

Linn-Mar Community Schools

Apr 16, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 04/16/2018 | | | | | | | | | | | | | | | |
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| grilled cheese: 4 sl [^] | 1 EACH | 250 | 396 | 54 | 1131 | 4.00 | 1.54 | 392.0 | 685 | 0.0 | 20.56 | 32.9 | 22.39 | 12.37 | 0.00 |
| soup tomato healthy request | 1/2 cup | 200 | 71 | 0 | 368 | 0.89 | 0.33 | 2.4 | 356 | 5.34 | 0.89 | 14.23 | 0.89 | 0.00 | *0.00 |
| salad, veg, daily line HS | 1 EACH | 200 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 300 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 300 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| juice cup variety | 4 oz | 300 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 0.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 50 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.75 | 2.38 | 0.25 | 0.00 |
| milk vty half pints [^] | 1 each | 160 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 5 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 5 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| Weighted Daily Average | | | 789 | 48 | 1418 | 14.91 | 7.65 | 732.3 | 28607 | 115.52 | 30.54 | 129.72 | 21.25 | 10.58 | *0.00 |
| % of Calories | | | | | | | | | | | 15.5% | 65.8% | 24.2% | 12.1% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/17/2018 | | | | | | | | | | | | | | | |
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| fish sw [^] | 1 each | 150 | 340 | 35 | 440 | 5.00 | 2.52 | 220.0 | 0 | 0.0 | 18.0 | 47.0 | 10.0 | 1.50 | 0.00 |
| hamburger on a bun [^] | 1 each | 150 | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 20.0 | 33.0 | 11.0 | 3.50 | 0.50 |
| cheese american | 1 slice | 50 | 53 | 14 | 211 | 0.00 | 0.03 | 78.0 | 136 | 0.0 | 3.14 | 0.23 | 4.43 | 2.79 | 0.00 |
| french fries [^] | 1/2 cup | 200 | 180 | 0 | 45 | 2.25 | 0.81 | 0.0 | 0 | 8.08 | 4.49 | 31.43 | 3.37 | 0.00 | 0.00 |
| salad, veg, daily line HS | 1 EACH | 100 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 100 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 250 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| juice cup variety | 4 oz | 100 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 0.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| ketchup [^] | 1 tbsp | 50 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 0.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| mustard [^] | 1 tsp | 30 | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| tartar sauce [^] | 2 tbsp | 25 | 100 | 5 | 300 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.0 | 7.0 | 1.00 | 0.00 |
| pickle slices [^] | 2 EACH | 150 | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 75 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.75 | 2.38 | 0.25 | 0.00 |
| milk vty half pints [^] | 1 each | 300 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 10 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 5 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| Weighted Daily Average | | | 781 | 43 | 926 | 12.10 | 6.93 | 707.2 | 14387 | 69.00 | 35.60 | 126.17 | 17.33 | 4.27 | *0.23 |
| % of Calories | | | | | | | | | | | 18.2% | 64.7% | 20.0% | 4.9% | *0.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <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.

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.

