

Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	Cals (kcal)	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)
Mon - 02/10/2020													
High School Lunch	Total												
Chick,mand.org/ br rice	serving	116	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24
egg roll,chick/veg,whlgr	1 EACH	160	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
sweet & sour sauce^	1 TBSP	30	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
potato bar	serving	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.35
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		755	1109	11.50	*5.73	513.2	6843	61.85	*36	33.12	115.76	18.47	5.90
% of Calories									*19.3%	17.5%	61.3%	22.0%	7.0%
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.

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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	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)	
Tue - 02/11/2020														
High School Lunch														
	Total													
	chicken strips^	5 EACH	338	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
	rolls, hot w/ lq egg^	1.5 oz	153	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87	1.64
	french fries^	1/2 cup	180	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
	fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
	mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
	juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
	mustard^	1 tsp	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
	dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
	honey dijon mustard dressing	2 TBSP	50	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
	margarine cup^	1 each	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
	milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	Taco Bar	1 each	781	1644	14.57	7.08	665.2	*1651	*13.44	*2	44.19	70.17	36.27	18.75
	pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
	salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
	Weighted Daily Average		872	1542	7.44	*5.78	378.1	*2656	*23.75	*21	48.05	94.94	32.55	5.82
	% of Calories								*9.5%	22.0%	43.6%	33.6%	6.0%	
	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.

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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	Cals (kcal)	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)	
Wed - 02/12/2020														
High School Lunch														
	Total													
	Pizza garlic f.b cheese (19)	1 EACH	350	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
	Pizza french bread w/tur pep	1 each	330	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
	marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
	romaine/spinach&tomato	1/2 cup	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
	fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	pineapple chunks^	1/2 cup	65	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
	fruit, fresh, variety	1 CUP	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	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	dressing/Ran/Ital/Frn/HnMus	2 TBSP	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
	yogurt parfaits,fruit&gran HS	serving	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
	pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
	salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
	Weighted Daily Average		832	1219	8.08	*5.57	951.9	5212	31.19	*39	45.29	103.36	28.78	10.07
	% of Calories									*19.0%	21.8%	49.7%	31.1%	10.9%
	Nutrient Guideline		750-850	1420										<10.00

Thu - 02/13/2020														
High School Lunch														
	Total													
	chicken parmesan w/ spaghetti	1 each	302	601	4.19	2.85	145.2	349	3.0	*6	23.55	30.41	9.87	2.89
	breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89	3.44
	romaine/spinach&tomato	1/2 cup	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
	fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	pear sliced in juice	1/2 cup	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	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	62	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*592	*7.68	*8	24.75	69.94	16.1	6.04
	pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
	salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	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.

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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	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)
Weighted Daily Average		863	1383	12.71	*5.63	*563.9	*7071	*30.13	*38	54.20	110.05	24.50	8.89
% of Calories									*17.5%	25.1%	51.0%	25.5%	9.3%
Nutrient Guideline		750-850	1420										<10.00

Fri - 02/14/2020													
High School Lunch	Total												
fish sw^	1 EACH	340	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
chicken patty/hot /spicy sw	sandwich	330	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
baked beans^	1/2 CUP	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
Applesauce (cans) (19)	1/2 CUP	50	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	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	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
tartar sauce^	2 tbsp	100	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	45	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	860	7.56	*7	16.69	29.39	5.77	1.69
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		758	1548	11.08	*7.06	*616.8	*2025	*23.49	*42	40.62	116.09	16.75	3.65
% of Calories									*21.9%	21.4%	61.3%	19.9%	4.3%
Nutrient Guideline		750-850	1420										<10.00

Mon - 02/17/2020													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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.

