

Linn-Mar Community Schools

Feb 27, 2017 thru Mar 10, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 1

Generated on: 2/20/2017 10:46:55 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/27/2017																
High School Food Court Men	Total	320														
chicken parmesan w/ spaghetti^	1 each	300	305	38	559	5.07	3.02	136.5	331	90.0	*5	21.42	31.04	11.24	3.55	0.00
breadstick^	1 oz	300	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)^	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
dressing ranch light^	2 TBSP	85	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			662	45	983	13.80	7.85	588.1	21220	149.84	*43	37.03	99.83	15.51	4.27	*0.00
% of Calories											*26.0%	22.4%	60.4%	21.1%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 02/28/2017																
High School Food Court Men	Total	320														
chicken nuggets^	6 each	300	221	40	456	2.40	2.40	24.0	95	104.4	0	18.0	15.6	9.6	2.40	0.00
rolls, hot^	2 oz	280	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	280	180	0	45	2.25	0.74	15.9	0	8.14	0	4.5	31.5	3.38	0.00	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)^	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
dressing ranch light^	2 TBSP	85	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
margarine cup^	1 each	235	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
ketchup(16)	1 tbsp	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, PC cup	1 EACH	200	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			887	57	1330	13.87	9.59	555.9	21634	173.52	*47	39.35	132.01	24.30	5.04	*0.00
% of Calories											*21.0%	17.7%	59.5%	24.7%	5.1%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017																
High School Food Court Men	Total	320														
pasta variety HS1^	1 CUP	300	210	0	75	4.00	9.99	120.0	0	0.0	2	7.0	43.0	1.5	0.00	0.00
sauce, alfredo HS.	1/4 cup	120	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50	0.25
sauce,marinara w/meatballs HS.	serving	180	210	35	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50	0.00
breadstick^	1 oz	275	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)^	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	170	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	200	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
WHOLE WHEAT SUGAR COOK IES	1 COOKIE	300	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			935	51	1066	16.67	16.45	693.1	23387	68.89	*63	37.00	147.92	24.50	8.52	*0.10
% of Calories											*26.9%	15.8%	63.3%	23.6%	8.2%	*0.1%
Nutrient Guideline			750-850		1420									<10.00		

Thu - 03/02/2017																
High School Food Court Men	Total	320														
taco meat w/ beef crumbles^	2 oz	300	86	19	285	0.44	1.39	15.8	308	1.73	*1	8.77	2.82	4.45	1.89	0.00
tortilla-2 or taco shells 2.	serving	300	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17	0.00
cheese cheddar shredded^	1 oz	275	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29	0.00
lettuce,shredded^	1 cup	250	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	100	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
jalapeno peppers.	1/16 cup	50	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
refried beans w/salsa^	1/2 cup	100	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00	0.00
salad, veg, daily line HS^	1 EACH	100	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)^	1 CUP	100	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	170	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
salsa cup^	2 oz	250	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
milk vty half pints^	1 each	275	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00

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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 ¹ (g)
Weighted Daily Average			587	39	1149	10.50	6.76	695.0	15416	57.60	*37	31.84	81.27	16.98	6.63	*0.00
% of Calories											*25.2%	21.7%	55.4%	26.0%	10.2%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 03/03/2017																
High School Food Court Men	Total	320														
buffalo chix wrap w/ tortilla	1 EACH	300	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	290	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)^	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	170	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
ketchup(16)	1 tbsp	275	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			961	42	1791	17.00	7.56	638.4	21342	70.26	*47	40.23	127.80	35.03	8.61	*0.00
% of Calories											*19.4%	16.7%	53.2%	32.8%	8.1%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Mon - 03/06/2017																
High School Food Court Men	Total	320														
chicken, mandarin orange	serving	300	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50	0.00
brown rice,chicken flavored^	1/2 cup	300	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20	*0.00
egg roll,chick/veg,whlgr^	1 EACH	275	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00	0.00
vegetables stir fry^	1 cup	150	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, fresh, variety^	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
fruit, canned, variety (hs)^	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
juice cup variety^	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
sweet & sour sauce^	1 TBSP	75	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00	0.00
dressing ranch light^	2 TBSP	120	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00

