

# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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Dec 1, 2020 thru Dec 31, 2020

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

Generated on: 11/9/2020 11:21:45 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 <sup>1</sup> (g)
<b>Tue - 12/01/2020</b>															
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, 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
Cookie,Oatmeal RaisinPurMS1432	1 cookie	120	5	110	1.00	0.72	0.0	45	0.0	9	1.0	16.0	4.0	2.00	0.00
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 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
Cookie,Oatmeal RaisinPurMS1432	1 cookie	120	5	110	1.00	0.72	0.0	45	0.0	9	1.0	16.0	4.0	2.00	0.00
Weighted Daily Average		693	63	1487	11.43	*3.92	*395.2	*13877	*36.81	*45	27.14	96.68	24.18	9.09	0.00
% of Calories										*26.0%	15.7%	55.8%	31.4%	11.8%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

<b>Wed - 12/02/2020</b>															
K-5 Elementary Lunch Menu															
	Total														
Salad, Chicken Caesar	1Salad	387	36	847	6.25	*3.88	*264.5	*11121	*37.11	*6	22.64	43.59	15.35	4.15	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
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
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

\*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

Dec 1, 2020 thru Dec 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 <sup>1</sup> (g)
Lunch 9-12	Total														
Salad, Chicken Caesar	1 Salad	387	36	847	6.25	*3.88	*264.5	*11121	*37.11	*6	22.64	43.59	15.35	4.15	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
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
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
Weighted Daily Average		697	59	1261	8.14	*4.82	*451.9	*9968	*56.28	*29	29.18	83.09	28.92	7.73	0.00
% of Calories										*16.6%	16.7%	47.7%	37.4%	10.0%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Thu - 12/03/2020															
	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 <sup>1</sup> (g)
K-5 Elementary Lunch Menu	Total														
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
Mexican Chicken Chz & Rice	1 serving	555	137	1698	1.57	*1.08	*475.3	*1339	*0.72	4	38.86	44.68	24.21	12.77	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
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
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
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
Lunch 9-12	Total														
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
Mexican Chicken Chz & Rice	1 serving	555	137	1698	1.57	*1.08	*475.3	*1339	*0.72	4	38.86	44.68	24.21	12.77	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
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
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
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
Weighted Daily Average		724	93	1466	10.26	*3.12	*480.7	*2577	*44.12	35	38.08	88.51	27.38	10.57	0.00
% of Calories										19.1%	21.0%	48.9%	34.0%	13.1%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

\*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

Dec 1, 2020 thru Dec 31, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 11/9/2020 11:21:45 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 <sup>1</sup> (g)
Fri - 12/04/2020															
K-5 Elementary Lunch Menu															
	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
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, 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
Lunch 9-12															
K-5 Elementary Lunch Menu															
	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
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, 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		661	38	1142	8.50	*4.35	*463.7	*2738	*53.34	*45	33.25	95.30	17.79	7.31	0.14
% of Calories										*27.0%	20.1%	57.6%	24.2%	9.9%	0.2%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 12/07/2020															
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
Beef Taco w/Soft Taco, B MS109	1 taco	277	41	672	1.72	2.30	129.4	*523	9.82	4	14.33	21.54	14.67	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
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, 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

