

# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

## Base Menu Spreadsheet

High School Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/27/2017																
High School Lunch	Total	1100														
taco meat w/ beef crumbles^	3 OZ	300	129	28	427	0.66	2.09	23.7	462	2.59	*1	13.15	4.22	6.68	2.84	0.00
taco meat w/ shredded pork	3 oz	300	96	40	192	0.66	1.12	4.9	368	2.59	*1	14.93	3.28	2.09	0.52	0.00
cheese cheddar shredded^	1/2 oz	550	40	8	103	0.00	0.02	128.5	89	0.0	*N/A*	3.86	0.28	2.6	1.64	0.00
tortilla-2 or taco shells 2.	serving	600	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17	0.00
ref beansw/salsa &cheese^	4 oz	300	104	4	233	3.21	1.62	105.7	679	7.58	*4	6.53	15.53	2.01	0.87	0.00
lettuce,shredded^	1 CUP	450	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/4 cup	400	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	450	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
salsa cup^	2 oz	450	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
sour cream, pouch^	1 each	450	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
jalapeno peppers.	1/16 cup	150	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 EACH	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
baked potato^	medium	250	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
meat/meat alt. -potatobar^	1 each	210	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	0.17
cheese sauce, fz, gov.	2 oz	125	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89	5.11	0.00
bread:scratch variety^	serving	225	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
broccoli, steamed^	1/2 cup	125	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
onion, sliced^	1/8 cup	85	6	0	1	0.24	0.03	3.3	0	1.06	*N/A*	0.16	1.34	0.01	0.01	*N/A*
salsa cup^	2 oz	85	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
margarine cup^	1 each	200	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
sour cream, pouch^	1 each	85	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
Weighted Daily Average			672	53	1142	8.81	5.18	612.7	4087	40.56	*41	34.09	94.95	18.84	6.57	*0.03
% of Calories											*24.2%	20.3%	56.5%	25.2%	8.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/28/2017																
High School Lunch	Total	1100														
chicken, popcorn^	4 oz	850	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53	0.00
bread:scratch variety^	serving	850	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
romaine/spinach&tomato	1 cup	500	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07	*0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
mandarin oranges^	1 cup	350	180	0	20	2.00	0.72	40.0	2500	54.0	44	2.0	46.0	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	570	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
bbq sauce^	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
ketchup(16)	1 tbs	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
margarine cup^	1 EACH	215	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
Weighted Daily Average			722	22	1206	9.25	6.61	525.2	10570	50.55	*46	34.47	103.17	20.24	3.94	*0.00
% of Calories											*25.4%	19.1%	57.2%	25.2%	4.9%	*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

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/29/2017																
High School Lunch	Total	1100														
spagh sauce w/ beef crum.	4 oz	750	129	19	291	2.50	1.75	31.7	464	3.73	5	10.02	9.58	5.29	1.92	0.00
rotini, whole grain, dry <sup>^</sup>	1/2 cup	400	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23	0.00
ravioli, WG mini cheese	EACH (7 pieces)	350	120	30	260	2.00	0.72	60.0	100	0.0	1	8.0	16.0	2.5	1.50	0.00
breadstick <sup>^</sup>	2 oz	700	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00	0.00
vegetables fresh/sal/bar/hs <sup>^</sup>	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
salad romaine/spinach blend <sup>^</sup>	1 cup	350	91	0	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23	*0.00
fruit, canned, variety (hs) <sup>^</sup>	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety <sup>^</sup>	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety <sup>^</sup>	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus <sup>^</sup>	2 TBSP	335	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
cheese parmesan grated.	2 TSP	575	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00	0.00
margarine cup <sup>^</sup>	1 EACH	550	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS <sup>^</sup>	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich <sup>^</sup>	2 each	50	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
pizza line HS <sup>^</sup>	1 EACH	150	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
yogurt, HS bar.	8 oz.	100	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51	0.00
yogurt bar, HS, toppings.	2 oz.	100	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20	0.00
yogurt bar/fruit	1/2 cup	100	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01	0.00
muffin variety.	2 oz	100	159	12	216	1.84	0.97	79.6	521	0.62	*12	3.0	26.33	5.48	1.47	*0.00
Weighted Daily Average			720	46	1096	12.81	7.62	637.2	17409	58.00	*46	35.79	106.52	18.62	5.46	*0.00
% of Calories											*25.4%	19.9%	59.2%	23.3%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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High School Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/30/2017																
High School Lunch	Total	1100														
ham/cheese w pretzel roll (17)	1 each	350	265	43	480	3.00	2.36	98.0	136	0.9	*2	15.6	29.23	9.17	4.54	0.00
buffalo chix wrap w/ tortilla	1 EACH	350	510	36	948	7.84	2.33	190.1	356	0.5	*3	25.66	47.8	25.01	7.03	*0.00
tator tots^	9 each	700	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	*30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	2 TBSP	300	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