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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	Cals (kcal)	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		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

Tue - 02/18/2020													
High School Lunch													
	Total												
chicken, popcorn^	4 oz	237	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread:scratch variety	1/2 cup	155	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18
margarine cup^	1 each	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
corn^	1/2 cup	62	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
fruit, fresh, variety	1 CUP	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	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbs	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
honey dijon mustard dressing	2 TBSP	50	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Taco Bar	1 each	781	1644	14.57	7.08	665.2	*1651	*13.44	*2	44.19	70.17	36.27	18.75
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		861	1583	11.29	*6.94	572.7	*3466	*79.37	*42	43.78	114.59	25.78	5.13
% of Calories									*19.5%	20.3%	53.2%	26.9%	5.4%
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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	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)
Wed - 02/19/2020													
High School Lunch													
spagh sauce w/ beef crum^	Total												
rotini, whole grain, dry^	4 oz	133	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
ravioli, WG mini cheese	1/2 cup	54	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
breadstick^	EACH (7 pieces)	120	180	1.00	0.72	100.0	100	3.6	1	8.0	15.0	2.5	1.50
romaine/spinach&tomato	2 oz	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
fresh veggie mix	1 cup	31	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
peaches sliced	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 cup	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
juice cup variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
dressing/Ran/Ital/Frn/HnMus	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
cheese parmesan grated	2 TBSP	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	2 TSP	23	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
yogurt parfaits, fruit&gran HS	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
pizza line HS	serving	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	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
sandwiches (HS)	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
Hummus Cup (commodity)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		820	969	13.29	*5.70	595.7	11398	51.93	*59	40.27	125.76	18.34	5.69
% of Calories									*29.0%	19.6%	61.3%	20.1%	6.2%
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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	Cals (kcal)	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)
Thu - 02/20/2020													
High School Lunch	Total												
chicken patty grilled sw	1 each	260	400	3.00	2.52	200.0	0	0.0	4	22.0	32.0	5.5	1.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
baked beans^	1/2 CUP	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
Applesauce Cups- assorted (19)	4 oz	50	0	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbspc	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*592	*7.68	*8	24.75	69.94	16.1	6.04
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		793	1550	11.34	*6.60	*668.2	*2949	*37.20	*42	49.33	115.39	17.50	5.72
% of Calories									*21.2%	24.9%	58.2%	19.9%	6.5%
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.

	Portion Size	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 - 02/21/2020													
High School Lunch													
taco meat w/ beef crumbles^	Total												
cheese cheddar shredded^	3 oz	135	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla-2 or taco shells 2	1 oz	80	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
refried beans w/salsa	serving	120	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
lettuce,shredded^	1/2 cup	138	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
tomato fresh diced^	1/8 cup	1	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01	0.00
fresh veggie mix	1/8 cup	4	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
Kiwi and grapes	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 cup	77	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
juice cup variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
Salsa cup^	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
sour cream, pouch	2 oz	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
dressing ranch light^	1 each	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
milk vty half pints^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
soup bar, HS	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
pizza line HS	1 EACH	235	711	3.76	2.11	132.2	860	7.56	*7	16.69	29.39	5.77	1.69
salad bar HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
sandwiches (HS)	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
choc chip cookies w/lq egg	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	1 each	129	80	0.96	0.54	5.6	368	0.0	*7	1.6	16.54	6.71	2.67
	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		763	1054	9.82	*6.06	541.4	3908	56.73	*34	39.40	89.89	29.17	11.13
% of Calories									*17.6%	20.7%	47.1%	34.4%	13.1%
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

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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 9

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	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)
Mon - 02/24/2020													
High School Lunch	Total												
chicken sweet chili thai	Servings	172	452	0.00	0.89	0.0	37	2.97	7	13.63	21.06	3.72	0.62
brown rice,chicken flavored	1/2 cup	71	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
potato bar	serving	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.35
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
soy sauce^	1/2 oz	10	1240	0.00	0.00	0.0	0	0.0	1	1.0	1.0	0.0	0.00
sweet & sour sauce^	1 TBSP	30	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
fortune cookie	1 each	25	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		784	1623	8.97	*5.45	482.0	6391	61.02	*43	40.04	115.14	18.55	5.77
% of Calories									*22.0%	20.4%	58.8%	21.3%	6.6%
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.

