

Lee's Summit R-7 School District

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

Apr 30, 2012

Middle School Lunch

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	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															
Middle 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 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
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
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
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, Grilled Chicken	Salad	253	40	453	6.74	3.30	391.9	16069	2542	50.62	24.14	21.78	8.43	4.31	*0.00
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
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
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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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	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
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
Weighted Daily Average		775	43	2109	16.16	6.26	643.1	4334	594	50.50	33.22	130.14	15.07	4.53	*0.27
% of Calories											17.2%	67.2%	17.5%	5.3%	*0.3%

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

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Middle School Lunch

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	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 - 05/02/2012															
Middle School Lunch	Total														
Chicken Nuggets Gold Kist	svg of 5	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
Pizza, Galaxy	1 Each	340	20	840	3.00	2.70	200.0	300	60	0.0	16.0	33.0	15.0	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
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
Yogurt Entree(Bel) w/ Wht Roll	serving	370	10	417	1.58	1.74	282.9	1	0	0.14	11.52	68.12	6.55	1.62	*0.00
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, 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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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*
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
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		892	49	2442	9.39	6.89	534.0	6711	729	40.51	33.88	141.77	22.67	5.93	*0.98
% of Calories											15.2%	63.6%	22.9%	6.0%	*1.0%

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Middle School Lunch

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	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															
Middle School 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
Corn Dog Nuggets - Secondary	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
Pizza, Cheese Stuffed Pepper	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
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
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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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
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		646	41	1564	7.23	3.91	575.9	2460	375	61.43	28.76	100.93	15.14	4.67	*0.55
% of Calories											17.8%	62.5%	21.1%	6.5%	*0.8%

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Middle 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															
Middle School 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
Pizza, Flatbread Pepperoni	Slice	390	20	580	5.00	2.70	300.0	500	100	1.2	21.0	50.0	12.0	4.50	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
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
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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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
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
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		789	26	1454	13.79	4.25	707.6	6581	912	134.33	31.05	136.30	15.40	4.71	*0.49
% of Calories											15.7%	69.1%	17.6%	5.4%	*0.6%

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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														
Middle 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*
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
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
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
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
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
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
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02 *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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01 *N/A*
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02 *N/A*
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
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
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
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		956	45	1281	10.64	5.05	564.7	5166	680	50.54	32.49	152.04	25.80	6.77 *1.87
% of Calories										13.6%	63.6%	24.3%	6.4%	*1.8%

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Lee's Summit R-7 School District

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

Middle 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															
Middle School 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
Salsa	2 oz	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02	*N/A*
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
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
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
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, Grilled Chicken	Salad	253	40	453	6.74	3.30	391.9	16069	2542	50.62	24.14	21.78	8.43	4.31	*0.00
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
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
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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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	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
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
Weighted Daily Average		782	38	1978	19.62	7.35	650.5	4498	740	61.52	34.89	129.67	15.42	4.34	*0.26
% of Calories										17.8%	66.3%	17.7%	5.0%	*0.3%	

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
Middle School Lunch

Apr 30, 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)
Wed - 05/09/2012															
Middle School Lunch	Total														
Chicken Nuggets Gold Kist	svg of 5	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
Pizza, Galaxy	1 Each	340	20	840	3.00	2.70	200.0	300	60	0.0	16.0	33.0	15.0	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
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
Yogurt Entree(Bel) w/ Wht Roll	serving	370	10	417	1.58	1.74	282.9	1	0	0.14	11.52	68.12	6.55	1.62	*0.00
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, 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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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*
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
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		875	48	2512	8.67	6.85	560.3	2532	404	38.70	33.51	142.33	20.40	5.91	*1.00
% of Calories											15.3%	65.1%	21.0%	6.1%	*1.0%

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Lee's Summit R-7 School District

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

Middle 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															
Middle 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
Pizza, Flatbread Pepperoni	Slice	390	20	580	5.00	2.70	300.0	500	100	1.2	21.0	50.0	12.0	4.50	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
Salad, Southwest Chicken	Salad	324	40	761	10.09	4.64	396.8	6863	1014	38.38	28.08	35.73	8.75	4.39	*0.00
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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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
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
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		753	55	1850	7.43	2.09	889.4	4340	703	77.42	32.36	107.74	21.86	7.55	*0.86
% of Calories											17.2%	57.3%	26.1%	9.0%	*1.0%

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Lee's Summit R-7 School District
May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values
 Middle 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															
Middle 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	1 oz	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
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
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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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
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
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		815	45	1706	12.01	5.18	660.5	13733	1364	69.74	35.48	126.82	20.99	7.13	*1.04
% of Calories											17.4%	62.2%	23.2%	7.9%	*1.1%