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# Lee County Schools

Dec 1, 2020 thru Dec 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 <sup>1</sup> (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
Beef Taco w/Soft Taco, B MS109	1 taco	277	41	672	1.72	2.30	129.4	*523	9.82	4	14.33	21.54	14.67	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
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, 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		697	72	1450	10.02	4.90	*494.5	*5078	52.97	*37	30.58	91.06	25.19	8.86	0.00
% of Calories										*21.3%	17.5%	52.3%	32.5%	11.4%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Tue - 12/08/2020															
K-5 Elementary Lunch Menu	Total														
Soup, Turkey Tortilla, DryMilk	1 cup	562	57	1044	3.13	*1.37	*989.2	*1916	*12.53	*25	41.96	57.8	17.79	5.75	*0.00
Chicken Tetrzzini, 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
Snack Pack Puddings Choc/Vanil	1 4oz. cup	110	0	123	0.00	0.18	40.0	0	0.0	19	3.0	23.0	1.5	0.50	0.00
Lunch 9-12	Total														
Soup, Turkey Tortilla, DryMilk	1 cup	562	57	1044	3.13	*1.37	*989.2	*1916	*12.53	*25	41.96	57.8	17.79	5.75	*0.00
Chicken Tetrzzini, 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
Snack Pack Puddings Choc/Vanil	1 4oz. cup	110	0	123	0.00	0.18	40.0	0	0.0	19	3.0	23.0	1.5	0.50	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 5

Dec 1, 2020 thru Dec 31, 2020

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

Generated on: 11/9/2020 11:21:45 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 <sup>1</sup> (g)
Weighted Daily Average		813	66	1151	10.39	*4.89	*799.1	*4275	*79.44	*53	49.13	123.88	15.49	5.48	*0.00
% of Calories										*25.9%	24.2%	61.0%	17.2%	6.1%	*0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Wed - 12/09/2020															
K-5 Elementary Lunch Menu															
Philly Chicken Sandwich MS707	Total														
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	
Chicken & Dumplings, Unseason	3/4 Cup	313	82	852	0.68	1.19	75.6	363	1.44	2	18.48	21.95	16.77	5.84	0.00
Saltine Crackers, ENR,B MS1369	2 4-count packs	90	0	260	0.00	1.44	0.0	0	0.0	0	2.0	16.0	3.0	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
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
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
Chicken & Dumplings, Unseason	3/4 Cup	313	82	852	0.68	1.19	75.6	363	1.44	2	18.48	21.95	16.77	5.84	0.00
Saltine Crackers, ENR,B MS1369	2 4-count packs	90	0	260	0.00	1.44	0.0	0	0.0	0	2.0	16.0	3.0	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, 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		592	66	1241	5.15	4.09	435.6	10379	38.48	*36	29.46	79.18	18.33	5.30	0.00
% of Calories										*24.6%	19.9%	53.5%	27.9%	8.1%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 6

Dec 1, 2020 thru Dec 31, 2020

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

Generated on: 11/9/2020 11:21:45 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 <sup>1</sup> (g)
Thu - 12/10/2020															
K-5 Elementary Lunch Menu															
	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
Fruit Crisp MS1412	1 serving	273	0	157	1.84	2.06	28.7	742	1.17	*27	2.47	45.51	9.5	3.75	0.00
Lunch 9-12															
K-5 Elementary Lunch Menu															
	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
Fruit Crisp MS1412	1 serving	273	0	157	1.84	2.06	28.7	742	1.17	*27	2.47	45.51	9.5	3.75	0.00
Weighted Daily Average		717	48	780	9.57	*4.40	*354.8	*2217	*12.76	*37	34.76	105.87	18.36	6.74	0.00
% of Calories										*20.6%	19.4%	59.0%	23.0%	8.5%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Fri - 12/11/2020															
K-5 Elementary Lunch Menu															
	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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**Lee County Schools**

**Dec 1, 2020 thru Dec 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 <sup>1</sup> (g)
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
Weighted Daily Average		741	37	1169	11.39	*4.59	*473.1	*16946	*51.35	*46	33.03	115.80	18.08	6.69	*0.14
% of Calories										*24.6%	17.8%	62.5%	22.0%	8.1%	*0.2%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 12/14/2020															
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, 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
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
Weighted Daily Average		718	71	1132	9.60	*5.59	*388.9	*2178	*44.65	*50	34.27	101.81	20.02	6.83	0.60
% of Calories										*27.7%	19.1%	56.7%	25.1%	8.6%	0.8%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Dec 1, 2020 thru Dec 31, 2020