	Portion Size	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)
Tue - 02/25/2020													
High School Lunch													
chicken nuggets^	6 each	350	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot w/ lq egg^	1.5 oz	153	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87	1.64
potatoes mashed^	1/2 cup	80	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	2 oz	21	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
pineapple tidbits	1/2 cup	83	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77	0.0	0.00
fruit, fresh, variety	1 CUP	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	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbs	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	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	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
honey dijon mustard dressing	2 TBSP	50	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
margarine cup^	1 EACH	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Taco Bar	1 each	781	1644	14.57	7.08	665.2	*1651	*13.44	*2	44.19	70.17	36.27	18.75
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		834	1486	8.05	*5.16	357.0	*3037	*40.63	*36	41.31	101.77	29.97	5.17
% of Calories									*17.4%	19.8%	48.8%	32.3%	5.6%
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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 11

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	Cals (kcal)	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)
Wed - 02/26/2020													
High School Lunch	Total												
buffalo chix wrap w/ tortilla	1 EACH	525	948	8.35	2.43	190.1	331	0.5	*3	25.66	48.3	26.53	8.29
lettuce,shredded^	1/8 cup	1	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01	0.00
tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
french fries^	1/2 cup	180	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	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	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt, HS bar	8 oz.	211	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		816	1055	10.67	*3.69	465.1	2094	34.71	*36	34.88	112.81	26.20	7.24
% of Calories									*17.5%	17.1%	55.3%	28.9%	8.0%
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.

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.

	Portion Size	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)	
Thu - 02/27/2020														
High School Lunch														
	Total													
	1 EACH	659	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06	
	crispitos w/ cheese sauce													
	ref beansw/salsa &cheese^	4 oz	112	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
	lettuce,shredded^	1/8 cup	1	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01	0.00
	tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
	fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	grapes, red seedless^	1/2 cup	61	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
	fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
	juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	Salsa cup^	2 oz	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
	sour cream, pouch	1 each	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
	jalapeno peppers.	1/16 cup	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*592	*7.68	*8	24.75	69.94	16.1	6.04
	pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
	salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
	Weighted Daily Average		846	1502	9.57	*5.12	*567.8	*3095	*15.84	*22	42.09	82.01	38.72	12.47
	% of Calories								*10.3%	19.9%	38.8%	41.2%	13.3%	
	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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 13

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	Cals (kcal)	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)	
Fri - 02/28/2020														
High School Lunch														
	Total													
	pizza 5" cheese ^	1 each	320	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
	pizza, personal pan pepp^	1 each	340	730	5.00	2.97	255.0	425	1.2	5	17.5	40.5	12.0	3.88
	romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
	fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	apple fresh whole^	1 each	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
	fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
	juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	mustard^	1 tsp	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	soup bar, HS	1 EACH	235	711	3.76	2.11	132.2	860	7.56	*7	16.69	29.39	5.77	1.69
	pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
	salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average			808	1455	15.00	*6.62	670.6	9352	33.52	*41	38.44	112.50	24.50	7.65
% of Calories										*20.2%	19.0%	55.7%	27.3%	8.5%
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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	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)
Mon - 03/02/2020													
High School Lunch													
	Total												
	1 EACH	280	398	2.48	2.32	308.3	634	4.81	*8	17.57	29.16	10.67	5.50
	breadstick^	80	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
	green beans,steamed^	28	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
	fresh veggie mix	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	pear slices, diced	75	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55	0.0	0.00
	fruit, fresh, variety	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	dressing/Ran/Ital/Frn/HnMus	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
	cheese parmesan grated	23	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
	milk vty half pints^	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	potato bar	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.35
	pizza line HS	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
	salad bar HS	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	Hummus Cup (commodity)	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		804	1141	9.98	*5.68	830.6	3567	34.46	*39	43.60	106.37	23.38	10.11
% of Calories									*19.5%	21.7%	52.9%	26.2%	11.3%
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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 15

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	Cals (kcal)	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)
Tue - 03/03/2020													
High School Lunch													
	Total												
chicken patty (4ozGold) s/w	1 EACH	379	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
broccoli & cheese s (gov)	1 CUP	213	621	3.56	0.00	336.3	576	53.36	5	12.15	10.08	11.85	6.81
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
Applesauce (cans) (19)	1/2 CUP	50	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	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	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	45	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
Taco Bar	1 each	781	1644	14.57	7.08	665.2	*1651	*13.44	*2	44.19	70.17	36.27	18.75
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		857	1614	10.54	*6.46	773.5	*2330	*43.00	*37	53.99	106.56	24.63	7.88
% of Calories									*17.4%	25.2%	49.8%	25.9%	8.3%
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
 † - 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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 16