Linn-Mar Community Schools

Apr 16, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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Generated on: 4/12/2018 8:29:42 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/18/2018 | | | | | | | | | | | | | | | |
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| pasta variety HS2 | 1 CUP | 300 | 243 | 17 | 235 | 2.99 | 1.79 | 133.5 | 99 | 0.0 | 9.92 | 43.23 | 3.71 | 1.73 | 0.00 |
| sauce, alfredo HS | 1/4 cup | 120 | 150 | 25 | 330 | 0.00 | 0.00 | 50.0 | 50 | 0.0 | 2.5 | 3.5 | 14.0 | 6.50 | 0.25 |
| spaghetti meat sauce | 1/2 cup | 180 | 205 | 37 | 142 | 0.96 | 1.05 | 13.3 | 0 | 0.85 | 9.82 | 9.48 | 13.85 | 4.87 | 0.63 |
| breadstick^ | 1 oz | 275 | 80 | 0 | 100 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 3.0 | 14.5 | 1.0 | 0.00 | 0.00 |
| salad, veg, daily line HS | 1 EACH | 150 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 150 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 150 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| juice cup variety | 4 oz | 20 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 0.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 170 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.75 | 2.38 | 0.25 | 0.00 |
| cheese parmesan grated | 2 TSP | 100 | 23 | 3 | 73 | 0.00 | 0.00 | 66.7 | 0 | 0.0 | 2.0 | 0.0 | 1.67 | 1.00 | 0.00 |
| milk vty half pints^ | 1 each | 250 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 10 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 5 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| Weighted Daily Average | | | 816 | 57 | 947 | 12.19 | 7.05 | 638.4 | 21034 | 66.30 | 33.21 | 124.88 | 22.62 | 8.45 | *0.45 |
| % of Calories | | | | | | | | | | | 16.3% | 61.2% | 25.0% | 9.3% | *0.5% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|---------|-----|-----|-----|-----|-------|------|-------|-------|-------|-------|-------|-------|------|-------|
| Thu - 04/19/2018 | | | | | | | | | | | | | | | |
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| pork, unsauced pulled | 3 OZ | 150 | 102 | 51 | 217 | 0.00 | 0.92 | 0.0 | 0 | 0.0 | 17.87 | 0.0 | 2.55 | 0.64 | 0.00 |
| bbq pulled pork | 3 OZ | 100 | 264 | 102 | 782 | 0.00 | 1.16 | 0.0 | 192 | 5.76 | 33.25 | 8.64 | 9.65 | 2.68 | *0.00 |
| bun,hamburger, whlgr | 1 each | 250 | 160 | 0 | 200 | 3.00 | 1.80 | 200.0 | 0 | 0.0 | 7.0 | 31.0 | 2.0 | 0.00 | 0.00 |
| baked beans^ | 1/2 CUP | 150 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 7.32 | 37.2 | 0.0 | 0.00 | 0.00 |
| salad, veg, daily line HS | 1 EACH | 150 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 25 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 200 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| juice cup variety | 4 oz | 20 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 0.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| pickle slices^ | 2 EACH | 225 | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| mustard^ | 1 tsp | 25 | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 85 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.75 | 2.38 | 0.25 | 0.00 |
| milk vty half pints^ | 1 each | 300 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 5 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 5 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| brownie HS (usda) | 1 each | 200 | 312 | 57 | 195 | 3.74 | 1.69 | 45.8 | 3592 | 0.0 | 5.08 | 47.2 | 12.76 | 3.59 | *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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Apr 16, 2018 thru Apr 27, 2018

