

Linn-Mar Community Schools

Feb 26, 2018 thru Mar 9, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/26/2018																
High School Food Court Men	Total	320														
chicken, mandarin orange	300		150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
brown rice,chicken flavored	1/2 cup	300	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20	*0.00
egg roll,chick/veg,whlgr	1 EACH	275	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00	0.00
vegetables stir fry	1 cup	150	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	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	*2	10.13	19.5	1.67	0.25	*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
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
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
sweet & sour sauce^	1 TBSP	75	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00	0.00
dressing ranch light^	2 TBSP	120	70	10	350	0.00	0.00	0.0	0	0.0	1	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	*11	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	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	*66	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			762	77	1270	11.94	7.60	580.5	22137	73.27	*50	36.93	126.71	13.79	3.10	*0.00
% of Calories											*26.0%	19.4%	66.5%	16.3%	3.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 02/27/2018																
High School Food Court Men	Total	320														
crisпитos w/ cheese sauce	1 EACH	300	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06	0.00
refried beans w/salsa	1/2 cup	75	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00	0.00
tomato fresh diced^	1/4 cup	100	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
lettuce,shredded^	1 CUP	100	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
jalapeno peppers.	1/16 cup	50	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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	*2	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	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	170	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25	0.00
salsa cup^	2 oz	200	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00	0.00
sour cream, pouch	1 each	100	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
milk vty half pints^	1 each	300	167	10	167	0.00	0.45	375.0	625	1.5	*11	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	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	*66	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

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Linn-Mar Community Schools

Feb 26, 2018 thru Mar 9, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			1043	87	1713	14.90	9.25	855.8	23492	74.15	*43 *16.7%	48.38 18.5%	125.97 48.3%	39.86 34.4%	11.91 10.3%	*0.00 *0.0%
Nutrient Guideline			750-850		1420											<10.00

Wed - 02/28/2018																
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	2	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	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	6	9.82	9.48	13.85	4.87	0.63
breadstick^	1 oz	290	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	10.97	8.62	313.6	42645	85.63	*2	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	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	125	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25	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	167	10	167	0.00	0.45	375.0	625	1.5	*11	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	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	*66	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average % of Calories			853	59	964	12.34	7.14	723.5	21136	66.90	*44 *20.4%	35.77 16.8%	130.30 61.1%	23.21 24.5%	8.92 9.4%	*0.45 *0.5%
Nutrient Guideline			750-850		1420											<10.00

Thu - 03/01/2018																
High School Food Court Men	Total	320														
pizza crunchers^	4 piece serving	300	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00	0.00
green beans,steamed^	1/2 cup	275	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	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	*2	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	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
milk vty half pints^	1 each	300	167	10	167	0.00	0.45	375.0	625	1.5	*11	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	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	*66	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

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Feb 26, 2018 thru Mar 9, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			782	40	1126	14.73	7.47	945.8	21635	72.03	*39	35.60	112.07	23.76	9.97	*0.00
% of Calories											*20.1%	18.2%	57.3%	27.3%	11.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/02/2018																
High School Food Court Men	Total	320														
chicken patty/hot /spicy sw	sandwich	300	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23	0.00
broccoli, steamed	1 cup	150	52	0	44	5.59	1.12	94.0	1860	73.8	*N/A*	5.7	9.86	0.2	0.04	0.00
corn^	1 cup	150	125	0	7	3.56	0.64	71.2	178	4.27	4	1.78	30.24	0.89	0.00	0.00
vegetables fresh/sal/bar/hs	1 cup	150	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05	*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 and/or fruit	1 each	20	105	0	13	1.95	0.22	12.5	294	24.67	21	1.02	25.91	0.2	0.05	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	125	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25	0.00
ketchup^	1 tbsp	150	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
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
milk vty half pints^	1 each	300	167	10	167	0.00	0.45	375.0	625	1.5	*11	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	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	*66	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			755	33	1141	12.12	5.88	708.2	3898	78.72	*45	34.94	132.97	12.13	2.57	*0.00
% of Calories											*23.7%	18.5%	70.4%	14.5%	3.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/05/2018																
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	10.97	8.62	313.6	42645	85.63	*2	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	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	53	2	285	0.00	0.00	0.0	0	0.0	5	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	*11	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	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	*66	15.4	98.18	4.02	1.51	0.00
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	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			943	96	1724	16.78	9.97	795.9	21334	67.47	*61	41.09	151.92	23.33	5.80	*0.00
% of Calories											*25.8%	17.4%	64.4%	22.3%	5.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 03/06/2018																
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	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^	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	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	*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^	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	53	2	285	0.00	0.00	0.0	0	0.0	5	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	*11	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	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	*66	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 ¹ (g)
Weighted Daily Average			986	74	1540	10.67	7.97	566.6	15010	59.37	*36	46.77	133.93	29.64	4.65	*0.00
% of Calories											*14.5%	19.0%	54.3%	27.1%	4.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 03/07/2018																
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	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	10.97	8.62	313.6	42645	85.63	*2	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	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	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	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	167	10	167	0.00	0.45	375.0	625	1.5	*11	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	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	*66	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			829	43	929	14.93	15.66	737.1	21380	69.12	*44	36.37	132.28	19.67	6.61	*0.09
% of Calories											*21.4%	17.6%	63.9%	21.4%	7.2%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 03/08/2018																
High School Food Court Men	Total	320														
Pizza cheesy gar /6"bread	1 piece	300	330	20	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00	*N/A*
broccoli & cheese s (gov)	1/2 CUP	250	107	21	310	1.78	0.00	168.2	288	26.68	3	6.07	5.04	5.93	3.41	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	*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
milk vty half pints [^]	1 each	300	167	10	167	0.00	0.45	375.0	625	1.5	*11	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	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	*66	15.4	98.18	4.02	1.51	0.00

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Linn-Mar Community Schools

Feb 26, 2018 thru Mar 9, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			757	47	1171	10.90	7.40	989.9	21624	87.27	*37	38.60	103.69	21.82	7.95	*0.00
% of Calories											*19.5%	20.4%	54.8%	25.9%	9.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 03/09/2018																
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	10.97	8.62	313.6	42645	85.63	*2	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	*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^	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	53	2	285	0.00	0.00	0.0	0	0.0	5	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	*11	10.0	27.5	1.87	1.12	*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	*66	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			744	13	1235	11.01	8.73	626.2	21679	71.14	*41	36.08	113.11	17.93	2.91	*0.00
% of Calories											*22.0%	19.4%	60.8%	21.7%	3.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			845	57	1281	13.03	8.71	752.9	19332	71.94	*44	39.05	126.29	22.52	6.44	*0.05
											*46.8%	18.5%	59.7%	24.0%	6.9%	*0.1%

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Linn-Mar Community Schools

Feb 26, 2018 thru Mar 9, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	845		750 - 850	100%													
Cholesterol (mg)	57																
Sodium 1 (mg)	1281		1420														
Sodium 2 (mg)	1281		1080						201	Correction Required - Sodium too High							
Fiber (g)	13.03																
Iron (mg)	8.71																
Calcium (mg)	752.9																
Vitamin A (IU)	19332																
Sugars (g)	44	20.78%				Missing											
Vitamin C (mg)	71.94																
Protein (g)	39.05	18.48%															
Carbohydrate (g)	126.29	59.75%															
Total Fat (g)	22.52	23.97%															
Saturated Fat (g)	6.44	6.86%	<10.00%														
Trans Fat ¹ (g)	0.05	0.06%				Missing											

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