29
											14.0%	67.0%	20.9%	6.0%	*1.2%

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 18, 2012 Spreadsheet - Portion Values
High School Lunch

Apr 13, 2012

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Nutrient	Menu AVG	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)
Calories	948		846	112%												
Cholesterol (mg)	43		100	43%												
Sodium (mg)	1765		1350	131%												
Fiber (g)	13.90		7.00	199%												
Iron (mg)	5.79		4.50	129%												
Calcium (mg)	645.2		400.00	161%												
Vitamin A (IU)	4262		1500	284%												
Vitamin A (RE)	645		300	215%												
Vitamin C (mg)	111.37		19.20	580%												
Protein (g)	33.17	14.00%	16.70	199%												
Carbohydrate (g)	158.76	67.01%														
Total Fat (g)	22.04	20.93%	<=30.00%													
Saturated Fat (g)	6.30	5.98%	<10.00%													
Trans Fat (g)	1.29	1.22%				Missing										
Error Messages (if any)																
Correction Required - Sodium too High																

**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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