

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

Generated on: 8/4/2020 8:16:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/06/2020															
K-5 Elementary Lunch Menu															
	Total														
LCS Deli Tray	1 each	506	58	1934	4.64	2.76	108.7	1125	4.91	*9	24.96	55.47	21.59	7.67	0.00
Hamburger on Bun 2 oz.	1 each	285	45	596	4.29	*1.52	*103.2	*174	*2.36	7	16.22	33.15	10.04	3.01	0.00
Sweet Potato Fries,Bkd MS1099	1/2 cup	136	0	147	4.19	0.68	32.3	1131	0.48	8	1.05	21.98	8.37	1.05	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	53	0	246	4.00	0.80	93.1	1335	52.76	3	4.4	9.61	0.62	0.03	0.00
Chilled Peach Diced,1/2 Cup	1/2 cup	68	0	6	1.63	0.45	3.8	443	3.01	16	0.56	18.22	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Ice Cream Variety Luvell MS	Cup 3 Oz.	67	10	45	0.00	0.00	80.0	200	0.0	10	2.0	11.67	1.0	0.50	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Lunch 9-12															
K-5 Elementary Lunch Menu															
	Total														
LCS Deli Tray	1 each	506	58	1934	4.64	2.76	108.7	1125	4.91	*9	24.96	55.47	21.59	7.67	0.00
Hamburger on Bun 2 oz.	1 each	285	45	596	4.29	*1.52	*103.2	*174	*2.36	7	16.22	33.15	10.04	3.01	0.00
Sweet Potato Fries,Bkd MS1099	3/4 Cup	207	0	223	6.38	1.04	49.1	1724	0.73	13	1.6	33.5	12.76	1.60	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	53	0	246	4.00	0.80	93.1	1335	52.76	3	4.4	9.61	0.62	0.03	0.00
Chilled Peach Diced,1/2 Cup	1/2 cup	68	0	6	1.63	0.45	3.8	443	3.01	16	0.56	18.22	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		636	55	1308	13.18	*3.28	*412.2	*2885	*57.61	*42	28.38	94.59	20.72	5.63	0.00
% of Calories										*26.1%	17.9%	59.5%	29.3%	8.0%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Fri - 08/07/2020															
K-5 Elementary Lunch Menu															
	Total														
BBQ Pork Sandwich US MS718.1	1 each	425	100	1263	3.00	*1.78	*100.0	*360	*3.4	*16	27.0	41.28	12.0	4.00	2.00
Corn on Cob, 5 inch, MC1025	1 cob	92	0	29	1.62	0.00	0.0	176	1.95	3	2.71	18.41	2.59	0.73	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	31	0	145	0.63	0.63	36.0	1946	13.62	4	1.18	6.03	0.12	0.02	0.00
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Cookie,Chocolate ChipPurMS1428	1 cookie	120	5	95	0.00	0.72	0.0	45	0.0	9	1.0	16.0	6.0	3.00	0.00

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

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

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Lee County Schools

Aug 6, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Lunch 9-12	Total														
BBQ Pork Sandwich US MS718.1	1 each	425	100	1263	3.00	*1.78	*100.0	*360	*3.4	*16	27.0	41.28	12.0	4.00	2.00
Corn on Cob, 5 inch, MC1025	1 cob	92	0	29	1.62	0.00	0.0	176	1.95	3	2.71	18.41	2.59	0.73	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	31	0	145	0.63	0.63	36.0	1946	13.62	4	1.18	6.03	0.12	0.02	0.00
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Cookie, Chocolate Chip PurMS1428	1 cookie	120	5	95	0.00	0.72	0.0	45	0.0	9	1.0	16.0	6.0	3.00	0.00
Weighted Daily Average		691	106	1468	5.28	*2.91	*274.6	*1892	*35.99	*50	33.73	91.89	17.27	6.40	2.00
% of Calories										*29.1%	19.5%	53.2%	22.5%	8.3%	2.6%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 08/10/2020															
K-5 Elementary Lunch Menu	Total														
Chicken Fajita SaladUS MS605.1	1 salad	393	76	1192	4.04	*1.82	*243.3	*4564	*22.0	*8	26.66	30.58	17.81	8.15	0.00
Beef Taco w/CrispyTacoUMS108.1	1 taco	282	41	343	3.20	*2.13	*120.0	*436	*5.3	3	13.85	19.63	16.67	7.09	0.00
