

Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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)
Mon - 11/02/2020															
Lunch 9-12	Total														
BBQ Pulled Pork Empanadas	1 Empanad	630	111	1510	5.00	*2.88	*281.7	*460	*8.2	*19	37.38	68.84	18.86	7.24	2.00
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
Garden Salad w/Dressing MS1118	1 cup	138	21	478	1.81	1.18	73.0	5742	15.1	*2	2.65	8.64	10.61	1.22	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
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
Hot Cinnamon Apples MS1208	1/2 cup	118	0	190	0.97	1.20	3.5	312	0.98	*14	0.42	21.92	3.57	1.46	0.00
Milk, 1/2 pt. Borden, Assorted	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
K-8 Lunch	Total														
BBQ Pulled Pork Empanadas	1 Empanad	630	111	1510	5.00	*2.88	*281.7	*460	*8.2	*19	37.38	68.84	18.86	7.24	2.00
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
Garden Salad w/Dressing MS1118	1 cup	138	21	478	1.81	1.18	73.0	5742	15.1	*2	2.65	8.64	10.61	1.22	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
Hot Cinnamon Apples MS1208	1/2 cup	118	0	190	0.97	1.20	3.5	312	0.98	*14	0.42	21.92	3.57	1.46	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, 1/2 pt. Borden, Assorted	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		757	79	1442	10.88	*5.14	*466.3	*4299	*35.55	*33	33.29	90.53	29.57	10.20	0.50
% of Calories										*17.3%	17.6%	47.8%	35.2%	12.1%	0.6%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Tue - 11/03/2020															
Lunch 9-12	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, 1/2 pt. Borden, Assorted	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

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Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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)
K-8 Lunch	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, 1/2 pt. Borden, Assorted	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		738	68	936	11.23	5.75	496.8	*4441	88.91	42	44.82	119.78	11.17	4.36	0.00
% of Calories										23.0%	24.3%	64.9%	13.6%	5.3%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Wed - 11/04/2020															
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, Crispy w/Coat & Bake	1 serving	307	100	395	0.07	1.74	21.5	200	0.1	0	31.78	5.33	16.4	5.20	0.35
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, Baby w/ Dip, MS#1017	1/2 cup	45	0	170	2.03	0.22	23.9	12203	4.28	5	0.67	9.95	0.17	0.03	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, 1/2 pt. Borden, Assorted	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
K-8 Lunch	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, Crispy w/Coat & Bake	1 serving	307	100	395	0.07	1.74	21.5	200	0.1	0	31.78	5.33	16.4	5.20	0.35
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, Baby w/ Dip, MS#1017	1/2 cup	45	0	170	2.03	0.22	23.9	12203	4.28	5	0.67	9.95	0.17	0.03	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, 1/2 pt. Borden, Assorted	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		638	74	819	5.61	4.41	332.9	10136	32.52	43	33.01	82.57	19.28	6.02	0.16
% of Calories										26.8%	20.7%	51.7%	27.2%	8.5%	0.2%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

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Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

