

# Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Mon - 03/01/2021													
High School Lunch	Total												
CORN DOG:Turkey Jumbo State F	1 EACH	270	35	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 TSP	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		775	*70	2128	9.28	5.78	535.2	4881	9.33	*42	40.28	111.30	20.79
% of Calories										*21.4%	20.8%	57.5%	24.2%
Nutrient Guideline		750-850		1420									

	Portion Size	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)
Tue - 03/02/2021													
High School Lunch	Total												
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
potato triangles	2 each	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
orange juice cup	4 oz	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		754	*59	1476	5.20	3.88	509.9	4771	31.66	*30	28.69	100.19	27.12
% of Calories										*15.9%	15.2%	53.2%	32.4%
Nutrient Guideline		750-850		1420									

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Wed - 03/03/2021													
High School Lunch	Total												
Chicken Alfredo	4 oz	326	81	567	0.00	0.55	86.8	105	0.0	*3	17.05	5.6	25.87
rotini, whole grain, dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
garlic bread stick (19)	1 EACH	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		742	*97	1252	8.26	5.33	585.0	14638	54.38	*26	39.93	72.88	33.09
% of Calories										*14.1%	21.5%	39.3%	40.1%
Nutrient Guideline		750-850		1420									

	Portion Size	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)
Thu - 03/04/2021													
High School Lunch	Total												
Popcorn chicken w/biscuit	1 each	467	0	1281	2.45	4.21	93.6	126	0.05	*2	22.91	49.45	18.64
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		761	*35	1655	6.53	5.02	472.8	6496	9.51	*28	34.41	91.79	28.01
% of Calories										*14.5%	18.1%	48.3%	33.1%
Nutrient Guideline		750-850		1420									

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Fri - 03/05/2021													
High School Lunch	Total												
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0
cheese american	1 slice	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56
pickle slices^	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
mixed veggies, frozen^	1/2 cup	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0
grapes, red seedless^	1/2 cup	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		738	*74	1399	8.43	*5.98	*716.0	*5610	*10.67	*36	44.11	89.78	23.94
% of Calories										*19.5%	23.9%	48.7%	29.2%
Nutrient Guideline		750-850		1420									

Mon - 03/08/2021													
High School Lunch	Total												
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		753	*95	1522	10.76	6.32	658.3	5824	7.19	*39	40.46	103.17	22.27
% of Calories										*20.8%	21.5%	54.8%	26.6%
Nutrient Guideline		750-850		1420									

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Tue - 03/09/2021													
High School Lunch	Total												
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		743	*31	1276	6.68	3.54	469.2	3621	15.21	*37	26.58	106.57	23.12
% of Calories										*20.2%	14.3%	57.4%	28.0%
Nutrient Guideline		750-850		1420									

	Portion Size	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)
Wed - 03/10/2021													
High School Lunch	Total												
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
orange, fresh slices^	1/2 cup	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
honey dijon mustard dressing	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

- \*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Weighted Daily Average		733	*76	1403	10.14	6.74	586.3	16085	65.07	*31	43.77	86.30	24.60
% of Calories										*17.1%	23.9%	47.1%	30.2%
Nutrient Guideline		750-850		1420									

Thu - 03/11/2021													
High School Lunch	Total												
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		753	*62	1700	6.79	4.43	598.9	3798	8.70	*28	33.46	90.48	29.45
% of Calories										*14.7%	17.8%	48.0%	35.2%
Nutrient Guideline		750-850		1420									

Fri - 03/12/2021													
High School Lunch	Total												
pizza crunchers^	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1
cheese sauce, fz, gov	2 oz	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89
BLUEBERRIES,Fresh	1/2 CUP	42	0	1	1.78	0.21	4.4	40	7.18	7	0.55	10.72	0.24
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Weighted Daily Average		740	*78	1540	10.40	4.59	919.4	7091	47.60	*25	43.05	78.86	29.82
% of Calories										*13.4%	23.3%	42.6%	36.2%
Nutrient Guideline		750-850		1420									

Mon - 03/15/2021													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420									

Tue - 03/16/2021													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420									

Wed - 03/17/2021													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420									

