

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2020 thru Sep 30, 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 - 09/01/2020															
K-5 Elementary Lunch Menu															
	Total														
Vegetable Beef Soup MS816 Comb	8 oz	359	47	1024	4.29	*2.14	*69.6	*2882	*11.66	5	17.11	39.42	15.81	7.09	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
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
Lunch 9-12															
K-5 Elementary Lunch Menu															
	Total														
Vegetable Beef Soup MS816 Comb	8 oz	359	47	1024	4.29	*2.14	*69.6	*2882	*11.66	5	17.11	39.42	15.81	7.09	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
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
Weighted Daily Average															
		682	63	1478	11.02	*3.86	*437.8	*13381	*34.76	*46	28.12	95.31	23.48	8.83	0.00
% of Calories										*26.8%	16.5%	55.9%	31.0%	11.7%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Wed - 09/02/2020															
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
Nachos Grande MS168	1 serving	365	41	688	1.81	1.64	120.4	222	2.86	2	12.16	25.42	23.79	7.90	0.00
Rice, Brown, Spanish UMS1343.1	1/2 cup	111	1	43	1.07	*0.54	*7.7	*186	*8.25	*0	2.83	23.19	0.86	0.18	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
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 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
Lunch 9-12															
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
Nachos Grande MS168	1 serving	365	41	688	1.81	1.64	120.4	222	2.86	2	12.16	25.42	23.79	7.90	0.00
Rice, Brown, Spanish UMS1343.1	1/2 cup	111	1	43	1.07	*0.54	*7.7	*186	*8.25	*0	2.83	23.19	0.86	0.18	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
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 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

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

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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	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)
Weighted Daily Average		762	72	1394	8.89	*4.43	*586.3	*5310	*59.89	*44	36.85	97.09	25.47	10.03	0.00
% of Calories										*23.3%	19.3%	51.0%	30.1%	11.8%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Thu - 09/03/2020															
K-5 Elementary Lunch Menu															
Cheeseburger.-Made 3.5 oz. RW	1 sandwich	376	65	795	3.57	1.65	108.2	417	3.08	6	22.53	31.29	18.5	6.81	0.00
Chicken, Roasted USDA	1 Serving	100	37	200	0.00	0.47	0.0	44	0.0	*0	9.3	0.0	6.6	2.00	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
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
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
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															
Cheeseburger.-Made 3.5 oz. RW	1 sandwich	376	65	795	3.57	1.65	108.2	417	3.08	6	22.53	31.29	18.5	6.81	0.00
Chicken, Roasted USDA	1 Serving	100	37	200	0.00	0.47	0.0	44	0.0	*0	9.3	0.0	6.6	2.00	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
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
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
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		728	59	1009	12.01	3.86	451.3	14126	62.20	*49	33.02	111.36	18.95	5.96	*0.00
% of Calories										*26.9%	18.1%	61.2%	23.4%	7.4%	*0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Fri - 09/04/2020															
K-5 Elementary Lunch Menu															
Philly Chicken Sandwich MS707	1 each	291	34	619	3.62	2.79	221.8	534	20.85	6	21.54	32.76	8.09	2.77	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
Celery Sticks with DipMS1120	1/2 cup	126	21	511	1.12	0.19	63.5	532	2.66	*1	1.64	6.13	10.39	1.20	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

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2020 thru Sep 30, 2020

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

Generated on: 8/31/2020 10:12:49 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														
Philly Chicken Sandwich MS707	1 each	291	34	619	3.62	2.79	221.8	534	20.85	6	21.54	32.76	8.09	2.77	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
Celery Sticks with DipMS1120	1/2 cup	126	21	511	1.12	0.19	63.5	532	2.66	*1	1.64	6.13	10.39	1.20	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		705	57	1134	7.19	4.17	497.7	1684	55.30	*46	31.67	97.68	22.14	6.99	0.00
% of Calories										*26.3%	18.0%	55.4%	28.3%	8.9%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 09/07/2020															
K-5 Elementary Lunch Menu	Total														
Holiday	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lunch 9-12	Total														
Holiday	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Tue - 09/08/2020															
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
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 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

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Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2020 thru Sep 30, 2020

