

# Linn-Mar Community Schools

Feb 8, 2019 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	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)
Fri - 02/08/2019														
High School Lunch	Total	600												
pizza crunchers^	4 piece ser ving	520	420	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
sweet potato fries^	4 oz	350	200	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
romaine/spinach&tomato	1/2 cup	300	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
peaches sliced	1/2 cup	200	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	150	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
hot dog with bun^	1 each	100	320	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	100	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			761	1257	8.93	3.92	668.2	6117	24.60	*29	31.11	90.67	31.46	11.80
% of Calories										*15.3%	16.4%	47.7%	37.2%	14.0%
Nutrient Guideline			750-850	1420										<10.00

Weighted Average			761	1257	8.93	3.92	668.2	6117	24.60	*29	31.11	90.67	31.46	11.80
										*34.4%	16.4%	47.7%	37.2%	14.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	761		750 - 850					
Sodium 1 (mg)	1257		1420					
Sodium 2 (mg)	1257		1080					
Fiber (g)	8.93							
Iron (mg)	3.92							
Calcium (mg)	668.2							
Vitamin A (IU)	6117							
Sugars (g)	29	15.30%			Missing			
Vitamin C (mg)	24.60							
Protein (g)	31.11	16.36%						
Carbohydrate (g)	90.67	47.67%						
Total Fat (g)	31.46	37.21%						
Saturated Fat (g)	11.80	13.96%	<10.00%					

\*Data comparisons are not available for one or two day selections

- \*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.**