Thu - 03/18/2021													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420									

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Fri - 03/19/2021													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420									

	Portion Size	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)
Mon - 03/22/2021													
High School Lunch	Total												
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84
Roll, Hot (frozen) (19)	1 each	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
potatoes mashed^	1/2 cup	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing honey mustard^	2 tbsp	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		743	*79	1414	6.52	4.71	364.2	2570	30.42	*34	41.61	91.32	24.06
% of Calories										*18.4%	22.4%	49.2%	29.2%
Nutrient Guideline		750-850		1420									

\*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

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 8

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Tue - 03/23/2021													
High School Lunch	Total												
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
kiwi,whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0	1.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		712	*67	1074	12.99	5.91	563.7	17086	81.19	*27	45.46	89.06	21.21
% of Calories										*15.0%	25.5%	50.0%	26.8%
Nutrient Guideline		750-850		1420									

Wed - 03/24/2021													
High School Lunch	Total												
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19
ref beansw/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Weighted Daily Average		757	*75	1414	8.82	6.09	619.0	*6498	*15.62	*25	41.79	86.85	28.28
% of Calories										*13.0%	22.1%	45.9%	33.6%
Nutrient Guideline		750-850		1420									

Thu - 03/25/2021													
High School Lunch	Total												
Chicken, Orange (21) MB	serving	190	45	380	2.00	14.40	0.0	0	0.0	13	14.0	25.0	4.0
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		676	*80	1265	8.31	16.06	530.3	6856	52.94	*45	40.89	96.89	15.36
% of Calories										*26.8%	24.2%	57.4%	20.5%
Nutrient Guideline		750-850		1420									

Fri - 03/26/2021													
High School Lunch	Total												
chicken patty, breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63
pickle slices^	1 EACH	0	0	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Weighted Daily Average		758	*71	1302	8.86	6.03	573.9	4634	11.65	*25	43.65	103.48	19.81
% of Calories										*13.3%	23.0%	54.6%	23.5%
Nutrient Guideline		750-850		1420									

Mon - 03/29/2021													
	Total												
High School Lunch													
CORN DOG:Turkey Jumbo State F	1 EACH	270	35	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 TSP	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		775	*70	2128	9.28	5.78	535.2	4881	9.33	*42	40.28	111.30	20.79
% of Calories										*21.4%	20.8%	57.5%	24.2%
Nutrient Guideline		750-850		1420									

Tue - 03/30/2021													
	Total												
High School Lunch													
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
potato triangles	2 each	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
orange juice cup	4 oz	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Weighted Daily Average		754	*59	1476	5.20	3.88	509.9	4771	31.66	*30	28.69	100.19	27.12
% of Calories										*15.9%	15.2%	53.2%	32.4%
Nutrient Guideline		750-850		1420									

Wed - 03/31/2021													
	Total												
High School Lunch													
Chicken Alfredo	4 oz	326	81	567	0.00	0.55	86.8	105	0.0	*3	17.05	5.6	25.87
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
garlic bread stick (19)	1 EACH	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		742	*97	1252	8.26	5.33	585.0	14638	54.38	*26	39.93	72.88	33.09
% of Calories										*14.1%	21.5%	39.3%	40.1%
Nutrient Guideline		750-850		1420									

Thu - 04/01/2021													
	Total												
High School Lunch													
Popcorn chicken w/biscuit	1 each	467	0	1281	2.45	4.21	93.6	126	0.05	*2	22.91	49.45	18.64
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 12

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Weighted Daily Average		761	*35	1655	6.53	5.02	472.8	6496	9.51	*28	34.41	91.79	28.01
% of Calories										*14.5%	18.1%	48.3%	33.1%
Nutrient Guideline		750-850		1420									

Fri - 04/02/2021													
High School Lunch	Total												
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0
cheese american	1 slice	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56
pickle slices^	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
mixed veggies, frozen^	1/2 cup	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0
grapes, red seedless^	1/2 cup	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		738	*74	1399	8.43	*5.98	*716.0	*5610	*10.67	*36	44.11	89.78	23.94
% of Calories										*19.5%	23.9%	48.7%	29.2%
Nutrient Guideline		750-850		1420									

