

# Linn-Mar Community Schools

Mar 20, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 1

Generated on: 3/6/2017 8:28:21 AM

	Portion Size	Reimb Qty	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)
Mon - 03/20/2017																
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	0.00
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	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	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	*12	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	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	230	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	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	0.00
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	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
ketchup(16)	1 tbsp	275	20	0	160	0.00	0.00	0.0	100	0.0	4	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	*N/A*	0.0	0.0	0.0	0.00	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	0.00
Weighted Daily Average			886	93	1677	16.79	10.11	725.6	21237	67.23	*63	39.21	140.25	22.99	5.30	*0.00
% of Calories											*28.6%	17.7%	63.3%	23.3%	5.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 03/21/2017																
High School Food Court Men	Total	320														
chicken strips^	5 EACH	300	307	57	638	3.33	3.33	33.3	140	145.0	0	25.0	21.67	13.33	3.33	0.00
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	*0.00
french fries^simplot	1/2 cup	275	180	0	45	2.25	0.74	15.9	0	8.14	0	4.5	31.5	3.38	0.00	0.00
salad, veg, daily line HS^	1 EACH	100	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*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	*0.00
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	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	0.00
ketchup(16)	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	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	*N/A*	0.0	0.0	0.0	0.00	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	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	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	85	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	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	0.00
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	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	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

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

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# Linn-Mar Community Schools

Mar 20, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 2

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			898	70	1445	12.08	8.83	503.5	14880	194.39	*37	43.56	123.58	26.25	5.63	*0.00
% of Calories											*16.3%	19.4%	55.1%	26.3%	5.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 03/22/2017																
High School Food Court Men	Total	320														
pasta variety HS <sup>1</sup> ^	1 CUP	300	210	0	75	4.00	9.99	120.0	0	0.0	2	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	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	7	16.0	14.0	10.0	3.50	0.00
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	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	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	*12	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	13	0.5	14.5	0.0	0.00	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	170	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
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	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	0.00
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	0.00
yogurt parfaits, fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			772	39	882	14.93	15.80	666.8	21283	68.88	*47	34.50	120.63	19.32	6.11	*0.09
% of Calories											*24.4%	17.9%	62.5%	22.5%	7.1%	*0.1%
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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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/23/2017																
High School Food Court Men	Total	320														
pancakes^	2 EACH	300	136	6	349	3.24	1.75	38.8	23	0.0	5	3.24	27.18	1.94	0.32	0.00
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	0.00
potato triangles^	2 each	275	196	0	400	2.67	0.64	0.0	0	1.07	0	1.78	25.78	9.78	1.33	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	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	*12	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	13	0.5	14.5	0.0	0.00	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	0.00
syrup, 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	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	0.00
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	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
peanut butter cookies w/ Cho c	1 each	300	123	4	119	0.83	0.43	10.3	661	0.0	*9	1.95	14.96	6.58	2.40	*0.00
Weighted Daily Average			865	70	1372	13.74	8.22	540.6	21550	67.10	*57	30.88	131.89	28.15	6.36	*0.00
% of Calories											*26.5%	14.3%	61.0%	29.3%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/24/2017																
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	0.00
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	*0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	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	*12	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	13	0.5	14.5	0.0	0.00	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	0.00
ketchup(16)	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	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	*N/A*	0.0	0.0	0.0	0.00	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	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	100	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	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	0.00
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	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			686	10	1204	11.01	8.87	555.9	21571	70.89	*44	34.21	101.95	17.23	2.37	*0.00
% of Calories											*25.7%	20.0%	59.5%	22.6%	3.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Mar 20, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 4

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 03/27/2017</b>																
High School Food Court Men	Total	320														
grilled cheese: 4 sl (17)	1 EACH	300	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37	0.00
soup tomato healthy request(16	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	*0.00
salad, veg, daily line HS^	1 EACH	100	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	0.8	37.12	0.0	0.00	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	*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	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	170	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
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	0.00
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	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			691	58	1733	9.75	5.26	751.7	15021	49.47	*43	31.74	89.79	25.94	12.53	*0.00
% of Calories											*25.1%	18.4%	52.0%	33.8%	16.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