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	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														
Chicken Trazzini, 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
Weighted Daily Average		752	68	921	12.49	5.64	490.6	*8573	99.44	51	44.15	124.78	11.34	4.47	0.00
% of Calories										27.3%	23.5%	66.3%	13.6%	5.3%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Wed - 09/09/2020															
K-5 Elementary Lunch Menu	Total														
Chicken Crispy Baked MS510	1 serving	321	101	119	0.33	2.00	81.0	209	0.41	2	33.64	9.68	15.15	4.55	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
Biscuit, 2 ENR, MS1626	1 biscuit	190	0	430	1.00	1.08	80.0	10	0.0	2	4.0	24.0	8.0	4.00	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
Brown Gravy, Package MS1506	2 ounces	26	0	430	0.00	0.65	20.4	3	0.65	*0	0.0	5.18	0.65	0.65	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
Lunch 9-12	Total														
Chicken Crispy Baked MS510	1 serving	321	101	119	0.33	2.00	81.0	209	0.41	2	33.64	9.68	15.15	4.55	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 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
Brown Gravy, Package MS1506	2 ounces	26	0	430	0.00	0.65	20.4	3	0.65	*0	0.0	5.18	0.65	0.65	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 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		723	89	838	5.70	4.69	435.4	1226	22.19	*35	40.74	85.27	23.60	8.17	0.00
% of Calories										*19.6%	22.5%	47.2%	29.4%	10.2%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2020 thru Sep 30, 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)
Thu - 09/10/2020															
K-5 Elementary Lunch Menu															
	Total														
Stromboli Supreme T.H. W/Spice	1 slice	438	93	1223	2.95	*1.19	*420.5	*393	*0.84	3	34.47	32.8	20.27	10.88	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														
Stromboli Supreme T.H. W/Spice	1 slice	438	93	1223	2.95	*1.19	*420.5	*393	*0.84	3	34.47	32.8	20.27	10.88	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
Weighted Daily Average		729	108	1274	11.28	*3.71	*554.1	*11047	*11.54	*32	45.57	97.42	20.12	8.76	*0.00
% of Calories										*17.5%	25.0%	53.5%	24.9%	10.8%	*0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Fri - 09/11/2020															
K-5 Elementary Lunch Menu															
	Total														
Pizza, Stuffed Crust MS304	1 slice	330	20	870	3.00	1.08	250.0	300	0.0	4	17.0	35.0	14.0	4.50	0.00
Pizza, WGR, Cheese, MS310	1 slice	270	10	800	4.00	5.40	250.0	500	0.0	5	15.0	32.0	10.0	3.00	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
Celery Sticks with DipMS1120	1/2 cup	126	21	511	1.12	0.19	63.5	532	2.66	*1	1.64	6.13	10.39	1.20	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															
	Total														
Pizza, Stuffed Crust MS304	1 slice	330	20	870	3.00	1.08	250.0	300	0.0	4	17.0	35.0	14.0	4.50	0.00
Pizza, WGR, Cheese, MS310	1 slice	270	10	800	4.00	5.40	250.0	500	0.0	5	15.0	32.0	10.0	3.00	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
Celery Sticks with DipMS1120	1/2 cup	126	21	511	1.12	0.19	63.5	532	2.66	*1	1.64	6.13	10.39	1.20	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

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Sep 1, 2020 thru Sep 30, 2020

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

Generated on: 8/31/2020 10:12:49 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)
Weighted Daily Average		591	31	1187	7.24	3.58	518.1	1277	36.80	*33	25.22	81.48	20.22	5.84	0.00
% of Calories										*22.2%	17.1%	55.1%	30.8%	8.9%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 09/14/2020															
K-5 Elementary Lunch Menu															
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
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
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, 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		689	73	1119	9.90	*5.14	*371.4	*2070	*36.04	*47	33.46	96.39	19.58	6.65	0.70
% of Calories										*27.1%	19.4%	55.9%	25.6%	8.7%	0.9%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Sep 1, 2020 thru Sep 30, 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)
Tue - 09/15/2020															
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,BakeMS1092	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 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	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 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		726	58	1359	12.42	*3.97	*565.5	*3251	*92.23	47	36.58	114.14	16.22	5.24	0.00
% of Calories										26.1%	20.2%	62.9%	20.1%	6.5%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Wed - 09/16/2020															
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