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High School Food Court Menu

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			702	74	1250	11.95	7.74	510.2	22022	73.02	*53	35.05	115.93	12.82	2.51	*0.00
% of Calories											*30.2%	20.0%	66.1%	16.4%	3.2%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Tue - 03/07/2017																
High School Food Court Men	Total	320														
crisпитos w/ cheese sauce^	1 EACH	300	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06	0.00
refried beans w/salsa^	1/2 cup	75	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00	0.00
tomato fresh diced^	1/4 cup	100	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01	0.00
lettuce,shredded^	1 CUP	100	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
jalapeno peppers.	1/16 cup	50	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)^	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	170	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	200	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	100	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			992	84	1715	14.90	9.61	785.5	23450	75.33	*47	46.50	115.73	39.35	11.39	*0.00
% of Calories											*18.9%	18.8%	46.7%	35.7%	10.3%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017																
High School Food Court Men	Total	320														
pasta variety HS2^	1 CUP	300	243	17	235	2.99	1.79	133.5	99	0.0	2	9.92	43.23	3.71	1.73	0.00
sauce, alfredo HS.	1/4 cup	120	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50	0.25
spaghetti meat sauce^	1/2 cup	180	188	37	155	1.81	1.97	30.4	427	5.97	*8	10.68	11.18	11.29	4.02	*0.00
breadstick^	1 oz	290	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)^	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	125	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	200	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits.fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			785	56	937	12.82	7.80	662.8	21270	69.54	*48	34.38	120.00	21.13	7.90	*0.09
% of Calories											*24.5%	17.5%	61.1%	24.2%	9.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Linn-Mar Community Schools

Feb 27, 2017 thru Mar 10, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017																
High School Food Court Men	Total	320														
HS sandwich bar meat & cheese.	2 oz	225	149	54	791	0.00	0.48	178.0	236	0.45	*0	15.39	1.23	9.3	5.16	0.00
hoagie sub bun, sara lee (HS).	1 each	225	230	0	280	4.00	2.70	250.0	30	0.0	6	9.0	43.0	2.5	0.50	0.00
Tuna Salad Sandwich HS	1 EACH	75	409	65	545	3.49	3.06	227.6	283	1.24	*6	19.75	34.76	22.75	2.49	*0.00
chips, baked variety.	1 each	300	136	0	196	1.67	0.42	31.7	17	0.6	*1	2.08	21.42	4.58	0.67	*0.00
salad, veg, daily line HS^	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
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*
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*
tomato fresh sliced^	1/2 cup	50	14	0	4	0.96	0.22	8.0	666	10.96	2	0.7	3.11	0.16	0.02	0.00
pepper, banana.	serving	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
fruit, canned, variety (hs)^	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety^	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety^	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
pickle slices^	2 EACH	250	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light)^	1 TBSP	150	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	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
dressing/Ran/Ital/Frn/HnMus^	2 TBSP	150	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
milk vty half pints^	1 each	200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich^	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS^	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
choc cake/frosting(hs 6x8)^	1 EACH	300	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			1009	81	1755	14.95	9.11	813.5	23009	69.57	*69	38.50	151.98	30.92	8.61	*0.00
% of Calories											*27.3%	15.3%	60.2%	27.6%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Linn-Mar Community Schools

Feb 27, 2017 thru Mar 10, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017																
High School Food Court Men	Total	320														
chicken patty/hot /spicy sw.	sandwich	300	348	34	431	4.00	3.80	227.0	155	0.0	4	23.0	44.0	10.0	2.00	0.00
broccoli, steamed [^]	1 cup	150	52	0	44	5.59	1.12	94.0	1860	73.8	*N/A*	5.7	9.86	0.2	0.04	0.00
corn [^]	1 cup	150	125	0	7	3.56	0.64	71.2	178	4.27	4	1.78	30.24	0.89	0.00	0.00
vegetables fresh/sal/bar/hs [^]	1 cup	150	37	0	33	2.46	0.54	28.5	3259	25.81	*2	1.71	7.66	0.2	0.05	*0.00
fruit, canned, variety (hs) [^]	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety [^]	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice and/or fruit.	1 each	20	105	0	13	1.95	0.22	12.5	294	24.67	21	1.02	25.91	0.2	0.05	0.00
dressing/Ran/Ital/Frn/HnMus [^]	2 TBSP	125	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
ketchup(16)	1 tbsp	150	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard [^]	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
bbq sauce [^]	2 TBSP	150	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
milk vty half pints [^]	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich [^]	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS [^]	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			714	39	975	11.81	5.63	617.5	3714	78.34	*47	35.33	120.49	13.32	2.76	*0.00
% of Calories											*26.5%	19.8%	67.5%	16.8%	3.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			823	57	1295	13.83	8.81	656.0	19647	88.59	*50	37.52	121.30	23.39	6.63	*0.02
											*54.7%	18.2%	58.9%	25.6%	7.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	823		750 - 850	100%				
Cholesterol (mg)	57							
Sodium (mg)	1295		1420					
Fiber (g)	13.83							
Iron (mg)	8.81							
Calcium (mg)	656.0							
Vitamin A (IU)	19647							
Sugars (g)	50	24.29%			Missing			
Vitamin C (mg)	88.59							
Protein (g)	37.52	18.23%						
Carbohydrate (g)	121.30	58.93%						
Total Fat (g)	23.39	25.56%						
Saturated Fat (g)	6.63	7.24%	<10.00%					
Trans Fat ¹ (g)	0.02	0.02%			Missing			

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