pickle slices^	2 EACH	500	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	550	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
hot dog with bun^	1 each	150	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
baked beans^	1/2 CUP	100	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
pickle slices^	2 each	50	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
pickle relish, sweet.	1 tbsp	50	15	0	110	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
onion, sliced^	1/4 cup	50	12	0	1	0.49	0.06	6.6	1	2.13	*N/A*	0.32	2.69	0.03	0.01	*N/A*
brownie HS (usda)^	1 each	1000	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59	*0.00
Weighted Daily Average			1073	103	1711	13.69	6.20	575.4	7262	33.27	*67	37.67	150.51	38.40	11.12	*0.07
% of Calories											*25.0%	14.0%	56.1%	32.2%	9.3%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/31/2017																
High School Lunch	Total	1100														
philly beef w/bun^	1 EACH	400	438	68	731	4.00	4.15	457.0	177	0.0	*6	32.67	43.75	13.88	6.81	0.00
philly chicken w/bun ^	1 EACH	350	432	87	925	4.00	3.70	517.0	177	14.4	*6	32.55	44.65	13.6	6.00	0.00
fajita vegetables.	1/2 cup	250	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00	0.00
green beans,steamed^	1 cup	300	56	0	0	5.60	1.34	37.3	373	8.96	4	1.87	11.2	0.0	0.00	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	2 TBSP	230	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
hamburger on a bun^	1 each	100	300	35	500	4.00	3.24	220.0	0	1.2	5	19.0	33.0	11.0	3.50	0.50
cheese, HB bar HS^	1 EACH	75	48	13	235	0.00	0.00	87.5	125	0.0	0	2.75	0.5	4.0	2.25	0.00
vegetables, HB bar, HS^	1/2 CUP	25	52	0	1	2.77	0.74	25.7	207	4.81	*1	1.7	11.11	0.17	0.00	0.00
lettuce,shredded^	1 cup	75	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	25	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
onion, sliced^	1/8 cup	25	6	0	1	0.24	0.03	3.3	0	1.06	*N/A*	0.16	1.34	0.01	0.01	*N/A*
pickle slices^	2 each	75	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	95	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mayo(salad dressing light)^	1 TBSP	25	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			711	77	1141	9.28	5.83	778.6	4064	39.50	*41	40.82	96.00	19.10	7.35	*0.05
% of Calories											*22.9%	23.0%	54.0%	24.2%	9.3%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/03/2017																
High School Lunch	Total	1100														
chicken sweet chili thai ling <sup>^</sup>	Servings	600	139	45	365	0.00	0.72	0.0	30	2.4	6	11.0	17.0	3.0	0.50	0.00
brown rice,chicken flavored <sup>^</sup>	1/2 cup	600	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20	*0.00
egg roll,chick/veg,whlgr <sup>^</sup>	1 EACH	425	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00	0.00
vegetables stir fry <sup>^</sup>	1 cup	300	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00	0.00
vegetables fresh/sal/bar/hs <sup>^</sup>	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs) <sup>^</sup>	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety <sup>^</sup>	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety <sup>^</sup>	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
sweet & sour sauce <sup>^</sup>	1 TBSP	400	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	235	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
salad bar HS <sup>^</sup>	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich <sup>^</sup>	2 EACH	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS <sup>^</sup>	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS <sup>^</sup>	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
baked potato <sup>^</sup>	medium	250	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
meat/meat alt.-potatobar <sup>^</sup>	1 each	225	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	0.17
cheese sauce, fz, gov.	2 oz	100	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89	5.11	0.00
bread:scratch variety <sup>^</sup>	serving	225	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
broccoli, steamed <sup>^</sup>	1/2 cup	125	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
onion, sliced <sup>^</sup>	1/8 cup	75	6	0	1	0.24	0.03	3.3	0	1.06	*N/A*	0.16	1.34	0.01	0.01	*N/A*
salsa cup <sup>^</sup>	2 oz	100	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
margarine cup <sup>^</sup>	1 each	200	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
sour cream, pouch <sup>^</sup>	1 each	160	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
Weighted Daily Average			683	67	1184	8.40	4.82	486.4	4649	43.15	*43	31.57	105.72	16.18	4.61	*0.03
% of Calories											*25.3%	18.5%	61.9%	21.3%	6.1%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/04/2017																
High School Lunch	Total	1100														
chicken nuggets^	6 each	850	221	40	456	2.40	2.40	24.0	95	104.4	0	18.0	15.6	9.6	2.40	0.00
bread:scratch variety^	serving	700	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
potatoes mashed^	1/2 cup	700	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00	0.00
gravy, chicken^	2 oz	650	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00	*0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup(16)	1 tbs	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
bbq sauce^	2 TBSP	400	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
margarine cup^	1 EACH	600	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
Weighted Daily Average			709	51	1413	8.60	5.49	463.4	4250	116.60	*38	33.89	103.16	19.09	4.99	*0.00
% of Calories											*21.3%	19.1%	58.2%	24.2%	6.3%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/05/2017																
High School Lunch	Total	1100														
pork tenderloin s/w^	1 each	345	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50	0.00
bbq pork rib patty sw^	1 EACH	345	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50	0.00