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2020 thru Sep 30, 2020

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

Generated on: 8/31/2020 10:12:50 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														
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
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
Weighted Daily Average		653	53	1162	8.96	5.87	314.3	7102	39.88	*36	29.53	92.50	19.39	6.07	0.00
% of Calories										*21.8%	18.1%	56.7%	26.7%	8.4%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Thu - 09/17/2020															
K-5 Elementary Lunch Menu	Total														
BBQ P.Pork Stuffed 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
Lunch 9-12	Total														
BBQ P.Pork Stuffed 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		705	75	1144	9.38	*3.58	*293.6	*16658	*39.61	*39	31.44	99.83	17.72	5.73	*1.11
% of Calories										*22.1%	17.8%	56.7%	22.6%	7.3%	*1.4%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2020 thru Sep 30, 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)
Fri - 09/18/2020															
K-5 Elementary Lunch Menu	Total														
Pizza, WGR,SausageCheese,MS31	1 slice	270	15	810	4.00	5.40	220.0	550	0.0	5	16.0	32.0	10.0	3.50	0.00
Pizza, WGR, Cheese, MS310	1 slice	270	10	800	4.00	5.40	250.0	500	0.0	5	15.0	32.0	10.0	3.00	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
Lunch 9-12	Total														
Pizza, WGR,SausageCheese,MS31	1 slice	270	15	810	4.00	5.40	220.0	550	0.0	5	16.0	32.0	10.0	3.50	0.00
Pizza, WGR, Cheese, MS310	1 slice	270	10	800	4.00	5.40	250.0	500	0.0	5	15.0	32.0	10.0	3.00	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
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		608	20	1016	10.74	6.56	537.4	7939	44.87	46	27.74	97.15	15.38	5.41	0.00
% of Calories										30.0%	18.2%	63.9%	22.8%	8.0%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 09/21/2020															
K-5 Elementary Lunch Menu	Total														
Rotel Chicken Spaghetti, MS542	3/4 cup	298	58	423	1.27	2.49	31.8	463	0.87	2	25.96	37.21	5.48	1.96	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
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

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2020 thru Sep 30, 2020

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

Generated on: 8/31/2020 10:12:50 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														
Rotel Chicken Spaghetti, MS542	3/4 cup	298	58	423	1.27	2.49	31.8	463	0.87	2	25.96	37.21	5.48	1.96	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
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
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
Weighted Daily Average		630	83	1088	8.27	*3.82	*322.5	*2187	*33.57	*38	38.40	85.94	13.13	4.73	0.90
% of Calories										*24.0%	24.4%	54.5%	18.7%	6.8%	1.3%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Tue - 09/22/2020															
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
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
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
Weighted Daily Average		850	83	1053	11.38	4.95	*506.2	3542	49.83	*49	48.32	128.53	19.33	9.79	0.00
% of Calories										*23.1%	22.7%	60.5%	20.5%	10.4%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2020 thru Sep 30, 2020

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

Generated on: 8/31/2020 10:12:50 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)
Wed - 09/23/2020															
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
Loaded Baked Potato (LCS) K-8	1 each	424	60	696	3.81	2.36	384.7	990	16.86	3	18.4	39.37	22.79	9.20	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
Saltine Crackers, ENR,B MS1369	2 4-count packs	180	0	520	0.00	2.88	0.0	0	0.0	0	4.0	32.0	6.0	0.00	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														
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
Loaded Baked Potato (LCS)9-12+	1 each	542	60	708	6.58	3.72	403.6	1002	28.96	4	21.55	66.01	22.95	9.25	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
Saltine Crackers, ENR,M MS1369	2 4-count packs	100	0	320	1.80	0.72	0.0	0	0.0	0	2.0	18.0	2.0	0.00	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
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
Weighted Daily Average		776	76	1328	9.36	*4.87	*588.2	*8184	*44.77	*36	32.67	101.19	28.07	10.26	0.00
% of Calories										*18.6%	16.8%	52.2%	32.6%	11.9%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Thu - 09/24/2020															
K-5 Elementary Lunch Menu															
	Total														
Totchos-Tots w/Taco Meat & Ch	1 serving	360	47	919	2.37	*1.57	*84.6	*559	*4.15	*5	10.66	26.44	23.63	7.90	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
Raw Veggies /Dip/C,B,C,T 1/2 C	1/2 cup	75	11	243	1.48	0.34	31.3	5605	20.2	*2	1.47	5.92	5.29	0.61	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

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2020 thru Sep 30, 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														
Totchos-Tots w/Taco Meat & Ch	1 serving	360	47	919	2.37	*1.57	*84.6	*559	*4.15	*5	10.66	26.44	23.63	7.90	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
Raw Veggies /Dip/C,B,C,T 1/2 C	1/2 cup	75	11	243	1.48	0.34	31.3	5605	20.2	*2	1.47	5.92	5.29	0.61	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		648	62	1250	9.34	*3.76	*480.3	*3630	*62.30	*42	31.50	92.03	19.19	5.86	0.00
% of Calories										*26.1%	19.5%	56.8%	26.7%	8.1%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Fri - 09/25/2020															
K-5 Elementary Lunch Menu	Total														
Mexican Pizza MS302	1 slice	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	7.00	0.00
Pizza, WGR, Cheese, MS310	1 slice	270	10	800	4.00	5.40	250.0	500	0.0	5	15.0	32.0	10.0	3.00	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
Lemon-Glazed Carrots MS1020	1/2 cup	49	0	281	3.08	0.42	25.0	15378	3.03	4	1.05	7.41	1.99	0.82	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
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
Lunch 9-12	Total														
Mexican Pizza MS302	1 slice	320	35	540	4.00	3.60	250.0	500	9.0	7	20.0	30.0	14.0	7.00	0.00
Pizza, WGR, Cheese, MS310	1 slice	270	10	800	4.00	5.40	250.0	500	0.0	5	15.0	32.0	10.0	3.00	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
Lemon-Glazed Carrots MS1020	1/2 cup	49	0	281	3.08	0.42	25.0	15378	3.03	4	1.05	7.41	1.99	0.82	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
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
Weighted Daily Average		689	30	1112	14.36	5.86	604.5	16933	38.86	54	30.31	109.79	18.46	7.76	0.00
% of Calories										31.2%	17.6%	63.7%	24.1%	10.1%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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Lee County Schools