Portion Values - Detailed

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	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)
Thu - 11/05/2020															
Lunch 9-12	Total														
Chicken Caesar Wrap	1 wrap	318	34	475	3.47	*2.11	*134.5	*3201	*3.36	*1	18.87	35.22	11.04	4.58	0.00
Hamburger Steak 3.5 Made/Gravy	1 steak	177	52	356	0.03	0.35	10.9	2	0.36	*0	13.95	2.75	12.26	4.30	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
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
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
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, 1/2 pt. Borden, Assorted	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
K-8 Lunch	Total														
Chicken Caesar Wrap	1 wrap	318	34	475	3.47	*2.11	*134.5	*3201	*3.36	*1	18.87	35.22	11.04	4.58	0.00
Hamburger Steak 3.5 Made/Gravy	1 steak	177	52	356	0.03	0.35	10.9	2	0.36	*0	13.95	2.75	12.26	4.30	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
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
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
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, 1/2 pt. Borden, Assorted	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		663	48	749	9.20	*3.99	*349.1	*2068	*12.52	*32	34.26	96.77	16.46	5.99	0.00
% of Calories										*19.1%	20.7%	58.4%	22.4%	8.1%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Fri - 11/06/2020															
Lunch 9-12	Total														
Pizza Variety/ 2 Choices 9-12	1slice	366	31	955	4.05	*3.27	*165.3	*378	*2.87	*6	22.19	40.94	13.09	5.20	0.14
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
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 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, 1/2 pt. Borden, Assorted	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
K-8 Lunch	Total														
Pizza Variety/ 2 Choices 9-12	1slice	366	31	955	4.05	*3.27	*165.3	*378	*2.87	*6	22.19	40.94	13.09	5.20	0.14
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
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 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, 1/2 pt. Borden, Assorted	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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Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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		736	37	1163	11.39	*4.59	*458.1	*16921	*51.32	*45	32.63	115.00	18.00	6.64	*0.14
% of Calories										*24.4%	17.7%	62.5%	22.0%	8.1%	*0.2%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Mon - 11/09/2020															
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, 1/2 pt. Borden, Assorted	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
K-8 Lunch															
	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, 1/2 pt. Borden, Assorted	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		700	66	1034	9.37	*5.63	*406.0	*2250	*45.36	*49	33.27	99.57	20.08	7.01	0.40
% of Calories										*28.2%	19.0%	56.9%	25.8%	9.0%	0.5%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

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Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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)
Tue - 11/10/2020															
Lunch 9-12															
	Total														
Hamburger Pat.-Made 3.5 oz. RW	1 sandwich	322	52	582	3.57	1.62	107.4	279	3.08	6	19.35	31.06	14.01	3.99	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, 1/2 pt. Borden, Assorted	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
K-8 Lunch															
	Total														
Hamburger Pat.-Made 3.5 oz. RW	1 sandwich	322	52	582	3.57	1.62	107.4	279	3.08	6	19.35	31.06	14.01	3.99	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, 1/2 pt. Borden, Assorted	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		644	58	1018	10.03	3.55	410.0	2244	69.06	41	30.38	93.10	19.26	4.83	0.00
% of Calories										25.7%	18.9%	57.9%	26.9%	6.7%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Wed - 11/11/2020															
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
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, 1/2 pt. Borden, Assorted	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

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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)
K-8 Lunch	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, 1/2 pt. Borden, Assorted	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		669	54	1189	7.44	5.88	355.5	6821	49.85	*42	30.29	95.70	19.08	6.09	0.00
% of Calories										*25.3%	18.1%	57.2%	25.7%	8.2%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Thu - 11/12/2020															
Lunch 9-12	Total														
Monte Crisco Biscuit	1 Biscuit S and.	374	45	975	1.13	*1.15	*287.0	*227	*2.4	13	19.14	38.08	17.34	9.67	0.00
Chicken Tenders & Waffle-Pouch	3 Tenders	950	180	2290	10.00	7.02	160.0	500	3.6	10	70.0	86.0	38.0	7.50	0.00
Potato Rounds, Baked, MS1095	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	0.00
Vegetable Juices, 6.75 oz.	1 container	90	0	20	0.00	0.00	0.0	500	60.0	19	0.0	22.0	0.0	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
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, 1/2 pt. Borden, Assorted	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
K-8 Lunch	Total														
Monte Crisco Biscuit	1 Biscuit S and.	374	45	975	1.13	*1.15	*287.0	*227	*2.4	13	19.14	38.08	17.34	9.67	0.00
Chicken Tenders & Waffle-Pouch	3 Tenders	950	180	2290	10.00	7.02	160.0	500	3.6	10	70.0	86.0	38.0	7.50	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
Vegetable Juices, 6.75 oz.	1 container	90	0	20	0.00	0.00	0.0	500	60.0	19	0.0	22.0	0.0	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
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, 1/2 pt. Borden, Assorted	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		804	84	1522	6.84	*2.95	*478.7	*1034	*51.16	*46	38.59	104.74	27.87	10.46	0.00
% of Calories										*23.1%	19.2%	52.1%	31.2%	11.7%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