Mon - 04/05/2021													
High School Lunch	Total												
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Weighted Daily Average		753	*95	1522	10.76	6.32	658.3	5824	7.19	*39	40.46	103.17	22.27
% of Calories										*20.8%	21.5%	54.8%	26.6%
Nutrient Guideline		750-850		1420									

Tue - 04/06/2021													
High School Lunch													
	Total												
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		743	*31	1276	6.68	3.54	469.2	3621	15.21	*37	26.58	106.57	23.12
% of Calories										*20.2%	14.3%	57.4%	28.0%
Nutrient Guideline		750-850		1420									

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Wed - 04/07/2021													
High School Lunch	Total												
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
orange, fresh slices^	1/2 cup	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
honey dijon mustard dressing	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		733	*76	1403	10.14	6.74	586.3	16085	65.07	*31	43.77	86.30	24.60
% of Calories										*17.1%	23.9%	47.1%	30.2%
Nutrient Guideline		750-850		1420									

Thu - 04/08/2021													
High School Lunch	Total												
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		753	*62	1700	6.79	4.43	598.9	3798	8.70	*28	33.46	90.48	29.45
% of Calories										*14.7%	17.8%	48.0%	35.2%
Nutrient Guideline		750-850		1420									

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Fri - 04/09/2021													
High School Lunch	Total												
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420									

	Portion Size	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)
Mon - 04/12/2021													
High School Lunch	Total												
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84
Roll, Hot (frozen) (19)	1 each	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
potatoes mashed^	1/2 cup	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing honey mustard^	2 tbsp	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		743	*79	1414	6.52	4.71	364.2	2570	30.42	*34	41.61	91.32	24.06
% of Calories										*18.4%	22.4%	49.2%	29.2%
Nutrient Guideline		750-850		1420									

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Tue - 04/13/2021													
High School Lunch	Total												
rotini, whole grain, dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
kiwi, whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0	1.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty_half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		712	*67	1074	12.99	5.91	563.7	17086	81.19	*27	45.46	89.06	21.21
% of Calories										*15.0%	25.5%	50.0%	26.8%
Nutrient Guideline		750-850		1420									

Wed - 04/14/2021													
High School Lunch	Total												
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0
lettuce, shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19
ref beansw/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0
dressing ranch light^	2 tbsps	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
ketchup^	1 tbsps	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty_half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:51 PM

	Portion Size	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)
Weighted Daily Average		757	*75	1414	8.82	6.09	619.0	*6498	*15.62	*25	41.79	86.85	28.28
% of Calories										*13.0%	22.1%	45.9%	33.6%
Nutrient Guideline		750-850		1420									

Thu - 04/15/2021													
High School Lunch	Total												
Chicken, Orange (21) MB	1 serving	190	45	380	2.00	14.40	0.0	0	0.0	13	14.0	25.0	4.0
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		676	*80	1265	8.31	16.06	530.3	6856	52.94	*45	40.89	96.89	15.36
% of Calories										*26.8%	24.2%	57.4%	20.5%
Nutrient Guideline		750-850		1420									

Fri - 04/16/2021													
High School Lunch	Total												
chicken patty, breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63
pickle slices^	1 EACH	0	0	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 18

Generated on: 2/16/2021 4:08:52 PM

	Portion Size	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)
Weighted Daily Average		758	*71	1302	8.86	6.03	573.9	4634	11.65	*25	43.65	103.48	19.81
% of Calories										*13.3%	23.0%	54.6%	23.5%
Nutrient Guideline		750-850		1420									

Mon - 04/19/2021													
	Total												
High School Lunch													
CORN DOG:Turkey Jumbo State F	1 EACH	270	35	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 TSP	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		775	*70	2128	9.28	5.78	535.2	4881	9.33	*42	40.28	111.30	20.79
% of Calories										*21.4%	20.8%	57.5%	24.2%
Nutrient Guideline		750-850		1420									

Tue - 04/20/2021													
	Total												
High School Lunch													
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
potato triangles	2 each	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
orange juice cup	4 oz	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:52 PM