Rice, Fiesta, MS1345	1/2 cup	124	0	471	1.46	0.77	*6.7	104	7.96	1	3.12	24.12	1.72	0.23	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	53	0	246	4.00	0.80	93.1	1335	52.76	3	4.4	9.61	0.62	0.03	0.00
Refried Beans: canned 1/2 Cup	1/2 cup	177	7	290	6.81	2.46	121.6	257	8.18	1	10.38	21.28	6.17	2.04	0.00
Chilled Peach Diced, 1/2 Cup	1/2 cup	68	0	6	1.63	0.45	3.8	443	3.01	16	0.56	18.22	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, Taco. PC MS1558	1 packet	5	0	95	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
Lunch 9-12	Total														
Chicken Fajita SaladUS MS605.1	1 salad	393	76	1192	4.04	*1.82	*243.3	*4564	*22.0	*8	26.66	30.58	17.81	8.15	0.00
Beef Taco w/CrispyTacoUMS108.1	1 taco	282	41	343	3.20	*2.13	*120.0	*436	*5.3	3	13.85	19.63	16.67	7.09	0.00
Rice, Fiesta, MS1345	1/2 cup	124	0	471	1.46	0.77	*6.7	104	7.96	1	3.12	24.12	1.72	0.23	0.00
Steamed Carrots MS1022	1/2 Cup	47	0	139	3.02	0.41	24.2	15378	2.41	4	1.03	7.11	1.88	0.75	0.00
Refried Beans: canned 1/2 Cup	1/2 cup	177	7	290	6.81	2.46	121.6	257	8.18	1	10.38	21.28	6.17	2.04	0.00
Chilled Peach Diced, 1/2 Cup	1/2 cup	68	0	6	1.63	0.45	3.8	443	3.01	16	0.56	18.22	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, Taco. PC MS1558	1 packet	5	0	95	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		661	64	1263	9.91	*4.17	*525.0	*9323	*56.12	*38	33.35	82.24	22.93	9.67	0.00
% of Calories										*23.3%	20.2%	49.8%	31.2%	13.2%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/11/2020															
K-5 Elementary Lunch Menu															
	Total														
Chicken Tetrazzini, ENR, MS550	6 ounces	323	62	358	2.00	2.59	155.1	*1819	9.0	6	28.32	39.01	6.14	2.94	0.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Steamed Carrots MS1022	1/2 Cup	47	0	139	3.02	0.41	24.2	15378	2.41	4	1.03	7.11	1.88	0.75	0.00
Quick Baked Potato (New)	1/2 potato	150	0	183	3.29	1.61	22.4	15	14.35	1	3.74	31.62	1.28	0.17	0.00
Fruit, Oranges, Mandarin	1/2 cup	102	0	10	1.17	0.62	11.7	1402	33.06	26	0.75	27.03	0.17	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Lunch 9-12															
K-5 Elementary Lunch Menu															
	Total														
Chicken Tetrazzini, ENR, MS550	6 ounces	323	62	358	2.00	2.59	155.1	*1819	9.0	6	28.32	39.01	6.14	2.94	0.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	53	0	246	4.00	0.80	93.1	1335	52.76	3	4.4	9.61	0.62	0.03	0.00
Quick Baked Potato (New)	1/2 potato	150	0	183	3.29	1.61	22.4	15	14.35	1	3.74	31.62	1.28	0.17	0.00
Fruit, Oranges, Mandarin	1/2 cup	102	0	10	1.17	0.62	11.7	1402	33.06	26	0.75	27.03	0.17	0.02	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		676	67	795	9.16	5.05	420.7	*7565	59.48	41	41.14	107.48	10.83	4.39	0.00
% of Calories										24.0%	24.4%	63.6%	14.4%	5.8%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Wed - 08/12/2020															
K-5 Elementary Lunch Menu															
	Total														
Chicken, Ranch Baked MS506	1 serving	273	100	261	0.02	1.47	20.6	210	0.2	0	31.13	0.52	15.0	4.50	0.00
Sloppy Joe on WW Bun, MS791	1 each	325	41	481	3.59	2.94	118.8	210	2.88	10	15.53	35.6	13.76	4.41	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Season Green Beans CND MS1044	1/2 cup	47	0	141	1.92	1.30	27.0	411	1.99	1	1.35	4.83	2.32	0.26	0.00
Mashed Potatoes MS1078	1/2 cup	98	0	72	1.10	0.24	13.1	156	0.01	0	2.2	16.48	2.29	0.93	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fruit Cocktail MS1248	1/2 cup	58	0	5	1.41	0.38	10.3	299	3.85	13	0.51	14.91	0.09	0.01	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, Hot, PC MS1552	1 packet	0	0	65	0.00	0.00	0.0	0	1.2	0	0.0	0.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