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Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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)
Fri - 11/13/2020															
Lunch 9-12															
	Total														
Vegetable Lasagna w/Pepper Jac	1 serving	317	28	903	5.11	3.18	143.3	885	25.47	*6	20.0	37.62	10.4	4.59	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
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, 1/2 pt. Borden, Assorted	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
K-8 Lunch															
	Total														
Vegetable Lasagna w/Pepper Jac	1 serving	317	28	903	5.11	3.18	143.3	885	25.47	*6	20.0	37.62	10.4	4.59	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
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, 1/2 pt. Borden, Assorted	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		702	35	1276	12.54	5.34	410.9	9461	58.42	*45	34.14	107.97	17.20	6.96	0.00
% of Calories										*25.5%	19.4%	61.5%	22.0%	8.9%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Mon - 11/16/2020															
Lunch 9-12															
	Total														
Chicken Nibblers HS	1 Portion	1034	219	2312	7.59	7.55	115.9	180	4.56	2	78.74	82.74	42.65	8.21	0.02
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
Potato Rounds, Baked, MS1095	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	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, 1/2 pt. Borden, Assorted	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

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Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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)
K-8 Lunch	Total														
Chicken Nibblers K-8	1Portion	868	179	1852	6.26	6.59	102.6	180	3.76	2	64.08	71.41	35.31	6.87	0.02
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
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
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, 1/2 pt. Borden, Assorted	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		697	84	1212	7.45	3.67	310.7	2029	38.12	*31	37.06	82.23	25.00	5.87	0.00
% of Calories										*17.5%	21.3%	47.2%	32.3%	7.6%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Tue - 11/17/2020															
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 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, 1/2 pt. Borden, Assorted	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
K-8 Lunch	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 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, 1/2 pt. Borden, Assorted	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		819	83	1106	12.51	4.75	*540.4	3679	45.15	*45	49.38	120.70	19.02	9.85	0.00
% of Calories										*22.2%	24.1%	59.0%	20.9%	10.8%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

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Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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)
Wed - 11/18/2020															
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
Potato Plate 9-12+	1 each	1018	75	2144	8.39	10.59	429.1	6714	44.06	*6	30.25	138.37	43.97	9.61	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
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, 1/2 pt. Borden, Assorted	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
K-8 Lunch	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
Potato Plate K-8	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
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, 1/2 pt. Borden, Assorted	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	99	1835	7.20	*5.87	*398.0	*8282	*34.90	*37	33.15	101.38	27.57	6.88	1.30
% of Calories										*18.5%	16.7%	51.1%	31.2%	7.8%	1.5%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Thu - 11/19/2020															
Lunch 9-12	Total														
Turkey & Dressing Supreme MS568	1 Piece	311	85	1160	2.69	2.64	142.3	512	2.57	*5	18.45	33.3	11.64	3.66	0.00
Chicken Tenders Baked MS546	3 tenders	250	60	690	2.00	1.44	20.0	0	1.2	0	22.0	17.0	11.0	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
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
Sweet Potato Souffle	1/2 Cup	265	0	121	2.33	1.28	42.5	10331	32.94	32	2.41	57.03	3.85	1.52	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
Waldorf Trop Fruit Cup MS1264	1/2 cup	109	0	4	2.04	0.59	15.6	150	20.15	*22	0.55	27.85	0.35	0.23	0.00
Milk, 1/2 pt. Borden, Assorted	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
Apple Pull-Aparts w/Yo-Caramel	2.51oz.	364	31	428	2.96	*1.82	*154.2	1343	*0.71	32	7.04	61.21	11.44	4.81	0.00

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Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: Lunch 9-12/K-8 Lunch