<b>Tue - 03/28/2017</b>																
High School Food Court Men	Total	320														
fish sw.	1 each	150	340	45	500	5.00	3.24	200.0	0	0.0	4	20.0	51.0	7.0	0.50	0.00
hamburger on a bun^	1 each	150	300	35	500	4.00	3.24	220.0	0	1.2	5	19.0	33.0	11.0	3.50	0.50
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	0.00
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	4.67
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	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	*12	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	13	0.5	14.5	0.0	0.00	0.00
ketchup(16)	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	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	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	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	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	85	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	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	0.00
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	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			863	53	1656	14.15	8.89	693.6	20995	68.12	*46	36.22	124.97	27.26	6.78	*4.24
% of Calories											*21.2%	16.8%	57.9%	28.4%	7.1%	*4.4%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 03/29/2017																
High School Food Court Men	Total	320														
pasta variety HS <sup>1</sup> ^	1 CUP	300	210	0	75	4.00	9.99	120.0	0	0.0	2	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	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	7	16.0	14.0	10.0	3.50	0.00
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	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	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	*12	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	13	0.5	14.5	0.0	0.00	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	170	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
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	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	0.00
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	0.00
yogurt parfaits, fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			772	39	882	14.93	15.80	666.8	21283	68.88	*47	34.50	120.63	19.32	6.11	*0.09
% of Calories											*24.4%	17.9%	62.5%	22.5%	7.1%	*0.1%
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

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

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# Linn-Mar Community Schools

Mar 20, 2017 thru Mar 31, 2017

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/30/2017																
High School Food Court Men	Total	320														
pork, unsauced pulled (17)	3 OZ	150	102	51	217	0.00	0.92	0.0	0	0.0	0	17.87	0.0	2.55	0.64	0.00
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	*0.00
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	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	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	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	*12	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	13	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	0.00	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	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	85	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	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	0.00
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	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
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	*0.00
Weighted Daily Average			991	132	1506	16.39	10.20	712.6	24445	69.45	*78	52.90	152.72	23.26	5.83	*0.00
% of Calories											*31.5%	21.4%	61.7%	21.1%	5.3%	*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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/31/2017																
High School Food Court Men	Total	320														
pizza, personal pan (17)	1 each	150	300	10	430	3.00	2.70	350.0	500	0.0	10	17.0	36.0	9.0	2.50	0.00
pizza, personal pan pepp (17)	1 each	150	320	20	550	3.00	2.97	355.0	625	1.2	10	19.5	36.5	10.0	2.88	0.00
romaine lettuce^	1 cup	150	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	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	30	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	*12	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	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	85	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	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	19	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	26	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	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			624	20	835	12.69	9.35	825.7	30703	70.99	*52	32.59	99.68	12.48	3.21	*0.00
% of Calories											*33.6%	20.9%	63.9%	18.0%	4.6%	*0.0%
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.

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# Linn-Mar Community Schools

Mar 20, 2017 thru Mar 31, 2017

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average			805	59	1319	13.65	10.13	664.3	21297	79.54	*52 *57.6%	37.03 18.4%	120.61 60.0%	22.22 24.9%	6.02 6.7%	*0.44 *0.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	805		750 - 850	100%				
Cholesterol (mg)	59							
Sodium (mg)	1319		1420					
Fiber (g)	13.65							
Iron (mg)	10.13							
Calcium (mg)	664.3							
Vitamin A (IU)	21297							
Sugars (g)	52	25.60%			Missing			
Vitamin C (mg)	79.54							
Protein (g)	37.03	18.41%						
Carbohydrate (g)	120.61	59.95%						
Total Fat (g)	22.22	24.85%						
Saturated Fat (g)	6.02	6.74%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.44	0.50%			Missing			

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