Generated on: 8/4/2020 8:16:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Lunch 9-12	Total														
Sloppy Joe on WW Bun,MS791	1 each	325	41	481	3.59	2.94	118.8	210	2.88	10	15.53	35.6	13.76	4.41	0.00
Chicken, Ranch Baked MS506	1 serving	273	100	261	0.02	1.47	20.6	210	0.2	0	31.13	0.52	15.0	4.50	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Season Green Beans CND MS1044	1/2 cup	47	0	141	1.92	1.30	27.0	411	1.99	1	1.35	4.83	2.32	0.26	0.00
Mashed Potatoes MS1078 3/4 C	3/4 cup	146	0	109	1.66	0.36	19.6	234	0.01	0	3.3	24.71	3.43	1.40	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fruit Cocktail MS1248	1/2 cup	58	0	5	1.41	0.38	10.3	299	3.85	13	0.51	14.91	0.09	0.01	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, Hot, PC MS1552	1 packet	0	0	65	0.00	0.00	0.0	0	1.2	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		682	84	702	4.78	4.36	360.8	1263	27.54	38	37.82	83.02	21.34	6.68	0.00
% of Calories										22.5%	22.2%	48.7%	28.2%	8.8%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Thu - 08/13/2020															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
K-5 Elementary Lunch Menu	Total														
Stromboli Supreme MS418	1 slice	394	55	1258	4.42	2.07	289.6	*60	*1.02	4	25.24	41.52	14.95	5.81	0.00
Chicken Salad Sandwich MS 738	1 each	314	123	582	2.28	2.52	55.3	353	4.13	4	24.37	32.16	10.56	1.80	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	165	0	196	6.87	2.47	27.5	0	1.65	*0	12.4	28.9	0.71	0.01	0.00
Baked Sweet Potato/Marg.MS1076	1 each	132	0	102	3.90	0.79	39.0	18643	3.12	5	2.04	26.16	2.07	0.02	*0.00
Fresh Bananas MS1220	1 each	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Applesauce, MS1204	1/2 cup	59	0	2	1.70	0.17	4.5	40	1.7	12	0.24	15.62	0.07	0.01	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Lunch 9-12	Total														
Chicken Salad Sandwich MS 738	1 each	314	123	582	2.28	2.52	55.3	353	4.13	4	24.37	32.16	10.56	1.80	0.00
Stromboli Supreme MS418	1 slice	394	55	1258	4.42	2.07	289.6	*60	*1.02	4	25.24	41.52	14.95	5.81	0.00
Black-Eyed Peas DryCMS1006	1/2 cup	165	0	196	6.87	2.47	27.5	0	1.65	*0	12.4	28.9	0.71	0.01	0.00
Baked Sweet Potato/Marg.MS1076	1 each	132	0	102	3.90	0.79	39.0	18643	3.12	5	2.04	26.16	2.07	0.02	*0.00
Fresh Bananas MS1220	1 each	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Applesauce, MS1204	1/2 cup	59	0	2	1.70	0.17	4.5	40	1.7	12	0.24	15.62	0.07	0.01	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		791	88	1313	15.22	5.08	478.6	*14621	*15.27	*40	42.86	122.92	16.94	5.12	*0.00
% of Calories										*20.2%	21.7%	62.2%	19.3%	5.8%	*0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/14/2020															
K-5 Elementary Lunch Menu															
	Total														
Ham & Cheese on Bun US MS768.	1 each	274	34	1070	3.29	*1.52	*103.2	*174	*2.36	*8	16.98	34.07	8.0	3.33	0.01
Whole Ker Corn Frz MS1031	1/2 cup	89	0	20	1.99	0.35	3.3	229	5.3	2	2.5	17.22	2.42	0.83	0.00
Creamy Coleslaw, MS 1116, 1/2c	1/2 Cup	65	3	90	1.22	0.30	24.0	105	16.8	7	0.74	5.12	5.04	0.72	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Lunch 9-12															
LCS Deli Tray															
	each	506	58	1934	4.64	2.76	108.7	1125	4.91	*9	24.96	55.47	21.59	7.67	0.00
Whole Ker Corn Frz MS1031	1/2 cup	89	0	20	1.99	0.35	3.3	229	5.3	2	2.5	17.22	2.42	0.83	0.00
Creamy Coleslaw, MS 1116, 1/2c	1/2 Cup	65	3	90	1.22	0.30	24.0	105	16.8	7	0.74	5.12	5.04	0.72	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average															
