

Linn-Mar Community Schools

Dec 11, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 1

Generated on: 12/11/2017 7:45:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/11/2017															
High School Food Court Men	Total	320													
pork tenderloin s/w	1 each	300	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
baked beans^	1/2 CUP	275	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	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	230	53	2	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
ketchup^	1 tbsp	275	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	200	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			883	93	1705	16.78	10.11	725.6	21217	67.19	*64	39.21	141.13	22.36	5.21
% of Calories											*29.1%	17.8%	63.9%	22.8%	5.3%
Nutrient Guideline			750-850		1420										<10.00

Tue - 12/12/2017															
High School Food Court Men	Total	320													
chicken strips^	5 EACH	300	338	57	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
rolls, hot^	2 oz	250	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
french fries^	1/2 cup	275	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
salad, veg, daily line HS	1 EACH	100	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
fruit, canned, variety (hs)	1 CUP	100	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	200	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 each	215	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	53	2	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51

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

Dec 11, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 2

Generated on: 12/11/2017 7:45:45 AM

	Portion Size	Reimb Qty	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)
Weighted Daily Average			926	70	1520	10.67	8.11	496.3	14893	59.09	*39	44.89	123.15	28.67	4.07
% of Calories											*16.9%	19.4%	53.2%	27.9%	4.0%
Nutrient Guideline			750-850		1420										<10.00

Wed - 12/13/2017															
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	2	7.0	43.0	1.5	0.00
sauce, alfredo HS	1/4 cup	120	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
sauce,marinara w/meatballs HS	serving	180	210	35	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50
breadstick^	1 oz	275	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
cheese parmesan grated	2 TSP	200	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			769	39	910	14.93	15.80	666.8	21263	68.84	*48	34.50	121.50	18.70	6.02
% of Calories											*24.9%	18.0%	63.2%	21.9%	7.1%
Nutrient Guideline			750-850		1420										<10.00

Thu - 12/14/2017															
High School Food Court Men	Total	320													
french toast stk	2 Each	300	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0	1.00
sausage turkey link	2 EACH	275	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00
potato triangles	2 each	275	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	85	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
syru, pancake^	2 tbsp	300	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51

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

Dec 11, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 3

Generated on: 12/11/2017 7:45:45 AM

	Portion Size	Reimb Qty	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)
Weighted Daily Average			832	61	1169	11.81	6.90	540.9	20907	70.18	*54	30.87	125.71	25.96	4.75
% of Calories											*26.1%	14.8%	60.4%	28.1%	5.1%
Nutrient Guideline			750-850		1420										<10.00

Fri - 12/15/2017															
High School Food Court Men	Total	320													
chicken, popcorn^	4 oz	300	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread:scratch variety	serving	275	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
margarine cup^	1 EACH	235	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
ketchup^	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	150	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	53	2	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	1 each	10	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			684	10	1216	11.01	8.87	555.9	21561	70.86	*44	34.21	102.33	16.96	2.33
% of Calories											*26.0%	20.0%	59.8%	22.3%	3.1%
Nutrient Guideline			750-850		1420										<10.00

Mon - 12/18/2017															
High School Food Court Men	Total	320													
grilled cheese: 4 sl^	1 EACH	300	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37
soup tomato healthy request	1/2 cup	275	71	0	368	0.89	0.33	2.4	356	5.34	*9	0.89	14.23	0.89	0.00
salad, veg, daily line HS	1 EACH	100	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	100	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	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	170	53	2	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	275	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51

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

Dec 11, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 4

Generated on: 12/11/2017 7:45:45 AM

	Portion Size	Reimb Qty	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)
Weighted Daily Average			688	58	1753	9.74	5.26	751.6	15006	49.45	*44	31.74	90.45	25.48	12.46
% of Calories											*25.6%	18.5%	52.6%	33.3%	16.3%
Nutrient Guideline			750-850		1420										<10.00

Tue - 12/19/2017															
High School Food Court Men	Total	320													
fish sw^	1 each	150	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
hamburger on a bun^	1 each	150	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
cheese american	1 slice	150	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
fry waffle.	4 oz	275	227	0	653	2.67	0.96	0.0	0	1.6	*N/A*	2.67	28.0	12.0	2.67
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
tartar sauce^	2 tbsp	125	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	53	2	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			861	46	1643	14.15	8.72	712.3	21033	68.08	*47	35.74	123.42	28.43	7.22
% of Calories											*21.6%	16.6%	57.3%	29.7%	7.5%
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

Dec 11, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 5

Generated on: 12/11/2017 7:45:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/20/2017															
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	2	9.92	43.23	3.71	1.73
sauce, alfredo HS	1/4 cup	120	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
spaghetti meat sauce	1/2 cup	180	205	37	142	0.96	1.05	13.3	0	0.85	6	9.82	9.48	13.85	4.87
breadstick^	1 oz	275	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	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	170	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
cheese parmesan grated	2 TSP	200	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			796	56	980	12.27	7.28	653.2	21018	66.62	*48	33.76	119.93	22.52	8.37
% of Calories											*23.9%	17.0%	60.2%	25.5%	9.5%
Nutrient Guideline			750-850		1420										<10.00

Thu - 12/21/2017															
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	0	17.87	0.0	2.55	0.64
bbq pulled pork	3 OZ	150	264	102	782	0.00	1.16	0.0	192	5.76	*N/A*	33.25	8.64	9.65	2.68
bun,hamburger, whlgr	1 each	300	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00
baked beans^	1/2 CUP	150	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	20	62	0	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	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	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	2	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
brownie HS (usda)	1 each	300	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59

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

Dec 11, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 6

Generated on: 12/11/2017 7:45:46 AM

	Portion Size	Reimb Qty	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)
Weighted Daily Average			989	132	1517	16.39	10.20	712.6	24436	69.41	*78	52.89	153.04	23.02	5.80
% of Calories											*31.7%	21.4%	61.9%	20.9%	5.3%
Nutrient Guideline			750-850		1420										<10.00

Fri - 12/22/2017															
High School Food Court Men	Total	1													
NO LUNCH	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			825	63	1379	13.08	9.03	646.1	20148	65.52	*52	37.54	122.29	23.57	6.25
											*56.5%	18.2%	59.3%	25.7%	6.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	825		750 - 850	100%				
Cholesterol (mg)	63							
Sodium 1 (mg)	1379		1420					
Sodium 2 (mg)	1379		1080				299	Correction Required - Sodium too High
Fiber (g)	13.08							
Iron (mg)	9.03							
Calcium (mg)	646.1							
Vitamin A (IU)	20148							
Sugars (g)	52	25.11%			Missing			
Vitamin C (mg)	65.52							
Protein (g)	37.54	18.19%						
Carbohydrate (g)	122.29	59.27%						
Total Fat (g)	23.57	25.70%						
Saturated Fat (g)	6.25	6.81%	<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.