baked beans^	1 CUP	300	324	0	1117	10.37	4.02	94.2	303	2.44	34	14.65	74.39	0.0	0.00	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup(16)	1 tbsp	540	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices^	2 EACH	400	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	230	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
yogurt, HS bar.	8 oz.	200	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51	0.00
yogurt bar, HS, toppings.	2 oz.	200	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20	0.00
yogurt bar/fruit	1/2 cup	200	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01	0.00
muffin variety.	2 oz	200	159	12	216	1.84	0.97	79.6	521	0.62	*12	3.0	26.33	5.48	1.47	*0.00
WHOLE WHEAT SUGAR COOK IES	1 COOKIE	1000	175	13	197	1.85	0.70	28.0	2249	0.01	*16	2.67	28.07	6.13	2.64	*0.00
Weighted Daily Average			945	76	1585	12.89	8.00	699.7	6329	36.15	*74	37.80	151.05	24.59	7.61	*0.00
% of Calories											*31.3%	16.0%	63.9%	23.4%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/06/2017																
High School Lunch	Total	1100														
crisпитos w/ cheese sauce^	1 EACH	700	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06	0.00
refried beans w/salsa^	1/2 cup	250	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00	0.00
tomato fresh diced^	1/4 cup	300	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
lettuce,shredded^	1 CUP	300	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	360	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
salsa cup^	2 oz	480	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
sour cream, pouch^	1 each	250	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
jalapeno peppers.	1/16 cup	25	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
hot dog with bun^	1 each	150	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
baked beans^	1/2 CUP	100	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
pickle slices^	2 each	50	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
pickle relish, sweet.	1 tbsp	50	15	0	110	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
onion, sliced^	1/4 cup	50	12	0	1	0.49	0.06	6.6	1	2.13	*N/A*	0.32	2.69	0.03	0.01	*N/A*
Weighted Daily Average			897	75	1585	10.79	6.26	669.8	5652	38.13	*43	41.04	107.59	34.53	10.51	*0.07
% of Calories											*19.3%	18.3%	48.0%	34.7%	10.5%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/07/2017																
High School Lunch	Total	1100														
pizza, personal pan (17)	1 each	375	300	10	430	3.00	2.70	350.0	500	0.0	10	17.0	36.0	9.0	2.50	0.00
pizza, personal pan pepp (17)	1 each	375	320	20	550	3.00	2.97	355.0	625	1.2	10	19.5	36.5	10.0	2.88	0.00
salad romaine/spinach blend^	1 cup	300	91	0	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23	*0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
mustard^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	430	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
cheese parmesan grated.	2 TSP	485	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
soup bar, HS.	1 EACH	100	158	16	534	2.88	1.53	92.3	909	7.64	*6	9.46	21.89	3.74	1.23	*0.00
sandwiches/ham/trky/ch/bar-HS.	sandwich	75	368	60	1135	4.00	3.50	325.0	180	0.9	6	26.89	44.22	9.6	3.75	0.00
vegetables fresh/sal/bar.	1/2 cup	25	14	0	17	1.00	0.22	12.6	1318	17.78	*1	0.57	2.91	0.1	0.02	*0.00
lettuce,shredded^	1 cup	75	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	25	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
mayo(salad dressing light)^	1 TBSP	25	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			657	36	1069	9.86	7.05	793.4	15499	51.72	*44	34.67	93.58	17.41	5.24	*0.00
% of Calories											*26.7%	21.1%	57.0%	23.9%	7.2%	*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/10/2017																
High School Lunch	Total	1100														
lasagna w/beef crumbles^	1 EACH	350	277	31	474	3.35	1.67	372.9	683	4.81	*8	18.09	28.49	10.61	5.61	0.00
mac & cheese^	6 oz	350	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50	0.00
breadstick^	2 oz	700	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00	0.00
romaine lettuce^	1 cup	300	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	400	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 EACH	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
baked potato^	medium	150	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
meat/meat alt .potatobar^	1 each	125	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	0.17
cheese sauce, fz, gov.	2 oz	100	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89	5.11	0.00
bread:scratch variety^	serving	110	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
broccoli, steamed^	1/2 cup	75	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
onion, sliced^	1/8 cup	50	6	0	1	0.24	0.03	3.3	0	1.06	*N/A*	0.16	1.34	0.01	0.01	*N/A*
salsa cup^	2 oz	50	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
margarine cup^	1 each	100	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
sour cream, pouch^	1 each	50	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
Weighted Daily Average			724	47	1116	10.41	4.12	703.0	9716	39.78	*43	33.91	106.74	19.60	7.39	*0.02
% of Calories											*23.6%	18.7%	59.0%	24.4%	9.2%	*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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/11/2017																
High School Lunch	Total	1100														
chicken patty (4ozGold) s/w.	1 EACH	850	376	45	776	5.00	2.80	221.0	188	0.0	5	27.0	47.0	10.0	1.00	0.00
broccoli & cheese s (gov)^	1 CUP	300	213	41	621	3.56	0.00	336.3	576	53.36	5	12.15	10.08	11.85	6.81	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	2 tbsp	450	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
ketchup(16)	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
BBQ sauce, PC cup	1 EACH	500	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light)^	1 TBSP	50	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