		638	53	1651	7.62	*2.86	*325.6	*1304	*45.54	*37	28.91	89.43	20.49	7.22	0.01
% of Calories										*23.3%	18.1%	56.1%	28.9%	10.2%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 08/17/2020															
K-5 Elementary Lunch Menu															
	Total														
Beef -A- Roni -Kitchen Made	3/4 cup	294	47	389	2.75	3.31	120.9	1228	10.18	6	17.04	26.0	14.23	5.68	0.00
BBQ Pork Sandwich US MS718.1	1 each	425	100	1263	3.00	*1.78	*100.0	*360	*3.4	*16	27.0	41.28	12.0	4.00	2.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Baked Beans LCS	1/2 cup	149	0	273	5.48	1.73	49.3	180	4.85	10	6.28	34.39	0.57	0.10	0.00
Creamy Coleslaw, MS 1116, 1/2c	1/2 Cup	65	3	90	1.22	0.30	24.0	105	16.8	7	0.74	5.12	5.04	0.72	0.00
Chilled Peach Slices MS1274	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, BBQ, PC MS1550	1 packet	15	0	85	0.00	0.36	20.0	10	0.0	2	0.0	4.0	0.0	0.00	0.00

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Lee County Schools

Aug 6, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Lunch 9-12	Total														
Beef -A- Roni -Kitchen Made	3/4 cup	294	47	389	2.75	3.31	120.9	1228	10.18	6	17.04	26.0	14.23	5.68	0.00
BBQ Pork Sandwich US MS718.1	1 each	425	100	1263	3.00	*1.78	*100.0	*360	*3.4	*16	27.0	41.28	12.0	4.00	2.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Baked Beans LCS	1/2 cup	149	0	273	5.48	1.73	49.3	180	4.85	10	6.28	34.39	0.57	0.10	0.00
Creamy Coleslaw, MS 1116, 1/2c	1/2 Cup	65	3	90	1.22	0.30	24.0	105	16.8	7	0.74	5.12	5.04	0.72	0.00
Chilled Peach Slices MS1274	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, BBQ, PC MS1550	1 packet	15	0	85	0.00	0.36	20.0	10	0.0	2	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		699	65	1038	9.50	*5.73	*376.0	*2222	*46.79	*48	32.85	99.38	20.16	6.95	0.40
% of Calories										*27.3%	18.8%	56.8%	25.9%	8.9%	0.5%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Tue - 08/18/2020															
K-5 Elementary Lunch Menu	Total														
Chicken with Alfredo Sau Rotin	3/4 cup	240	52	664	1.62	*0.49	*229.6	*348	*0.53	4	20.07	22.68	7.7	3.93	0.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Potato Infinity Fry, Bake MS1092	1/2 cup	131	0	227	2.39	1.25	17.2	23	9.54	0	2.39	21.51	4.18	0.00	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	53	0	246	4.00	0.80	93.1	1335	52.76	3	4.4	9.61	0.62	0.03	0.00
Fruit, Oranges, Mandarin	1/2 cup	102	0	10	1.17	0.62	11.7	1402	33.06	26	0.75	27.03	0.17	0.02	0.00
Fresh Fruit Bowl Variety MS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Lunch 9-12	Total														
Chicken with Alfredo Sau Rotin	3/4 cup	240	52	664	1.62	*0.49	*229.6	*348	*0.53	4	20.07	22.68	7.7	3.93	0.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Potato Infinity Fry, Bake 3/4c	3/4 cup	197	0	341	3.58	1.88	25.9	34	14.3	0	3.58	32.27	6.27	0.00	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	53	0	246	4.00	0.80	93.1	1335	52.76	3	4.4	9.61	0.62	0.03	0.00
Fruit, Oranges, Mandarin	1/2 cup	102	0	10	1.17	0.62	11.7	1402	33.06	26	0.75	27.03	0.17	0.02	0.00
Fresh Fruit Bowl Variety MS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		641	57	1240	9.89	*3.38	*502.2	*2623	*66.45	38	33.90	96.63	15.02	5.11	0.00
% of Calories										23.8%	21.2%	60.3%	21.1%	7.2%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/19/2020															
K-5 Elementary Lunch Menu															
	Total														
Spaghetti & MeatSauce ENRMS178	1 serving	342	42	610	3.18	3.85	51.4	920	15.78	6	17.51	39.26	12.89	4.67	0.00