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High School Food Court Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 824 | 102 | 1303 | 14.36 | 8.94 | 726.7 | 23139 | 67.18 | 46.16 | 128.57 | 17.68 | 4.75 | *0.00 |
| % of Calories | | | | | | | | | | | 22.4% | 62.4% | 19.3% | 5.2% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| Fri - 04/20/2018 | | | | | | | | | | | | | | | |
|-------------------------------|---------|-----|---------|----|------|-------|-------|-------|-------|-------|-------|--------|-------|--------|-------|
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| pizza 5" cheese ^ | 1 each | 200 | 320 | 10 | 610 | 5.00 | 2.70 | 250.0 | 300 | 0.0 | 15.0 | 40.0 | 11.0 | 3.50 | 0.00 |
| pizza, personal pan pepp^ | 1 each | 200 | 340 | 20 | 730 | 5.00 | 2.97 | 255.0 | 425 | 1.2 | 17.5 | 40.5 | 12.0 | 3.88 | 0.00 |
| romaine lettuce^ | 1 cup | 150 | 39 | 0 | 18 | 4.76 | 2.20 | 74.8 | 19754 | 9.07 | 2.79 | 7.46 | 0.68 | 0.09 | *N/A* |
| salad, veg, daily line HS | 1 EACH | 150 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 150 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 150 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| juice cup variety | 4 oz | 50 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 0.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 85 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.75 | 2.38 | 0.25 | 0.00 |
| milk vty 1/2 pint LM MS/HS | 1 each | 300 | 119 | 6 | 177 | 0.00 | 1.29 | 300.0 | 500 | 1.2 | 8.0 | 20.57 | 0.36 | 0.21 | 0.00 |
| pb&j sandwich | 2 each | 10 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 10 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| Weighted Daily Average | | | 750 | 25 | 1224 | 16.12 | 10.23 | 810.8 | 30620 | 72.21 | 35.84 | 117.69 | 17.71 | 5.27 | *0.00 |
| % of Calories | | | | | | | | | | | 19.1% | 62.7% | 21.2% | 6.3% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| Mon - 04/23/2018 | | | | | | | | | | | | | | | |
|-------------------------------|---------|-----|---------|----|------|-------|------|-------|-------|-------|-------|--------|-------|--------|-------|
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| chicken parmesan w/ spaghetti | 1 each | 400 | 312 | 48 | 594 | 3.69 | 2.31 | 135.2 | 99 | 0.0 | 23.05 | 29.41 | 11.37 | 3.39 | 0.00 |
| breadstick^ | 1 oz | 400 | 80 | 0 | 100 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 3.0 | 14.5 | 1.0 | 0.00 | 0.00 |
| salad, veg, daily line HS | 1 EACH | 150 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 50 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 200 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| dressing ranch light^ | 2 TBSP | 85 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.0 | 4.5 | 0.50 | 0.00 |
| milk vty half pints^ | 1 each | 300 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 10 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 10 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| Weighted Daily Average | | | 817 | 72 | 1247 | 14.08 | 7.72 | 697.6 | 20948 | 65.76 | 48.46 | 114.02 | 20.52 | 5.78 | *0.00 |
| % of Calories | | | | | | | | | | | 23.7% | 55.9% | 22.6% | 6.4% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/24/2018 | | | | | | | | | | | | | | | |
