

# Linn-Mar Community Schools

Feb 8, 2019 thru Feb 8, 2019

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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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 Food Court Men	Total	320												
hamburger on a bun^	1 each	350	300	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
lettuce & tomato	1/2 cup	150	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
sweet potato fries^	4 oz	300	200	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
fresh veggie mix	1/2 cup	200	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pear sliced in juice	1/2 cup	150	76	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	150	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	100	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
pickle slices^	2 EACH	225	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
mustard^	1 tsp	25	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	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
yogurt parfaits,fruit&gran HS	serving	5	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	402	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			765	1139	10.14	5.62	610.7	6304	42.27	*48	33.24	107.94	23.88	5.91
% of Calories										*25.0%	17.4%	56.4%	28.1%	6.9%
Nutrient Guideline			750-850	1420										<10.00

Weighted Average			765	1139	10.14	5.62	610.7	6304	42.27	*48	33.24	107.94	23.88	5.91
										*56.2%	17.4%	56.4%	28.1%	6.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	765		750 - 850					
Sodium 1 (mg)	1139		1420					
Sodium 2 (mg)	1139		1080					
Fiber (g)	10.14							
Iron (mg)	5.62							
Calcium (mg)	610.7							
Vitamin A (IU)	6304							
Sugars (g)	48	25.00%			Missing			
Vitamin C (mg)	42.27							
Protein (g)	33.24	17.37%						
Carbohydrate (g)	107.94	56.41%						
Total Fat (g)	23.88	28.09%						
Saturated Fat (g)	5.91	6.95%	<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.**