Weighted Daily Average			747	68	1539	9.37	4.60	672.7	4140	44.64	*44	40.24	104.26	20.34	5.22	*0.00
% of Calories											*23.6%	21.6%	55.9%	24.5%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/12/2017																
High School Lunch	Total	1100														
Pancakes, whole grain	2 EACH	700	136	6	349	3.24	1.75	38.8	23	0.0	5	3.24	27.18	1.94	0.32	0.00
sausage turkey link^	2 EACH	675	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00	0.00
potato triangles^	2 each	500	196	0	400	2.67	0.64	0.0	0	1.07	0	1.78	25.78	9.78	1.33	0.00
vegetables fresh/sal/bar.	1 cup	300	27	0	33	2.00	0.45	25.2	2636	35.56	*3	1.13	5.82	0.21	0.05	*0.00
strawberries fresh^	1/2 cup	350	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup(16)	1 tbsp	270	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
syrup, pancake^	2 tbsp	700	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	450	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
milk vty 1/2 pint LM MS/HS	1 each	1045	119	6	177	0.00	1.29	300.0	500	1.2	19	8.0	20.57	0.36	0.21	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	50	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
pizza line HS^	1 EACH	150	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
yogurt, HS bar.	8 oz.	150	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51	0.00
yogurt bar, HS, toppings.	2 oz.	150	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20	0.00
yogurt bar/fruit	1/2 cup	150	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01	0.00
muffin variety.	2 oz	150	159	12	216	1.84	0.97	79.6	521	0.62	*12	3.0	26.33	5.48	1.47	*0.00
Weighted Daily Average			764	63	1254	9.13	6.46	542.8	3851	53.88	*57	29.04	119.19	21.69	4.95	*0.00
% of Calories											*29.8%	15.2%	62.4%	25.6%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/13/2017																
High School Lunch	Total	1100														
chicken parmesan w/ spaghetti^	1 each	700	305	38	559	5.07	3.02	136.5	331	90.0	*5	21.42	31.04	11.24	3.55	0.00
bread:scratch variety^	serving	650	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
vegetables fresh/sal/bar.	1 cup	300	27	0	33	2.00	0.45	25.2	2636	35.56	*3	1.13	5.82	0.21	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	2 TBSP	240	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
hot dog with bun^	1 each	150	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
baked beans^	1/2 CUP	100	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
pickle slices^	2 each	50	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
pickle relish, sweet.	1 tbsp	50	15	0	110	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
onion, sliced^	1/4 cup	50	12	0	1	0.49	0.06	6.6	1	2.13	*N/A*	0.32	2.69	0.03	0.01	*N/A*
choc cake/frosting(hs 6x8)^	1 EACH	1000	233	21	219	1.80	0.89	61.7	1906	0.08	*28	2.97	37.98	8.43	2.75	*0.00
Weighted Daily Average			919	71	1340	11.64	6.51	603.8	5756	91.58	*67	37.14	136.11	27.89	8.90	*0.07
% of Calories											*29.2%	16.2%	59.3%	27.3%	8.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

## Base Menu Spreadsheet

High School Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/14/2017																
High School Lunch	Total	1100														
taco meat w/ beef crumbles^	3 oz	750	129	28	427	0.66	2.09	23.7	462	2.59	*1	13.15	4.22	6.68	2.84	0.00
cheese cheddar shredded^	1 oz	750	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29	0.00
tortilla chips, 2 oz pkg^	2 oz	750	270	0	220	4.00	1.44	40.0	0	0.0	0	4.0	37.0	14.0	1.50	0.00
refried beans w/salsa^	1/2 cup	300	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00	0.00
lettuce,shredded^	1 cup	500	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/4 cup	300	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
salsa cup^	2 oz	650	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
sour cream, pouch^	1 each	200	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	450	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
soup bar, HS.	1 EACH	100	158	16	534	2.88	1.53	92.3	909	7.64	*6	9.46	21.89	3.74	1.23	*0.00
sandwiches/ham/trky/ch/bar-HS.	sandwich	75	368	60	1135	4.00	3.50	325.0	180	0.9	6	26.89	44.22	9.6	3.75	0.00
vegetables fresh/sal/bar.	1/2 cup	25	14	0	17	1.00	0.22	12.6	1318	17.78	*1	0.57	2.91	0.1	0.02	*0.00
lettuce,shredded^	1 cup	75	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	25	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
mayo(salad dressing light)^	1 TBSP	25	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			803	58	1455	10.26	6.62	698.5	5129	42.86	*40	38.48	104.86	28.32	8.17	*0.00
% of Calories											*20.1%	19.2%	52.2%	31.7%	9.2%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/17/2017																
High School Lunch	Total	1100														
chicken mandarin orange lings <sup>^</sup>	700		150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
brown rice,chicken flavored <sup>^</sup>	1/2 cup	700	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20	*0.00
egg roll,chick/veg,whlgr <sup>^</sup>	1 EACH	700	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00	0.00
vegetables stir fry <sup>^</sup>	1 cup	300	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00	0.00
vegetables fresh/sal/bar/hs <sup>^</sup>	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, fresh, variety <sup>^</sup>	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
fruit, canned, variety (hs) <sup>^</sup>	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
juice cup variety <sup>^</sup>	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
sweet & sour sauce <sup>^</sup>	1 TBSP	200	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	190	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pint <sup>^</sup>	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
fortune cookie <sup>^</sup>	1 each	700	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00	0.00