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| chicken nuggets^ | 6 each | 300 | 350 | 65 | 452 | 1.94 | 2.10 | 22.6 | 147 | 0.94 | 26.43 | 19.68 | 19.0 | 2.19 | 0.00 |
| rolls, hot^ | 2 oz | 150 | 205 | 12 | 234 | 2.30 | 1.92 | 67.9 | 452 | 3.48 | 5.03 | 29.14 | 7.83 | 2.10 | *0.00 |
| french fries^ | 1/2 cup | 250 | 180 | 0 | 45 | 2.25 | 0.81 | 0.0 | 0 | 8.08 | 4.49 | 31.43 | 3.37 | 0.00 | 0.00 |
| salad, veg, daily line HS | 1 EACH | 75 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 25 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 150 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| dressing ranch light^ | 2 TBSP | 85 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.0 | 4.5 | 0.50 | 0.00 |
| margarine cup^ | 1 each | 150 | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0.0 | 0.0 | 2.0 | 0.00 | 0.00 |
| ketchup^ | 1 tbsp | 100 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 0.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| mustard^ | 1 TSP | 50 | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| BBQ sauce, PC cup^ | 1 EACH | 150 | 45 | 0 | 360 | 0.00 | 0.00 | 0.0 | 0 | 2.4 | 0.0 | 10.0 | 0.5 | 0.00 | 0.00 |
| milk vty half pints^ | 1 each | 250 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 5 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 5 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| Weighted Daily Average | | | 837 | 77 | 1100 | 8.88 | 6.10 | 437.5 | 11113 | 48.53 | 41.85 | 104.82 | 29.05 | 4.24 | *0.00 |
| % of Calories | | | | | | | | | | | 20.0% | 50.1% | 31.2% | 4.6% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|----------|-----|-----|----|-----|-------|------|-------|-------|-------|-------|-------|------|------|-------|
| Wed - 04/25/2018 | | | | | | | | | | | | | | | |
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| pasta variety HS1 | 1 CUP | 300 | 210 | 0 | 75 | 4.00 | 9.99 | 120.0 | 0 | 0.0 | 7.0 | 43.0 | 1.5 | 0.00 | 0.00 |
| sauce, alfredo HS | 1/4 cup | 120 | 150 | 25 | 330 | 0.00 | 0.00 | 50.0 | 50 | 0.0 | 2.5 | 3.5 | 14.0 | 6.50 | 0.25 |
| sauce, marinara w/meatballs HS | serving | 180 | 210 | 35 | 270 | 4.00 | 2.52 | 60.0 | 600 | 4.8 | 16.0 | 14.0 | 10.0 | 3.50 | 0.00 |
| breadstick^ | 1 oz | 200 | 80 | 0 | 100 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 3.0 | 14.5 | 1.0 | 0.00 | 0.00 |
| salad, veg, daily line HS | 1 EACH | 150 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 150 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 150 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| juice cup variety | 4 oz | 20 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 0.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 150 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.75 | 2.38 | 0.25 | 0.00 |
| cheese parmesan grated | 2 TSP | 100 | 23 | 3 | 73 | 0.00 | 0.00 | 66.7 | 0 | 0.0 | 2.0 | 0.0 | 1.67 | 1.00 | 0.00 |
| milk vty half pints^ | 1 each | 200 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 10 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 5 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| WHOLE WHEAT SUGAR COOKIE | 1 COOKIE | 200 | 175 | 13 | 197 | 1.85 | 0.70 | 28.0 | 2249 | 0.01 | 2.67 | 28.07 | 6.13 | 2.64 | *0.00 |