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	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)
Wed - 03/04/2020													
High School Lunch													
	Total												
	French toast sticks	210	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0	2.50
	Egg Omelet	107	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
	potato triangles	178	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
	fresh veggie mix	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	Strawberry cup, froz (19) comm	90	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0	0.00
	fruit, fresh, variety	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	ketchup^	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
	syrup, pancake^	50	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
	dressing ranch light^	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	milk vty half pints^	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	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
	pizza line HS	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
	salad bar HS	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	Hummus Cup (commodity)	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		779	1332	7.46	*4.99	429.1	2856	25.40	*42	33.53	110.70	28.56	9.85
% of Calories									*21.6%	17.2%	56.8%	33.0%	11.4%
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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	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)
Thu - 03/05/2020													
High School Lunch	Total												
pizza crunchers^	4 piece serving	420	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
sweet potato fries^	4 oz	200	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
romaine/spinach&tomato	1/2 cup	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
peaches sliced	1/2 cup	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	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	62	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*592	*7.68	*8	24.75	69.94	16.1	6.04
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		841	1328	10.95	*4.71	*722.4	*7283	*33.87	*31	35.98	102.87	32.90	12.32
% of Calories									*14.8%	17.1%	49.0%	35.2%	13.2%
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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	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 - 03/06/2020													
High School Lunch													
	Total												
	taco meat w/ beef crumbles^	135	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
	cheese cheddar shredded^	80	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
	Chips, doritos walking taco	190	280	2.00	0.36	40.0	0	0.0	0	3.0	28.0	7.0	1.00
	refried beans w/salsa	138	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
	lettuce,shredded^	1	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01	0.00
	tomato fresh diced^	4	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
	fresh veggie mix	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
	fresh fruit salad^	39	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
	fruit, fresh, variety	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	Salsa cup^	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
	sour cream, pouch	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
	dressing ranch light^	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	milk vty half pints^	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
	soup bar, HS	235	711	3.76	2.11	132.2	860	7.56	*7	16.69	29.39	5.77	1.69
	pizza line HS	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
	salad bar HS	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
	sandwiches (HS)	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	snickerdoodle cookiesw/ lq egg	136	73	0.88	0.55	5.4	1399	0.0	10	1.73	19.24	5.8	2.05
	Hummus Cup (commodity)	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		781	1138	8.23	*5.57	520.1	5381	34.37	*38	36.41	95.29	28.54	9.52
% of Calories									*19.7%	18.7%	48.8%	32.9%	11.0%
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.

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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 19

Generated on: 1/30/2020 1:38:45 PM

	Portion Size	Cals (kcal)	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)
Mon - 03/09/2020													
High School Lunch	Total												
Chick,mand.org/ br rice	serving	116	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24
egg roll,chick/veg,whlgr	1 EACH	160	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
sweet & sour sauce^	1 TBSP	30	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
potato bar	serving	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.35
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		755	1109	11.50	*5.73	513.2	6843	61.85	*36	33.12	115.76	18.47	5.90
% of Calories									*19.3%	17.5%	61.3%	22.0%	7.0%
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.

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.

	Portion Size	Cals (kcal)	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)
Tue - 03/10/2020													
High School Lunch													
	Total												
chicken strips^	5 EACH	338	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
rolls, hot w/ lq egg^	1.5 oz	153	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87	1.64
french fries^	1/2 cup	180	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 CUP	35	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
juice cup variety	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
honey dijon mustard dressing	2 TBSP	50	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
margarine cup^	1 each	20	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Taco Bar	1 each	781	1644	14.57	7.08	665.2	*1651	*13.44	*2	44.19	70.17	36.27	18.75
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		804	1400	7.08	*5.28	370.0	*2624	*23.60	*20	42.76	90.76	29.32	5.48
% of Calories									*10.1%	21.3%	45.1%	32.8%	6.1%
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