Ham & Cheese Sandwich MS770	1 each	274	45	1084	2.29	2.45	44.3	324	4.76	5	21.2	31.89	8.41	3.46	0.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Carrots with Dip, MS#	1/2 cup	87	11	278	2.05	0.25	42.1	12314	4.56	*3	1.26	9.01	5.31	0.61	0.00
Season Green Beans CND MS1044	1/2 cup	47	0	141	1.92	1.30	27.0	411	1.99	1	1.35	4.83	2.32	0.26	0.00
Pineapple Tidbits MS1286	1/2 cup	72	0	1	0.96	0.34	16.8	46	11.42	15	0.5	18.87	0.1	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Lunch 9-12															
K-5 Elementary Lunch Menu															
	Total														
Spaghetti & MeatSauce ENRMS178	1 serving	342	42	610	3.18	3.85	51.4	920	15.78	6	17.51	39.26	12.89	4.67	0.00
Ham & Cheese Sandwich MS770	1 each	274	45	1084	2.29	2.45	44.3	324	4.76	5	21.2	31.89	8.41	3.46	0.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Carrots with Dip, MS#	1/2 cup	87	11	278	2.05	0.25	42.1	12314	4.56	*3	1.26	9.01	5.31	0.61	0.00
Season Green Beans CND MS1044	1/2 cup	47	0	141	1.92	1.30	27.0	411	1.99	1	1.35	4.83	2.32	0.26	0.00
Pineapple Tidbits MS1286	1/2 cup	72	0	1	0.96	0.34	16.8	46	11.42	15	0.5	18.87	0.1	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		674	53	1167	7.74	6.07	324.8	6541	49.11	*41	29.87	96.55	19.31	6.10	0.00
% of Calories										*24.3%	17.7%	57.3%	25.8%	8.1%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Thu - 08/20/2020															
K-5 Elementary Lunch Menu															
	Total														
BBQ. P. Pork Loaded Swt.Potato	1serving	301	74	458	3.90	*0.79	*39.0	*18643	*3.12	5	18.32	26.16	9.46	2.98	*1.48
LCS Deli Tray	1 each	506	58	1934	4.64	2.76	108.7	1125	4.91	*9	24.96	55.47	21.59	7.67	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	31	0	145	0.63	0.63	36.0	1946	13.62	4	1.18	6.03	0.12	0.02	0.00
California Vegetables MS1054	1/2 cup	50	0	58	2.27	0.41	22.7	1822	23.81	3	2.27	5.67	1.78	0.73	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Chilled Pears Diced MS1283	1/2 cup	78	0	7	2.18	0.38	6.8	57	0.95	11	0.26	20.69	0.04	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00

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Lee County Schools

Aug 6, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Lunch 9-12	Total														
BBQ. P. Pork Loaded Swt.Potato	1serving	301	74	458	3.90	*0.79	*39.0	*18643	*3.12	5	18.32	26.16	9.46	2.98	*1.48
LCS Deli Tray	1 each	506	58	1934	4.64	2.76	108.7	1125	4.91	*9	24.96	55.47	21.59	7.67	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Tossed Salad w/Drsg MS1126	1/2 cup	31	0	145	0.63	0.63	36.0	1946	13.62	4	1.18	6.03	0.12	0.02	0.00
California Vegetables MS1054	1/2 cup	50	0	58	2.27	0.41	22.7	1822	23.81	3	2.27	5.67	1.78	0.73	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Chilled Pears Diced MS1283	1/2 cup	78	0	7	2.18	0.38	6.8	57	0.95	11	0.26	20.69	0.04	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		769	76	1202	11.25	*3.93	*342.0	*17423	*52.03	*48	33.06	114.12	18.18	5.93	*1.11
% of Calories										*24.8%	17.2%	59.4%	21.3%	6.9%	*1.3%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Fri - 08/21/2020															
K-5 Elementary Lunch Menu	Total														
Bacon Cheeseburger2 ozUMS706.1	1 each	352	57	846	4.29	*1.52	*103.2	*174	*2.36	8	20.55	34.15	14.88	5.34	0.00
Corn on Cob, 5 inch, MC1025	1 cob	92	0	29	1.62	0.00	0.0	176	1.95	3	2.71	18.41	2.59	0.73	0.00
Peas and Carrots MS1062	1/2 cup	69	0	85	4.16	0.94	24.2	8855	5.82	5	2.9	10.4	1.96	0.76	0.00
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Lunch 9-12	Total														
Bacon Cheeseburger2 ozUMS706.1	1 each	352	57	846	4.29	*1.52	*103.2	*174	*2.36	8	20.55	34.15	14.88	5.34	0.00