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Linn-Mar Community Schools

Apr 16, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 848 | 46 | 924 | 15.65 | 15.93 | 610.9 | 22587 | 68.29 | 33.35 | 136.57 | 21.54 | 7.51 | *0.10 |
| % of Calories | | | | | | | | | | | 15.7% | 64.4% | 22.8% | 8.0% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| Thu - 04/26/2018 | | | | | | | | | | | | | | | |
|-------------------------------|----------|-----|---------|----|------|-------|------|-------|-------|-------|-------|--------|-------|--------|-------|
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| taco meat w/ beef crumbles^ | 2 oz | 350 | 90 | 20 | 140 | 0.44 | 1.45 | 16.5 | 311 | 1.73 | 8.55 | 3.51 | 4.69 | 1.67 | 0.00 |
| tortilla-2 or taco shells 2 | serving | 350 | 120 | 0 | 105 | 2.67 | 0.24 | 46.7 | 0 | 0.0 | 2.67 | 19.67 | 4.0 | 1.17 | 0.00 |
| cheese cheddar shredded^ | 1 oz | 350 | 80 | 16 | 206 | 0.00 | 0.04 | 257.0 | 179 | 0.0 | 7.71 | 0.57 | 5.19 | 3.29 | 0.00 |
| lettuce,shredded^ | 1 cup | 300 | 10 | 0 | 7 | 0.86 | 0.30 | 13.0 | 361 | 2.02 | 0.65 | 2.14 | 0.1 | 0.01 | *N/A* |
| tomato fresh diced^ | 1/8 cup | 150 | 4 | 0 | 1 | 0.27 | 0.06 | 2.3 | 187 | 3.08 | 0.2 | 0.88 | 0.05 | 0.01 | 0.00 |
| jalapeno peppers. | 1/16 cup | 75 | 0 | 0 | 233 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| refried beans w/salsa | 1/2 cup | 200 | 138 | 0 | 325 | 5.09 | 2.77 | 72.5 | 1303 | 15.64 | 7.12 | 25.57 | 1.02 | 0.00 | 0.00 |
| salad, veg, daily line HS | 1 EACH | 100 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 100 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 200 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| juice cup variety | 4 oz | 100 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 0.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 170 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.75 | 2.38 | 0.25 | 0.00 |
| salsa cup^ | 2 oz | 250 | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| sour cream, pouch | 1 each | 250 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| milk vty half pints^ | 1 each | 275 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 10 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 10 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| Weighted Daily Average | | | 790 | 49 | 1235 | 13.63 | 7.71 | 908.3 | 16240 | 75.29 | 41.24 | 115.59 | 20.65 | 8.12 | *0.00 |
| % of Calories | | | | | | | | | | | 20.9% | 58.5% | 23.5% | 9.3% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Apr 16, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/27/2018 | | | | | | | | | | | | | | | |
| High School Food Court Men | Total | 320 | | | | | | | | | | | | | |
| buffalo chix wrap w/ tortilla | 1 EACH | 200 | 510 | 36 | 948 | 7.84 | 2.33 | 190.1 | 356 | 0.5 | 25.66 | 47.8 | 25.01 | 7.03 | *0.00 |
| tator tots^ | 9 each | 250 | 166 | 0 | 398 | 2.21 | 0.40 | 0.0 | 0 | 3.98 | 2.21 | 21.02 | 7.74 | 1.11 | 0.00 |
| salad, veg, daily line HS | 1 EACH | 100 | 109 | 0 | 214 | 10.97 | 8.62 | 313.6 | 42645 | 85.63 | 10.13 | 19.5 | 1.67 | 0.25 | *0.00 |
| fruit, canned, variety (hs) | 1 CUP | 150 | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 0.8 | 37.12 | 0.0 | 0.00 | 0.00 |
| fruit, fresh, variety | 1 CUP | 200 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | 0.88 | 18.08 | 0.31 | 0.05 | *0.00 |
| juice cup variety | 4 oz | 100 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 0.5 | 14.5 | 0.0 | 0.00 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 170 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0.0 | 7.75 | 2.38 | 0.25 | 0.00 |
| ketchup^ | 1 tbsp | 275 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 0.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| milk vty half pints^ | 1 each | 200 | 167 | 10 | 167 | 0.00 | 0.45 | 375.0 | 625 | 1.5 | 10.0 | 27.5 | 1.87 | 1.12 | *0.00 |
| pb&j sandwich | 2 each | 10 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 20.0 | 70.0 | 32.0 | 5.00 | 0.00 |
| yogurt parfaits,fruit&gran HS | serving | 5 | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | 15.4 | 98.18 | 4.02 | 1.51 | 0.00 |
| Weighted Daily Average | | | 789 | 30 | 1399 | 12.92 | 5.18 | 480.5 | 14501 | 63.71 | 29.12 | 114.94 | 25.90 | 6.39 | *0.00 |
| % of Calories | | | | | | | | | | | 14.8% | 58.3% | 29.5% | 7.3% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|------|-------|------|-------|-------|-------|-------|--------|-------|------|-------|
| Weighted Average | | | 804 | 55 | 1172 | 13.48 | 8.34 | 675.0 | 20318 | 71.18 | 37.54 | 121.30 | 21.42 | 6.54 | *0.08 |
| | | | | | | | | | | | 18.7% | 60.3% | 24.0% | 7.3% | *0.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories | 804 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 55 | | | | | | | |
| Sodium 1 (mg) | 1172 | | 1420 | | | | | |
| Sodium 2 (mg) | 1172 | | 1080 | | | | 92 | Correction Required - Sodium too High |
| Fiber (g) | 13.48 | | | | | | | |
| Iron (mg) | 8.34 | | | | | | | |
| Calcium (mg) | 675.0 | | | | | | | |
| Vitamin A (IU) | 20318 | | | | | | | |
| Vitamin C (mg) | 71.18 | | | | | | | |
| Protein (g) | 37.54 | 18.67% | | | | | | |
| Carbohydrate (g) | 121.30 | 60.34% | | | | | | |
| Total Fat (g) | 21.42 | 23.98% | | | | | | |
| Saturated Fat (g) | 6.54 | 7.31% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.08 | 0.09% | | | Missing | | | |

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