salad bar HS <sup>^</sup>	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich <sup>^</sup>	2 EACH	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS <sup>^</sup>	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS <sup>^</sup>	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
baked potato <sup>^</sup>	medium	150	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
meat/meat alt. -potatobar <sup>^</sup>	1 each	125	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	0.17
cheese sauce, fz, gov.	2 oz	100	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89	5.11	0.00
bread:scratch variety <sup>^</sup>	serving	130	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
broccoli, steamed <sup>^</sup>	1/2 cup	75	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
onion, sliced <sup>^</sup>	1/8 cup	50	6	0	1	0.24	0.03	3.3	0	1.06	*N/A*	0.16	1.34	0.01	0.01	*N/A*
salsa cup <sup>^</sup>	2 oz	50	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
margarine cup <sup>^</sup>	1 each	110	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
sour cream, pouch <sup>^</sup>	1 each	50	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
Weighted Daily Average			715	71	1196	8.54	5.18	481.7	4710	40.41	*47	33.59	110.85	16.45	4.51	*0.02
% of Calories											*26.4%	18.8%	62.0%	20.7%	5.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/18/2017																
High School Lunch	Total	1100														
chicken strips^	5 EACH	850	307	57	638	3.33	3.33	33.3	140	145.0	0	25.0	21.67	13.33	3.33	0.00
rolls, hot^	2 oz	700	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10	*0.00
french fries^simplot	1/2 cup	800	180	0	45	2.25	0.74	15.9	0	8.14	0	4.5	31.5	3.38	0.00	0.00
vegetables fresh/sal/bar/hs^	1/2 cup	300	18	0	17	1.23	0.27	14.3	1629	12.9	*1	0.85	3.83	0.1	0.02	*0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup(16)	1 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	125	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
dressing ranch light^	1 tbsp	300	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
bbq sauce^	2 TBSP	750	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
margarine cup^	1 each	675	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
Weighted Daily Average			891	71	1448	9.87	6.70	486.8	3987	150.85	*37	41.62	121.55	27.00	6.36	*0.00
% of Calories											*16.6%	18.7%	54.6%	27.3%	6.4%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/19/2017																
High School Lunch	Total	1100														
fish wedge^	1 each	300	180	45	300	2.00	1.44	0.0	0	0.0	0	13.0	20.0	5.0	0.50	0.00
cheese american^	1 slice	200	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79	0.00
bun,hamburger, whlgr^	1 each	300	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00	0.00
chicken patty/hot /spicy sw.	sandwich	350	348	34	431	4.00	3.80	227.0	155	0.0	4	23.0	44.0	10.0	2.00	0.00
baked beans^	1/2 CUP	300	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
vegetables fresh/sal/bar/hs^	1/2 cup	300	18	0	17	1.23	0.27	14.3	1629	12.9	*1	0.85	3.83	0.1	0.02	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	1 tbsp	400	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
tartar sauce^	2 tbsp	200	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00
ketchup(16)	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
bbq sauce^	2 TBSP	200	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
pickle slices^	2 EACH	350	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	50	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
pizza line HS^	1 EACH	150	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
yogurt, HS bar.	8 oz.	200	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51	0.00
yogurt bar, HS, toppings.	2 oz.	200	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20	0.00
yogurt bar/fruit	1/2 cup	200	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01	0.00
muffin variety.	2 oz	200	159	12	216	1.84	0.97	79.6	521	0.62	*12	3.0	26.33	5.48	1.47	*0.00
Weighted Daily Average			755	51	1247	9.43	6.91	666.6	3753	33.13	*53	34.71	119.41	17.98	4.72	*0.00
% of Calories											*28.0%	18.4%	63.2%	21.4%	5.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/20/2017																
High School Lunch	Total	1100														
pork, pulled, unsauced SW(17)	3 oz	700	262	51	417	3.00	2.72	200.0	0	0.0	4	24.87	31.0	4.55	0.64	0.00
tator tots^	9 each	600	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11	0.00
vegetables fresh/sal/bar/hs^	1/2 cup	300	18	0	17	1.23	0.27	14.3	1629	12.9	*1	0.85	3.83	0.1	0.02	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	1 tbsp	600	35	5	175	0.00	0.00	0.0	0	0.0	1	0.0	3.5	2.25	0.25	0.00
bbq sauce^	2 TBSP	350	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices^	2 EACH	600	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
hot dog with bun^	1 each	150	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
baked beans^	1/2 CUP	100	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
pickle slices^	2 each	50	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
pickle relish, sweet.	1 tbsp	50	15	0	110	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
onion, sliced^	1/4 cup	50	12	0	1	0.49	0.06	6.6	1	2.13	*N/A*	0.32	2.69	0.03	0.01	*N/A*
peanut butter cookies w/ Cho c	1 each	1000	123	4	119	0.83	0.43	10.3	661	0.0	*9	1.95	14.96	6.58	2.40	*0.00
Weighted Daily Average			813	61	1542	8.97	5.18	574.8	4056	30.86	*49	37.09	116.10	24.07	6.66	*0.07
% of Calories											*24.1%	18.3%	57.1%	26.6%	7.4%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/21/2017																
High School Lunch	Total	1100														
chicken fajita meat	3 OZ	750	80	54	414	0.00	1.21	19.4	103	0.0	0	13.3	1.21	2.42	0.00	0.00
tortilla,whlgr (2 tortillas)	SERVING	750	140	0	210	4.00	0.00	80.0	0	0.0	0	4.0	26.0	4.0	1.00	0.00
fajita vegetables.	1/2 cup	300	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00	0.00