Corn on Cob, 5 inch, MC1025	1 cob	92	0	29	1.62	0.00	0.0	176	1.95	3	2.71	18.41	2.59	0.73	0.00
Peas and Carrots MS1062	1/2 cup	69	0	85	4.16	0.94	24.2	8855	5.82	5	2.9	10.4	1.96	0.76	0.00
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		683	65	1101	10.03	*2.74	*398.5	*7633	*36.81	49	32.54	97.71	20.17	7.48	0.00
% of Calories										28.4%	19.1%	57.2%	26.6%	9.9%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/24/2020															
K-5 Elementary Lunch Menu															
	Total														
Hamburger on Bun 2 oz.	1 each	285	45	596	4.29	*1.52	*103.2	*174	*2.36	7	16.22	33.15	10.04	3.01	0.00
LCS Deli Tray	1 each	506	58	1934	4.64	2.76	108.7	1125	4.91	*9	24.96	55.47	21.59	7.67	0.00
Green Peas, Canned MS1071	1/2 cup	97	0	140	4.79	1.07	24.4	141	6.26	4	4.66	14.26	2.29	0.86	0.00
California Vegetables MS1054	1/2 cup	50	0	58	2.27	0.41	22.7	1822	23.81	3	2.27	5.67	1.78	0.73	0.00
Fruit Cocktail MS1248	1/2 cup	58	0	5	1.41	0.38	10.3	299	3.85	13	0.51	14.91	0.09	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	40	5	90	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Lunch 9-12															
	Total														
LCS Deli Tray	1 each	506	58	1934	4.64	2.76	108.7	1125	4.91	*9	24.96	55.47	21.59	7.67	0.00
Hamburger Patties -Made	1 sandwich	290	39	574	4.09	1.74	111.8	642	9.05	7	16.31	32.76	11.16	3.02	0.00
Green Peas, Canned MS1071	1/2 cup	97	0	140	4.79	1.07	24.4	141	6.26	4	4.66	14.26	2.29	0.86	0.00
California Vegetables MS1054	1/2 cup	50	0	58	2.27	0.41	22.7	1822	23.81	3	2.27	5.67	1.78	0.73	0.00
Fruit Cocktail MS1248	1/2 cup	58	0	5	1.41	0.38	10.3	299	3.85	13	0.51	14.91	0.09	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Mayonnaise PC Reduce Ft MS1534	PC Packet	40	5	90	0.00	0.00	0.0	0	0.0	0	0.0	1.0	4.0	0.50	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Mustard, PC, MS1538	1 packet	5	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		664	55	1344	10.33	*3.61	*422.0	*2877	*55.80	*47	31.77	92.31	19.43	6.78	0.00
% of Calories										*28.3%	19.1%	55.6%	26.3%	9.2%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Tue - 08/25/2020															
K-5 Elementary Lunch Menu															
	Total														
Cheesy Chicken Over/Rice MS516	1 serving	358	77	484	1.13	1.76	*226.5	726	3.06	*1	31.33	29.37	13.49	7.89	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Mixed Vegetables MS1060	1/2 cup	77	0	215	3.06	0.40	0.6	1634	3.66	0	3.04	12.18	1.79	0.73	0.00
Baked Beans LCS	1/2 cup	149	0	273	5.48	1.73	49.3	180	4.85	10	6.28	34.39	0.57	0.10	0.00
Chilled Mandarin Orange MS12??	1/2 cup	73	0	7	0.84	0.44	8.4	1010	23.8	19	0.54	19.46	0.12	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

Generated on: 8/4/2020 8:16:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Lunch 9-12	Total														
Cheesy Chicken Over/Rice MS516	1 serving	358	77	484	1.13	1.76	*226.5	726	3.06	*1	31.33	29.37	13.49	7.89	0.00
Toast, Garlic WW MS1351	1 slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
Mixed Vegetables MS1060	1/2 cup	77	0	215	3.06	0.40	0.6	1634	3.66	0	3.04	12.18	1.79	0.73	0.00
Baked Beans LCS	1/2 cup	149	0	273	5.48	1.73	49.3	180	4.85	10	6.28	34.39	0.57	0.10	0.00
Chilled Mandarin Orange MS12??	1/2 cup	73	0	7	0.84	0.44	8.4	1010	23.8	19	0.54	19.46	0.12	0.01	0.00
Fresh Fruit Bowl Variety MS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		733	82	937	9.29	4.14	*452.0	3030	38.85	*37	44.85	103.04	18.34	9.48	0.00
% of Calories										*20.0%	24.5%	56.3%	22.5%	11.6%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Wed - 08/26/2020															