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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 21

Generated on: 1/30/2020 1:38:46 PM

	Portion Size	Cals (kcal)	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)
Wed - 03/11/2020													
High School Lunch	Total												
Pizza garlic f.b cheese (19)	1 EACH	350	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
Pizza french bread w/tur pep marinara sauce cup^	1 each	330	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
romaine/spinach&tomato	2.5 oz	40	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
fresh veggie mix	1/2 cup	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
pineapple chunks^	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
fruit, fresh, variety	1/2 cup	65	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
juice cup variety	1 CUP	71	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
milk vty half pints^	4 oz	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	1 each	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	2 TBSP	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
pizza line HS	serving	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	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
sandwiches (HS)	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
Hummus Cup (commodity)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		832	1219	8.08	*5.57	951.9	5212	31.19	*39	45.29	103.36	28.78	10.07
% of Calories									*19.0%	21.8%	49.7%	31.1%	10.9%
Nutrient Guideline		750-850	1420										<10.00

Thu - 03/12/2020													
High School Lunch	Total												
chicken parmesan w/ spaghetti	1 each	302	601	4.19	2.85	145.2	349	3.0	*6	23.55	30.41	9.87	2.89
breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89	3.44
romaine/spinach&tomato	1/2 cup	15	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
grapes, red seedless^	1/2 cup	61	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1 CUP	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	62	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	510	742	7.30	*4.03	*282.9	*592	*7.68	*8	24.75	69.94	16.1	6.04
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	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.

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.

	Portion Size	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)
Weighted Daily Average		856	1379	12.12	*5.77	*570.3	*7117	*31.95	*39	54.49	108.33	24.66	8.94
% of Calories									*18.3%	25.5%	50.6%	25.9%	9.4%
Nutrient Guideline		750-850	1420										<10.00

Fri - 03/13/2020													
High School Lunch													
	Total												
fish sw^	1 EACH	340	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
chicken patty/hot /spicy sw	sandwich	330	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
baked beans^	1/2 CUP	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.04
Applesauce (cans) (19)	1/2 CUP	50	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	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	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
tartar sauce^	2 tbsp	100	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	45	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
milk vty half pints^	1 each	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	469	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
pizza line HS	1 EACH	351	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	401	820	17.13	11.11	466.3	42853	88.13	*3	28.81	49.72	11.14	3.06
sandwiches (HS)	1 EACH	537	968	5.74	3.90	311.2	206	0.92	*13	28.52	57.49	23.03	3.86
Hummus Cup (commodity)	3 oz	110	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
Weighted Daily Average		774	1514	11.19	*7.01	*633.3	*1983	*24.64	*46	40.52	121.01	16.62	3.64
% of Calories									*23.6%	20.9%	62.5%	19.3%	4.2%
Nutrient Guideline		750-850	1420										<10.00

Mon - 03/16/2020													
High School Lunch													
	Total												
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Linn-Mar Community Schools

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 23

Generated on: 1/30/2020 1:38:46 PM

	Portion Size	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)
Weighted Daily Average		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

Tue - 03/17/2020													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	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	0.00	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

Wed - 03/18/2020													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	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	0.00	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

Thu - 03/19/2020													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	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	0.00	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

Fri - 03/20/2020													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	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	0.00	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

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

Feb 10, 2020 thru Mar 20, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 24

Generated on: 1/30/2020 1:38:46 PM

Portion Size	Cals (kcal)	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 Average	812	1344	10.25	*5.75	*594.1	*4779	*38.57	*37 *41.5%	42.10 20.7%	107.13 52.8%	25.24 28.0%	7.67 8.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	812		750 - 850	100%				
Sodium 1 (mg)	1344		1420					
Sodium 2 (mg)	1344							
Fiber (g)	10.25							
Iron (mg)	5.75							
Calcium (mg)	594.1							
Vitamin A (IU)	4779							
Sugars (g)	37	18.46%						
Vitamin C (mg)	38.57							
Protein (g)	42.10	20.74%						
Carbohydrate (g)	107.13	52.77%						
Total Fat (g)	25.24	27.97%						
Saturated Fat (g)	7.67	8.50%	<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.