spanish rice^	1/2 cup	300	109	0	334	1.52	0.68	23.7	325	7.66	*1	2.66	20.96	1.65	0.31	*0.00
lettuce,shredded^	1 cup	300	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	300	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
cheese mozz&cheddar shredded^	1 OZ	750	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66	5.6	3.64	0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
dressing ranch light^	2 TBSP	350	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
salsa cup^	2 oz	600	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
sour cream, pouch^	1 each	250	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
soup bar, HS.	1 EACH	100	158	16	534	2.88	1.53	92.3	909	7.64	*6	9.46	21.89	3.74	1.23	*0.00
sandwiches/ham/trky/ch/bar-HS.	sandwich	75	368	60	1135	4.00	3.50	325.0	180	0.9	6	26.89	44.22	9.6	3.75	0.00
vegetables fresh/sal/bar.	1/2 cup	25	14	0	17	1.00	0.22	12.6	1318	17.78	*1	0.57	2.91	0.1	0.02	*0.00
lettuce,shredded^	1 cup	75	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	25	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
mayo(salad dressing light)^	1 TBSP	25	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			660	75	1380	7.94	4.22	684.4	3632	32.77	*37	36.49	91.54	18.56	6.16	*0.00
% of Calories											*22.6%	22.1%	55.5%	25.3%	8.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

## Base Menu Spreadsheet

High School Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/24/2017																
High School Lunch	Total	1100														
taco meat w/ beef crumbles^	3 OZ	300	129	28	427	0.66	2.09	23.7	462	2.59	*1	13.15	4.22	6.68	2.84	0.00
taco meat w/ shredded pork	3 oz	300	96	40	192	0.66	1.12	4.9	368	2.59	*1	14.93	3.28	2.09	0.52	0.00
cheese cheddar shredded^	1/2 oz	550	40	8	103	0.00	0.02	128.5	89	0.0	*N/A*	3.86	0.28	2.6	1.64	0.00
tortilla-2 or taco shells 2.	serving	600	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17	0.00
ref beansw/salsa &cheese^	4 oz	300	104	4	233	3.21	1.62	105.7	679	7.58	*4	6.53	15.53	2.01	0.87	0.00
lettuce,shredded^	1 CUP	450	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/4 cup	400	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	450	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
salsa cup^	2 oz	450	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
sour cream, pouch^	1 each	450	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
jalapeno peppers.	1/16 cup	150	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 EACH	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
baked potato^	medium	250	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
meat/meat alt .potatobar^	1 each	210	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	0.17
cheese sauce, fz, gov.	2 oz	125	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89	5.11	0.00
bread:scratch variety^	serving	225	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
broccoli, steamed^	1/2 cup	125	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
onion, sliced^	1/8 cup	85	6	0	1	0.24	0.03	3.3	0	1.06	*N/A*	0.16	1.34	0.01	0.01	*N/A*
salsa cup^	2 oz	85	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
margarine cup^	1 each	200	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
sour cream, pouch^	1 each	85	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
Weighted Daily Average			672	53	1142	8.81	5.18	612.7	4087	40.56	*41	34.09	94.95	18.84	6.57	*0.03
% of Calories											*24.2%	20.3%	56.5%	25.2%	8.8%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/25/2017																
High School Lunch	Total	1100														
chicken, popcorn^	4 oz	850	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53	0.00
bread:scratch variety^	serving	850	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
romaine/spinach&tomato	1 cup	500	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07	*0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
mandarin oranges^	1 cup	350	180	0	20	2.00	0.72	40.0	2500	54.0	44	2.0	46.0	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	570	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
bbq sauce^	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
ketchup(16)	1 tbs	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
margarine cup^	1 EACH	215	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
Weighted Daily Average			722	22	1206	9.25	6.61	525.2	10570	50.55	*46	34.47	103.17	20.24	3.94	*0.00
% of Calories											*25.4%	19.1%	57.2%	25.2%	4.9%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/26/2017																
High School Lunch	Total	1100														
spagh sauce w/ beef crum.	4 oz	750	129	19	291	2.50	1.75	31.7	464	3.73	5	10.02	9.58	5.29	1.92	0.00
rotini, whole grain, dry^	1/2 cup	400	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23	0.00
ravioli, WG mini cheese	EACH (7 pieces)	350	120	30	260	2.00	0.72	60.0	100	0.0	1	8.0	16.0	2.5	1.50	0.00
breadstick^	2 oz	700	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
salad romaine/spinach blend^	1 cup	350	91	0	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	335	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
cheese parmesan grated.	2 TSP	575	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00	0.00
margarine cup^	1 EACH	550	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	50	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
pizza line HS^	1 EACH	150	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
yogurt, HS bar.	8 oz.	100	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51	0.00
yogurt bar, HS, toppings.	2 oz.	100	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20	0.00
yogurt bar/fruit	1/2 cup	100	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01	0.00
muffin variety.	2 oz	100	159	12	216	1.84	0.97	79.6	521	0.62	*12	3.0	26.33	5.48	1.47	*0.00
Weighted Daily Average			720	46	1096	12.81	7.62	637.2	17409	58.00	*46	35.79	106.52	18.62	5.46	*0.00