K-5 Elementary Lunch Menu	Total														
Potato Plate	1 each	901	75	2132	5.61	9.23	410.2	6701	31.96	*5	27.1	111.72	43.8	9.56	0.00
Chicken Baked Seasoned MS508	1 serving	271	100	95	0.05	1.47	20.5	332	0.09	*0	31.03	0.17	15.02	4.50	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Season Green Beans CND MS1044	1/2 cup	47	0	141	1.92	1.30	27.0	411	1.99	1	1.35	4.83	2.32	0.26	0.00
Carrots with Dip, MS#	1/2 cup	87	11	278	2.05	0.25	42.1	12314	4.56	*3	1.26	9.01	5.31	0.61	0.00
Chilled Peach Diced, 1/2 Cup	1/2 cup	68	0	6	1.63	0.45	3.8	443	3.01	16	0.56	18.22	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Lunch 9-12	Total														
Potato Plate	1 each	901	75	2132	5.61	9.23	410.2	6701	31.96	*5	27.1	111.72	43.8	9.56	0.00
Chicken Baked Seasoned MS508	1 serving	271	100	95	0.05	1.47	20.5	332	0.09	*0	31.03	0.17	15.02	4.50	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Season Green Beans CND MS1044	1/2 cup	47	0	141	1.92	1.30	27.0	411	1.99	1	1.35	4.83	2.32	0.26	0.00
Carrots with Dip, MS#	1/2 cup	87	11	278	2.05	0.25	42.1	12314	4.56	*3	1.26	9.01	5.31	0.61	0.00
Chilled Peach Diced, 1/2 Cup	1/2 cup	68	0	6	1.63	0.45	3.8	443	3.01	16	0.56	18.22	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		794	106	968	5.24	5.77	416.5	7853	42.10	*44	42.11	93.12	28.86	7.37	0.00
% of Calories										*22.2%	21.2%	46.9%	32.7%	8.3%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Aug 6, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/27/2020															
K-5 Elementary Lunch Menu															
	Total														
Totchos-Tots w/Taco Meat & Ch	1 serving	305	32	896	2.37	*1.52	*53.4	*396	*3.89	*4	10.07	25.63	18.03	4.64	0.00
BBQ Chicken Sandwich MS714	1 each	273	54	671	3.00	2.49	100.0	191	3.19	13	24.17	37.19	3.92	0.77	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	53	0	246	4.00	0.80	93.1	1335	52.76	3	4.4	9.61	0.62	0.03	0.00
Tomatoes&Carrots w/Dip, MS1131	1/2 cup serving	136	21	481	1.29	0.32	48.2	5586	9.46	*2	1.77	8.76	10.47	1.20	0.00
Chilled Pears Diced MS1283	1/2 cup	78	0	7	2.18	0.38	6.8	57	0.95	11	0.26	20.69	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, Taco, PC MS1558	1 packet	5	0	95	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
Lunch 9-12															
	Total														
Totchos-Tots w/Taco Meat & Ch	1 serving	305	32	896	2.37	*1.52	*53.4	*396	*3.89	*4	10.07	25.63	18.03	4.64	0.00
BBQ Chicken Sandwich MS714	1 each	273	54	671	3.00	2.49	100.0	191	3.19	13	24.17	37.19	3.92	0.77	0.00
Roll, Enriched, 2oz MS1358	Roll - 2 oz.	160	0	125	1.00	1.44	0.0	100	6.0	7	4.0	29.0	3.0	0.50	0.00
Broccoli w/Cheese Sauce MS1012	1/2 cup	53	0	246	4.00	0.80	93.1	1335	52.76	3	4.4	9.61	0.62	0.03	0.00
Tomatoes&Carrots w/Dip, MS1131	1/2 cup serving	136	21	481	1.29	0.32	48.2	5586	9.46	*2	1.77	8.76	10.47	1.20	0.00
Chilled Pears Diced MS1283	1/2 cup	78	0	7	2.18	0.38	6.8	57	0.95	11	0.26	20.69	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, Taco, PC MS1558	1 packet	5	0	95	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		551	53	1218	9.09	*3.42	*319.8	*3273	*57.45	*33	26.50	78.72	16.47	3.78	0.00
% of Calories										*23.7%	19.2%	57.1%	26.9%	6.2%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Fri - 08/28/2020															
K-5 Elementary Lunch Menu															
	Total														
Sandwich Yogurt Combo MS745	1 combo	449	82	745	4.47	2.59	304.4	2957	58.97	28	22.62	63.73	13.01	4.26	0.00
Whole Ker Corn Frz MS1031	1/2 cup	89	0	20	1.99	0.35	3.3	229	5.3	2	2.5	17.22	2.42	0.83	0.00
Raw Veggies w/Dip/C,C,T,1/2C	1/2 Cup	74	11	239	1.01	0.28	27.6	6648	7.1	*2	1.1	5.9	5.27	0.61	0.00