	Portion Size	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)
Weighted Daily Average		754	*59	1476	5.20	3.88	509.9	4771	31.66	*30	28.69	100.19	27.12
% of Calories										*15.9%	15.2%	53.2%	32.4%
Nutrient Guideline		750-850		1420									

Wed - 04/21/2021													
	Total												
High School Lunch													
Chicken Alfredo	4 oz	326	81	567	0.00	0.55	86.8	105	0.0	*3	17.05	5.6	25.87
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54
garlic bread stick (19)	1 EACH	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		742	*97	1252	8.26	5.33	585.0	14638	54.38	*26	39.93	72.88	33.09
% of Calories										*14.1%	21.5%	39.3%	40.1%
Nutrient Guideline		750-850		1420									

Thu - 04/22/2021													
	Total												
High School Lunch													
Popcorn chicken w/biscuit	1 each	467	0	1281	2.45	4.21	93.6	126	0.05	*2	22.91	49.45	18.64
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

Generated on: 2/16/2021 4:08:52 PM

	Portion Size	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)
Weighted Daily Average		761	*35	1655	6.53	5.02	472.8	6496	9.51	*28	34.41	91.79	28.01
% of Calories										*14.5%	18.1%	48.3%	33.1%
Nutrient Guideline		750-850		1420									

Fri - 04/23/2021													
	Total												
High School Lunch													
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0
cheese american	1 slice	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56
pickle slices^	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
mixed veggies, frozen^	1/2 cup	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0
grapes, red seedless^	1/2 cup	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		738	*74	1399	8.43	*5.98	*716.0	*5610	*10.67	*36	44.11	89.78	23.94
% of Calories										*19.5%	23.9%	48.7%	29.2%
Nutrient Guideline		750-850		1420									

Mon - 04/26/2021													
	Total												
High School Lunch													
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:52 PM

	Portion Size	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)
Weighted Daily Average		753	*95	1522	10.76	6.32	658.3	5824	7.19	*39	40.46	103.17	22.27
% of Calories										*20.8%	21.5%	54.8%	26.6%
Nutrient Guideline		750-850		1420									

Tue - 04/27/2021													
	Total												
High School Lunch													
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		743	*31	1276	6.68	3.54	469.2	3621	15.21	*37	26.58	106.57	23.12
% of Calories										*20.2%	14.3%	57.4%	28.0%
Nutrient Guideline		750-850		1420									

\*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Mar 1, 2021 thru Apr 30, 2021

High School Lunch

Generated on: 2/16/2021 4:08:52 PM

	Portion Size	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)
Wed - 04/28/2021													
High School Lunch	Total												
chicken strips <sup>^</sup>	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93
rolls, hot w/ lq egg <sup>^</sup>	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup <sup>^</sup>	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
orange, fresh slices <sup>^</sup>	1/2 cup	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12
ketchup <sup>^</sup>	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard <sup>^</sup>	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light <sup>^</sup>	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
honey dijon mustard dressing	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
margarine cup <sup>^</sup>	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints <sup>^</sup>	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		733	*76	1403	10.14	6.74	586.3	16085	65.07	*31	43.77	86.30	24.60
% of Calories										*17.1%	23.9%	47.1%	30.2%
Nutrient Guideline		750-850		1420									

Thu - 04/29/2021													
High School Lunch	Total												
hot dog with bun <sup>^</sup>	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0
pizza line HS	1 EACH	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36
marinara sauce cup <sup>^</sup>	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0
Grab and Go Sandwiches	4 oz	549	87	1061	5.56	6.14	279.4	301	0.18	6	41.87	60.1	15.86
tator tots <sup>^</sup>	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup <sup>^</sup>	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard <sup>^</sup>	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light <sup>^</sup>	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Chef Salad	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83	16.54
milk vty half pints <sup>^</sup>	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		753	*62	1700	6.79	4.43	598.9	3798	8.70	*28	33.46	90.48	29.45
% of Calories										*14.7%	17.8%	48.0%	35.2%
Nutrient Guideline		750-850		1420									

\*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.

**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.