% of Calories											*25.4%	19.9%	59.2%	23.3%	6.8%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/27/2017																
High School Lunch	Total	1100														
ham/cheese w pretzel roll (17)	1 each	350	265	43	480	3.00	2.36	98.0	136	0.9	*2	15.6	29.23	9.17	4.54	0.00
buffalo chix wrap w/ tortilla	1 EACH	350	510	36	948	7.84	2.33	190.1	356	0.5	*3	25.66	47.8	25.01	7.03	*0.00
tator tots^	9 each	700	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	*30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	2 TBSP	300	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
pickle slices^	2 EACH	500	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	550	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
hot dog with bun^	1 each	150	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
baked beans^	1/2 CUP	100	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
pickle slices^	2 each	50	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
pickle relish, sweet.	1 tbsp	50	15	0	110	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
onion, sliced^	1/4 cup	50	12	0	1	0.49	0.06	6.6	1	2.13	*N/A*	0.32	2.69	0.03	0.01	*N/A*
brownie HS (usda)^	1 each	1000	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59	*0.00
Weighted Daily Average			1073	103	1711	13.69	6.20	575.4	7262	33.27	*67	37.67	150.51	38.40	11.12	*0.07
% of Calories											*25.0%	14.0%	56.1%	32.2%	9.3%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/28/2017																
High School Lunch	Total	1100														
philly beef w/bun^	1 EACH	400	438	68	731	4.00	4.15	457.0	177	0.0	*6	32.67	43.75	13.88	6.81	0.00
philly chicken w/bun ^	1 EACH	350	432	87	925	4.00	3.70	517.0	177	14.4	*6	32.55	44.65	13.6	6.00	0.00
fajita vegetables.	1/2 cup	250	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00	0.00
green beans,steamed^	1 cup	300	56	0	0	5.60	1.34	37.3	373	8.96	4	1.87	11.2	0.0	0.00	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	2 TBSP	230	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
soup bar, HS.	1 EACH	100	158	16	534	2.88	1.53	92.3	909	7.64	*6	9.46	21.89	3.74	1.23	*0.00
sandwiches/ham/trky/ch/bar-HS.	sandwich	1	368	60	1135	4.00	3.50	325.0	180	0.9	6	26.89	44.22	9.6	3.75	0.00
vegetables, HB bar, HS^	1/2 CUP	25	52	0	1	2.77	0.74	25.7	207	4.81	*1	1.7	11.11	0.17	0.00	0.00
lettuce,shredded^	1 cup	1	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh sliced^	1/4 cup	1	7	0	2	0.48	0.11	4.0	333	5.48	1	0.35	1.56	0.08	0.01	0.00
mayo(salad dressing light)^	1 TBSP	25	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			693	74	1109	9.12	5.65	760.4	4101	39.86	*40	39.73	94.37	18.16	6.99	*0.00
% of Calories											*23.4%	22.9%	54.5%	23.6%	9.1%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/01/2017																
High School Lunch	Total	1100														
chicken sweet chili thai ling <sup>^</sup>	Servings	600	139	45	365	0.00	0.72	0.0	30	2.4	6	11.0	17.0	3.0	0.50	0.00
brown rice,chicken flavored <sup>^</sup>	1/2 cup	600	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20	*0.00
egg roll,chick/veg,whlgr <sup>^</sup>	1 EACH	425	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00	0.00
vegetables stir fry <sup>^</sup>	1 cup	300	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00	0.00
vegetables fresh/sal/bar/hs <sup>^</sup>	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs) <sup>^</sup>	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety <sup>^</sup>	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety <sup>^</sup>	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
sweet & sour sauce <sup>^</sup>	1 TBSP	400	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	235	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
salad bar HS <sup>^</sup>	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich <sup>^</sup>	2 EACH	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS <sup>^</sup>	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS <sup>^</sup>	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
baked potato <sup>^</sup>	medium	250	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
meat/meat alt.-potatobar <sup>^</sup>	1 each	225	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	0.17
cheese sauce, fz, gov.	2 oz	100	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89	5.11	0.00
bread:scratch variety <sup>^</sup>	serving	225	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
broccoli, steamed <sup>^</sup>	1/2 cup	125	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	0.00
onion, sliced <sup>^</sup>	1/8 cup	75	6	0	1	0.24	0.03	3.3	0	1.06	*N/A*	0.16	1.34	0.01	0.01	*N/A*
salsa cup <sup>^</sup>	2 oz	100	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
margarine cup <sup>^</sup>	1 each	200	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
sour cream, pouch <sup>^</sup>	1 each	160	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
Weighted Daily Average			683	67	1184	8.40	4.82	486.4	4649	43.15	*43	31.57	105.72	16.18	4.61	*0.03
% of Calories											*25.3%	18.5%	61.9%	21.3%	6.1%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/02/2017																
High School Lunch	Total	1100														
chicken nuggets^	6 each	850	221	40	456	2.40	2.40	24.0	95	104.4	0	18.0	15.6	9.6	2.40	0.00
bread:scratch variety^	serving	700	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
potatoes mashed^	1/2 cup	700	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00	0.00
gravy, chicken^	2 oz	650	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00	*0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup(16)	1 tbs	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
bbq sauce^	2 TBSP	400	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
margarine cup^	1 EACH	600	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
Weighted Daily Average			709	51	1413	8.60	5.49	463.4	4250	116.60	*38	33.89	103.16	19.09	4.99	*0.00