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Elementary Lunch Menu/Lunch 9-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Lunch 9-12	Total														
Sandwich Yogurt Combo MS745	1 combo	449	82	745	4.47	2.59	304.4	2957	58.97	28	22.62	63.73	13.01	4.26	0.00
Whole Ker Corn Frz MS1031	1/2 cup	89	0	20	1.99	0.35	3.3	229	5.3	2	2.5	17.22	2.42	0.83	0.00
Raw Veggies w/Dip/C,C,T,1/2C	1/2 Cup	74	11	239	1.01	0.28	27.6	6648	7.1	*2	1.1	5.9	5.27	0.61	0.00
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		727	95	1019	7.64	3.46	555.8	8003	90.62	*59	31.42	112.80	19.54	6.04	0.00
% of Calories										*32.6%	17.3%	62.1%	24.2%	7.5%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 08/31/2020															
K-5 Elementary Lunch Menu	Total														
BBQ Chicken Sandwich MS714	1 each	273	54	671	3.00	2.49	100.0	191	3.19	13	24.17	37.19	3.92	0.77	0.00
Catfish, Brd. Filet Stripes	2 ounce	186	20	350	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	16.0	12.0	10.0	2.00	0.00
Hushpuppies-Purchase 4Each=2W	4 each	213	7	399	1.81	1.79	71.9	15	5.55	3	3.24	28.97	9.96	1.45	*N/A*
Creamy Coleslaw, MS 1116	1/2 cup	72	6	76	1.22	0.31	24.1	192	16.8	13	0.74	11.19	3.14	0.32	0.00
Season Potato Wedge FryMS1098	1/2 cup	167	0	467	3.56	0.66	5.4	0	2.84	*N/A*	2.45	21.39	7.89	2.22	0.00
Pineapple Tidbits MS1286	1/2 cup	72	0	1	0.96	0.34	16.8	46	11.42	15	0.5	18.87	0.1	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Lunch 9-12	Total														
BBQ Chicken Sandwich MS714	1 each	273	54	671	3.00	2.49	100.0	191	3.19	13	24.17	37.19	3.92	0.77	0.00
Catfish, Brd. Filet Stripes	2 ounce	186	20	350	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	16.0	12.0	10.0	2.00	0.00
Hushpuppies-Purchase 4Each=2W	4 each	213	7	399	1.81	1.79	71.9	15	5.55	3	3.24	28.97	9.96	1.45	*N/A*
Creamy Coleslaw, MS 1116	1/2 cup	72	6	76	1.22	0.31	24.1	192	16.8	13	0.74	11.19	3.14	0.32	0.00
Season Potato Wedge FryMS1098	3/4 cup	250	0	700	5.34	1.00	8.1	0	4.27	*N/A*	3.68	32.09	11.84	3.33	0.00
Pineapple Tidbits MS1286	1/2 cup	72	0	1	0.96	0.34	16.8	46	11.42	15	0.5	18.87	0.1	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted, 1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		692	52	1184	5.95	*3.48	*386.4	*729	*46.74	49	31.19	99.09	21.32	4.60	0.00
% of Calories										28.1%	18.0%	57.3%	27.7%	6.0%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Weighted Average		689	71	1162	8.95	*4.08	*405.2	*5614	*48.90	*43	34.24	97.50	19.29	6.37	*0.20
										*56.4%	19.9%	56.6%	25.2%	8.3%	*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- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 6, 2020 thru Aug 31, 2020
 Combined: K-5 Elementary Lunch Menu/Lunch 9-12

Generated on: 8/4/2020 8:16:48 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	689		650 - 750	100%											
Cholesterol (mg)	71														
Sodium 1 (mg)	1162		1325												
Sodium 2 (mg)	1162		1008				155	Correction Required - Sodium too High							
Fiber (g)	8.95														
Iron (mg)	4.08				Missing										
Calcium (mg)	405.2				Missing										
Vitamin A (IU)	5614				Missing										
Sugars (g)	43	25.08%			Missing										
Vitamin C (mg)	48.90				Missing										
Protein (g)	34.24	19.88%													
Carbohydrate (g)	97.50	56.61%													
Total Fat (g)	19.29	25.21%	<=30.00%												
Saturated Fat (g)	6.37	8.33%	<10.00%												
Trans Fat ¹ (g)	0.20	0.26%			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*
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