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

Generated on: 11/9/2020 11:21:46 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 <sup>1</sup> (g)
<b>Tue - 12/15/2020</b>															
K-5 Elementary Lunch Menu															
	Total														
	Hamburger Pat.-Made 3.5 oz. RW	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	131	0	227	2.39	1.25	17.2	23	9.54	0	2.39	21.51	4.18	0.00	0.00
	Garden Salad w/Dressing MS1118	138	21	478	1.81	1.18	73.0	5742	15.1	*2	2.65	8.64	10.61	1.22	0.00
	Fruit, Oranges, Mandarin	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	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	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	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
	Cookie,Oatmeal RaisinPurMS1432	120	5	110	1.00	0.72	0.0	45	0.0	9	1.0	16.0	4.0	2.00	0.00
Lunch 9-12															
	Total														
	Hamburger Pat.-Made 3.5 oz. RW	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	197	0	341	3.58	1.88	25.9	34	14.3	0	3.58	32.27	6.27	0.00	0.00
	Garden Salad w/Dressing MS1118	138	21	478	1.81	1.18	73.0	5742	15.1	*2	2.65	8.64	10.61	1.22	0.00
	Fruit, Oranges, Mandarin	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	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	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	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
	Cookie,Oatmeal RaisinPurMS1432	120	5	110	1.00	0.72	0.0	45	0.0	9	1.0	16.0	4.0	2.00	0.00
	Weighted Daily Average	742	70	1192	9.55	4.10	418.3	4625	54.76	*46	30.48	102.00	25.68	5.88	0.00
	% of Calories									*24.9%	16.4%	55.0%	31.1%	7.1%	0.0%
	Nutrient Guideline	650-750		1325									<=30.0	<10.00	

<b>Wed - 12/16/2020</b>															
K-5 Elementary Lunch Menu															
	Total														
	Spaghetti & MeatSauce ENRMS178	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	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	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#	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	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	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	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	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

Dec 1, 2020 thru Dec 31, 2020

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

Generated on: 11/9/2020 11:21:46 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 <sup>1</sup> (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
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		675	53	1169	7.59	5.99	339.5	6846	50.27	*42	30.04	96.53	19.35	6.14	0.00
% of Calories										*24.7%	17.8%	57.2%	25.8%	8.2%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Thu - 12/17/2020															
K-5 Elementary Lunch Menu															
	Total														
Turkey Sliced,Brown GravyMS564	1 serving	152	55	967	0.00	1.79	35.5	3	0.65	*0	17.37	5.18	6.18	2.23	0.00
Pigs in Blanket w/WGR Roll	1 Serving	340	35	735	1.00	1.80	20.0	105	6.0	8	10.0	31.0	19.0	6.50	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
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
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 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
Strawberry Shortcake	1 each	195	5	215	0.86	0.91	115.1	40	22.8	*12	2.07	38.61	3.33	1.96	0.00
Lunch 9-12	Total														
Turkey Sliced,Brown GravyMS564	1 serving	152	55	967	0.00	1.79	35.5	3	0.65	*0	17.37	5.18	6.18	2.23	0.00
Pigs in Blanket w/WGR Roll	1 Serving	340	35	735	1.00	1.80	20.0	105	6.0	8	10.0	31.0	19.0	6.50	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
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
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 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
Strawberry Shortcake	1 each	195	5	215	0.86	0.91	115.1	40	22.8	*12	2.07	38.61	3.33	1.96	0.00
Weighted Daily Average		764	60	1495	9.75	4.64	443.1	1750	80.93	*47	31.43	122.43	17.52	6.65	0.00
% of Calories										*24.7%	16.4%	64.1%	20.6%	7.8%	0.0%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