% of Calories											*21.3%	19.1%	58.2%	24.2%	6.3%	*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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/03/2017																
High School Lunch	Total	1100														
pork tenderloin s/w^	1 each	345	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50	0.00
bbq pork rib patty sw^	1 EACH	345	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50	0.00
baked beans^	1 CUP	300	324	0	1117	10.37	4.02	94.2	303	2.44	34	14.65	74.39	0.0	0.00	0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup(16)	1 tbsp	540	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices^	2 EACH	400	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	230	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
yogurt, HS bar.	8 oz.	200	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51	0.00
yogurt bar, HS, toppings.	2 oz.	200	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20	0.00
yogurt bar/fruit	1/2 cup	200	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01	0.00
muffin variety.	2 oz	200	159	12	216	1.84	0.97	79.6	521	0.62	*12	3.0	26.33	5.48	1.47	*0.00
WHOLE WHEAT SUGAR COOK IES	1 COOKIE	1000	175	13	197	1.85	0.70	28.0	2249	0.01	*16	2.67	28.07	6.13	2.64	*0.00
Weighted Daily Average			945	76	1585	12.89	8.00	699.7	6329	36.15	*74	37.80	151.05	24.59	7.61	*0.00
% of Calories											*31.3%	16.0%	63.9%	23.4%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/04/2017																
High School Lunch	Total	1100														
crisпитos w/ cheese sauce^	1 EACH	700	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06	0.00
refried beans w/salsa^	1/2 cup	250	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00	0.00
tomato fresh diced^	1/4 cup	300	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
lettuce,shredded^	1 CUP	300	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	360	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
salsa cup^	2 oz	480	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
sour cream, pouch^	1 each	250	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
jalapeno peppers.	1/16 cup	25	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
hot dog with bun^	1 each	150	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
baked beans^	1/2 CUP	100	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
pickle slices^	2 each	50	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
pickle relish, sweet.	1 tbsp	50	15	0	110	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00	0.00
ketchup(16)	1 tbsp	125	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
onion, sliced^	1/4 cup	50	12	0	1	0.49	0.06	6.6	1	2.13	*N/A*	0.32	2.69	0.03	0.01	*N/A*
Weighted Daily Average			897	75	1585	10.79	6.26	669.8	5652	38.13	*43	41.04	107.59	34.53	10.51	*0.07
% of Calories											*19.3%	18.3%	48.0%	34.7%	10.5%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

## Base Menu Spreadsheet

High School Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/05/2017																
High School Lunch	Total	1100														
pizza, personal pan (17)	1 each	375	300	10	430	3.00	2.70	350.0	500	0.0	10	17.0	36.0	9.0	2.50	0.00
pizza, personal pan pepp (17)	1 each	375	320	20	550	3.00	2.97	355.0	625	1.2	10	19.5	36.5	10.0	2.88	0.00
salad romaine/spinach blend^	1 cup	300	91	0	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23	*0.00
vegetables fresh/sal/bar/hs^	1 cup	300	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	350	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
mustard^	1 tsp	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	430	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
cheese parmesan grated.	2 TSP	485	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00	0.00
milk vty half pints^	1 each	1045	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
salad bar HS^	1 EACH	50	1910	155	3292	36.06	23.94	871.9	45179	90.11	*39	74.02	253.68	73.48	16.15	*0.00
cottage cheese.	1/2 cup	40	90	10	390	0.00	0.00	100.0	0	0.0	4	12.0	5.0	2.5	1.50	0.00
pb&j sandwich^	2 each	40	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	40	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
pizza line HS^	1 EACH	120	349	36	658	3.00	2.65	414.4	357	4.89	4	21.58	31.16	16.15	7.86	0.00
soup bar, HS.	1 EACH	100	158	16	534	2.88	1.53	92.3	909	7.64	*6	9.46	21.89	3.74	1.23	*0.00
sandwiches/ham/trky/ch/bar-HS.	sandwich	75	368	60	1135	4.00	3.50	325.0	180	0.9	6	26.89	44.22	9.6	3.75	0.00
vegetables fresh/sal/bar.	1/2 cup	25	14	0	17	1.00	0.22	12.6	1318	17.78	*1	0.57	2.91	0.1	0.02	*0.00
lettuce,shredded^	1 cup	75	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	25	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
mayo(salad dressing light)^	1 TBSP	25	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			657	36	1069	9.86	7.05	793.4	15499	51.72	*44	34.67	93.58	17.41	5.24	*0.00
% of Calories											*26.7%	21.1%	57.0%	23.9%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			778	61	1325	10.14	6.08	619.3	6944	52.55	*48	36.16	111.78	22.50	6.58	*0.02
											*55.4%	18.6%	57.4%	26.0%	7.6%	*0.0%

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# Linn-Mar Community Schools

Mar 27, 2017 thru May 5, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	778		750 - 850	100%													
Cholesterol (mg)	61																
Sodium (mg)	1325		1420														
Fiber (g)	10.14																
Iron (mg)	6.08																
Calcium (mg)	619.3																
Vitamin A (IU)	6944																
Sugars (g)	48	24.63%				Missing											
Vitamin C (mg)	52.55																
Protein (g)	36.16	18.58%															
Carbohydrate (g)	111.78	57.45%															
Total Fat (g)	22.50	26.02%															
Saturated Fat (g)	6.58	7.61%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.02	0.02%				Missing											

\*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.