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Lee's Summit R-7 School District
May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values
Middle 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)
Mon - 05/14/2012															
Middle 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
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
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
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
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
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
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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
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
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		969	37	1343	10.89	5.15	637.3	3889	581	52.05	31.01	162.07	23.76	8.47	*1.75
% of Calories											12.8%	66.9%	22.1%	7.9%	*1.6%

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

Apr 30, 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															
Middle School Lunch	Total														
Pizza, Southwest	1 each	280	10	740	4.00	2.70	250.0	100	20	0.0	16.0	33.0	10.0	3.00	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
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
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
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, Grilled Chicken	Salad	253	40	453	6.74	3.30	391.9	16069	2542	50.62	24.14	21.78	8.43	4.31	*0.00
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
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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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	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
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
Weighted Daily Average		685	21	1598	10.30	4.07	626.7	5508	809	60.13	26.44	122.01	12.24	3.34	*0.34
% of Calories											15.4%	71.2%	16.1%	4.4%	*0.4%

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Lee's Summit R-7 School District
May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values
Middle 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															
Middle School Lunch	Total														
Chicken Nuggets Gold Kist	svg of 5	223	73	345	0.00	1.40	19.4	97	19	0.0	15.54	12.63	12.63	2.43	0.00
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
Pizza, Galaxy	1 Each	340	20	840	3.00	2.70	200.0	300	60	0.0	16.0	33.0	15.0	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
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
Yogurt Entree(Bel) w/ Wht Roll	serving	370	10	417	1.58	1.74	282.9	1	0	0.14	11.52	68.12	6.55	1.62	*0.00
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, 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
Gravy, Brown Fat Free	2 oz	19	0	325	0.00	0.01	1.2	0	0	0.0	0.84	3.8	0.0	0.00	*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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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*
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
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		836	60	2351	8.42	5.75	519.5	7989	1210	37.37	32.32	138.95	18.11	4.18	*0.89
% of Calories											15.5%	66.5%	19.5%	4.5%	*1.0%

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

Apr 30, 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)
Thu - 05/17/2012															
Middle School Lunch	Total														
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
Corn Dog Nuggets - Secondary	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
Pizza, Cheese Stuffed Pepper	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
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
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
Broccoli, Seasoned	1/2 oz	7	0	8	0.47	0.09	5.7	230	22	9.2	0.34	1.02	0.29	0.07	*0.06
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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
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		665	45	1439	6.43	3.29	620.7	2427	354	64.54	31.45	99.45	16.44	4.92	*0.32
% of Calories											18.9%	59.9%	22.3%	6.7%	*0.4%

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

Apr 30, 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)
Fri - 05/18/2012															
Middle School Lunch	Total														
Pizza, Flatbread Pepperoni	Slice	390	20	580	5.00	2.70	300.0	500	100	1.2	21.0	50.0	12.0	4.50	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	2 oz	63	0	450	2.70	1.30	36.0	675	135	8.1	2.7	10.8	1.35	0.00	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
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
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
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
Apricots	4 oz	167	0	7	3.74	1.53	17.0	2858	286	15.31	1.19	42.69	0.17	0.01	*N/A*
Fruit, Assorted, Canned & Froz	4 oz	80	0	79	1.75	0.35	20.5	391	41	29.64	1.94	19.2	0.21	0.02	*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
Carrots, Baby	bag	30	0	66	2.47	0.76	27.2	11728	1277	2.21	0.54	7.01	0.11	0.02	*N/A*
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
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
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		757	26	1266	12.53	4.05	640.1	7338	879	60.08	30.08	131.49	13.64	4.20	*0.35
% of Calories											15.9%	69.4%	16.2%	5.0%	*0.4%
Weighted Average		800	41	1778	10.96	5.01	630.8	5536	738	61.35	31.92	130.12	18.35	5.48	*0.78
											16.0%	65.1%	20.7%	6.2%	*0.9%

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Lee's Summit R-7 School District

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

Apr 30, 2012

Middle School Lunch

Page 15

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)
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)									
Calories	800		783	102%												
Cholesterol (mg)	41		100	41%												
Sodium (mg)	1778		1350	132%			Correction Required - Sodium too High									
Fiber (g)	10.96		6.00	183%												
Iron (mg)	5.01		4.50	111%												
Calcium (mg)	630.8		400.00	158%												
Vitamin A (IU)	5536		1500	369%												
Vitamin A (RE)	738		300	246%												
Vitamin C (mg)	61.35		16.70	367%												
Protein (g)	31.92	15.97%	15.20	210%												
Carbohydrate (g)	130.12	65.09%														
Total Fat (g)	18.35	20.66%	<=30.00%													
Saturated Fat (g)	5.48	6.16%	<10.00%													
Trans Fat (g)	0.78	0.88%			Missing											

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