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)
K-8 Lunch	Total														
Turkey & Dressing Supreme MS568	1 Piece	311	85	1160	2.69	2.64	142.3	512	2.57	*5	18.45	33.3	11.64	3.66	0.00
Chicken Tenders Baked MS546	3 tenders	250	60	690	2.00	1.44	20.0	0	1.2	0	22.0	17.0	11.0	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
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
Sweet Potato Souffle	1/2 Cup	265	0	121	2.33	1.28	42.5	10331	32.94	32	2.41	57.03	3.85	1.52	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
Waldorf Trop Fruit Cup MS1264	1/2 cup	109	0	4	2.04	0.59	15.6	150	20.15	*22	0.55	27.85	0.35	0.23	0.00
Milk, 1/2 pt. Borden, Assorted	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
Apple Pull-Aparts w/Yo-Caramel	2.51oz.	364	31	428	2.96	*1.82	*154.2	1343	*0.71	32	7.04	61.21	11.44	4.81	0.00
Weighted Daily Average		588	77	1178	7.29	*3.64	*311.7	3066	*46.18	*41	29.04	86.65	15.87	4.56	0.00
% of Calories										*28.1%	19.8%	59.0%	24.3%	7.0%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Fri - 11/20/2020															
	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														
Pizza Variety/ 2 Choices 9-12	1 slice	366	31	955	4.05	*3.27	*165.3	*378	*2.87	*6	22.19	40.94	13.09	5.20	0.14
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
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, 1/2 pt. Borden, Assorted	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
K-8 Lunch	Total														
Pizza Variety/ 2 Choices 9-12	1 slice	366	31	955	4.05	*3.27	*165.3	*378	*2.87	*6	22.19	40.94	13.09	5.20	0.14
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
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, 1/2 pt. Borden, Assorted	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		672	37	1159	10.11	*4.80	*450.0	*8691	*38.02	*45	33.39	98.52	17.85	7.28	0.14
% of Calories										*26.7%	19.9%	58.7%	23.9%	9.8%	0.2%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2020 thru Nov 30, 2020

Combined: Lunch 9-12/K-8 Lunch

Generated on: 10/21/2020 2:47:08 PM

	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 - 11/23/2020															
Lunch 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
K-8 Lunch															
Holiday-No Students	Total														
Weighted Daily Average	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
% of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Tue - 11/24/2020															
Lunch 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
K-8 Lunch															
Holiday-No Students	Total														
Weighted Daily Average	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
% of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Wed - 11/25/2020															
Lunch 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
K-8 Lunch															
Holiday-No Students	Total														
Weighted Daily Average	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
% of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2020 thru Nov 30, 2020

Combined: Lunch 9-12/K-8 Lunch

Generated on: 10/21/2020 2:47:08 PM

	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 - 11/26/2020															
Lunch 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
K-8 Lunch															
Holiday-No Students	Total														
Weighted Daily Average	1	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	0.00	0.00	0.0	0	0.00	0.0%	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Fri - 11/27/2020															
Lunch 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
K-8 Lunch															
Holiday-No Students	Total														
Weighted Daily Average	1	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	0.00	0.00	0.0	0	0.00	0.0%	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Mon - 11/30/2020															
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, 1/2 pt. Borden, Assorted	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 13

Nov 1, 2020 thru Nov 30, 2020

Combined: Lunch 9-12/K-8 Lunch

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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)
K-8 Lunch	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, 1/2 pt. Borden, Assorted	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		704	58	1241	6.55	*3.97	*391.4	*742	*47.35	50	32.43	103.33	20.01	4.30	0.00
% of Calories										28.6%	18.4%	58.8%	25.6%	5.5%	0.0%
Nutrient Guideline		675-750		1325									<=30.0	<10.00	

Weighted Average		708	65	1180	9.10	*4.62	*410.4	*5385	*46.52	*42 *53.1%	34.95 19.7%	99.91 56.5%	20.20 25.7%	6.71 8.5%	*0.16 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	708		675 - 750	100%				
Cholesterol (mg)	65							
Sodium 1 (mg)	1180		1325					
Sodium 2 (mg)	1180		1008				172	Correction Required - Sodium too High
Fiber (g)	9.10							
Iron (mg)	4.62				Missing			
Calcium (mg)	410.4				Missing			
Vitamin A (IU)	5385				Missing			
Sugars (g)	42	23.60%			Missing			
Vitamin C (mg)	46.52				Missing			
Protein (g)	34.95	19.75%						
Carbohydrate (g)	99.91	56.46%						
Total Fat (g)	20.20	25.69%	<=30.00%					
Saturated Fat (g)	6.71	8.53%	<10.00%					
Trans Fat ¹ (g)	0.16	0.21%			Missing			

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.