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# Lee County Schools

Dec 1, 2020 thru Dec 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 <sup>1</sup> (g)
Fri - 12/18/2020															
K-5 Elementary Lunch Menu															
	Total														
Pizza Variety/ 2 Choices -K-8	1slice	298	20	755	3.75	3.87	242.5	463	2.25	5	17.0	32.25	12.0	4.50	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
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
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
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
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
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
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		752	32	1174	11.61	*4.95	*492.7	*2612	*31.18	*51	29.42	113.79	26.52	7.53	0.07
% of Calories										*27.1%	15.7%	60.6%	31.8%	9.0%	0.1%
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Mon - 12/21/2020															
K-5 Elementary Lunch Menu															
	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
Christmas Break	1	*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*
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
Christmas Break	1	*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*
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	

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# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Dec 1, 2020 thru Dec 31, 2020

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

Generated on: 11/9/2020 11:21:46 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 <sup>1</sup> (g)
Tue - 12/22/2020															
K-5 Elementary Lunch Menu	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
Christmas Break	1	*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*
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
Christmas Break	1	*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*
Weighted Daily Average % 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
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Wed - 12/23/2020															
K-5 Elementary Lunch Menu	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
Christmas Break	1	*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*
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
Christmas Break	1	*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*
Weighted Daily Average % 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
Nutrient Guideline		650-750		1325									<=30.0	<10.00	

Thu - 12/24/2020															
K-5 Elementary Lunch Menu	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
Christmas Break	1	*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*
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
Christmas Break	1	*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*

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# Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Dec 1, 2020 thru Dec 31, 2020

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

Generated on: 11/9/2020 11:21:46 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 <sup>1</sup> (g)
Weighted Daily Average % 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
Nutrient Guideline		650-750		1325						0.0%	0.0%	0.0%	<=30.0	<10.00	

Fri - 12/25/2020															
K-5 Elementary Lunch Menu	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
Christmas Break	1	*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*
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
Christmas Break	1	*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*
Weighted Daily Average % 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
Nutrient Guideline		650-750		1325						0.0%	0.0%	0.0%	<=30.0	<10.00	

Mon - 12/28/2020															
K-5 Elementary Lunch Menu	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
Christmas Break	1	*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*
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
Christmas Break	1	*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*
Weighted Daily Average % 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
Nutrient Guideline		650-750		1325						0.0%	0.0%	0.0%	<=30.0	<10.00	

Tue - 12/29/2020															
K-5 Elementary Lunch Menu	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
Christmas Break	1	*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*

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### Portion Values - Detailed

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

Generated on: 11/9/2020 11:21:46 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 <sup>1</sup> (g)
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
Christmas Break	1	*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*
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	

Wed - 12/30/2020															
K-5 Elementary Lunch Menu	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
Christmas Break	1	*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*
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
Christmas Break	1	*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*
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	

Thu - 12/31/2020															
K-5 Elementary Lunch Menu	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
Christmas Break	1	*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*
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
Christmas Break	1	*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*
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	

**\*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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Dec 1, 2020 thru Dec 31, 2020

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

Generated on: 11/9/2020 11:21:46 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 <sup>1</sup> (g)
Weighted Average		713	59	1236	9.50	*4.60	*459.4	*6148	*49.09	*43 *53.8%	32.87 18.4%	101.14 56.7%	21.63 27.3%	7.20 9.1%	*0.07 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	713		650 - 750	100%				
Cholesterol (mg)	59							
Sodium 1 (mg)	1236		1325					
Sodium 2 (mg)	1236		1008				229	Correction Required - Sodium too High
Fiber (g)	9.50							
Iron (mg)	4.60				Missing			
Calcium (mg)	459.4				Missing			
Vitamin A (IU)	6148				Missing			
Sugars (g)	43	23.93%			Missing			
Vitamin C (mg)	49.09				Missing			
Protein (g)	32.87	18.44%						
Carbohydrate (g)	101.14	56.72%						
Total Fat (g)	21.63	27.29%	<=30.00%					
Saturated Fat (g)	7.20	9.08%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.07	0.09%			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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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