Sep 1, 2020 thru Sep 30, 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)
Mon - 09/28/2020															
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*
Macroni w/ 3 Cheese Sauce	1/2 Cup	220	28	424	0.72	0.85	218.0	366	0.0	2	10.13	19.67	10.9	4.94	0.00
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
Potato Rounds, Baked, MS1095	1/2 cup	149	0	217	1.14	0.00	0.0	0	0.0	*0	1.14	18.29	8.0	1.14	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															
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
Potato Wedges, Seasoned	3/4 Cup	147	0	300	3.49	*0.00	*0.0	9	*0.0	*2	3.49	33.15	0.0	0.00	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
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
Weighted Daily Average		683	53	1094	6.30	*2.86	*394.7	*751	*39.85	*44	31.88	99.58	20.21	4.49	0.00
% of Calories										*25.8%	18.7%	58.3%	26.6%	5.9%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Tue - 09/29/2020															
K-5 Elementary Lunch Menu	Total														
Vegetable Beef Soup MS816	1 cup	126	20	378	2.19	*1.17	*34.1	*2693	*11.02	3	6.5	11.24	6.16	2.19	0.00
Grill CheeseSand 1 ozUMS762.1	sandwich	220	15	600	2.00	*1.44	*40.0	*0	*2.4	4	10.0	30.0	7.0	3.00	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
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

Sep 1, 2020 thru Sep 30, 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														
Vegetable Beef Soup MS816 Comb	8 oz	359	47	1024	4.29	*2.14	*69.6	*2882	*11.66	5	17.11	39.42	15.81	7.09	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
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		749	60	1562	13.48	*4.63	*464.9	*16576	*45.82	*54	28.86	110.01	24.15	8.12	0.00
% of Calories										*29.0%	15.4%	58.8%	29.0%	9.8%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Wed - 09/30/2020															
K-5 Elementary Lunch Menu	Total														
Chicken Fajita Salad US 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
Nachos Grande MS168	1 serving	365	41	688	1.81	1.64	120.4	222	2.86	2	12.16	25.42	23.79	7.90	0.00
Rice, Brown, Spanish UMS1343.1	1/2 cup	111	1	43	1.07	*0.54	*7.7	*186	*8.25	*0	2.83	23.19	0.86	0.18	0.00
Black-Eyed Peas Dry CMS1006	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
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 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
Lunch 9-12	Total														
Chicken Fajita Salad US 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
Nachos Grande MS168	1 serving	365	41	688	1.81	1.64	120.4	222	2.86	2	12.16	25.42	23.79	7.90	0.00
Rice, Brown, Spanish UMS1343.1	1/2 cup	111	1	43	1.07	*0.54	*7.7	*186	*8.25	*0	2.83	23.19	0.86	0.18	0.00
Black-Eyed Peas Dry CMS1006	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
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 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
Weighted Daily Average		673	64	1250	7.88	*4.02	*452.4	*4257	*47.05	*32	33.67	83.15	23.09	8.89	0.00
% of Calories										*19.2%	20.0%	49.4%	30.9%	11.9%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Weighted Average		702	64	1180	9.88	*4.47	*469.9	*7129	*47.47	*43	34.27	100.03	19.96	7.05	*0.13
										*55.0%	19.5%	57.0%	25.6%	9.0%	*0.2%

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Sep 1, 2020 thru Sep 30, 2020

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

Generated on: 8/31/2020 10:12:50 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	702		650 - 750	100%												
Cholesterol (mg)	64															
Sodium 1 (mg)	1180		1325													
Sodium 2 (mg)	1180		1008						172	Correction Required - Sodium too High						
Fiber (g)	9.88															
Iron (mg)	4.47				Missing											
Calcium (mg)	469.9				Missing											
Vitamin A (IU)	7129				Missing											
Sugars (g)	43	24.42%			Missing											
Vitamin C (mg)	47.47				Missing											
Protein (g)	34.27	19.51%														
Carbohydrate (g)	100.03	56.96%														
Total Fat (g)	19.96	25.58%	<=30.00%													
Saturated Fat (g)	7.05	9.03%	<10.00%													
Trans Fat ¹ (g)	0.13	0.17%			Missing											

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