

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Prot (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|----------|----------|-----------|-----------|
| Thu - 08/23/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| chicken parmesan w/ spaghetti | 1 each | 312 | 48 | 594 | 3.69 | 2.31 | 135.2 | 99 | 0.0 | *4 | 23.05 | 29.41 | 11.37 | 3.39 |
| garlic bread stick ^ | 1 EACH | 90 | 0 | 95 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 3.0 | 15.0 | 3.0 | 0.00 |
| romaine lettuce^ | 1/2 cup | 19 | 0 | 9 | 2.38 | 1.10 | 37.4 | 9877 | 4.54 | *N/A* | 1.39 | 3.73 | 0.34 | 0.04 |
| vegetables fresh/sal/bar | 1 cup | 27 | 0 | 33 | 1.98 | 0.45 | 25.1 | 2626 | 35.4 | *3 | 1.12 | 5.78 | 0.21 | 0.05 |
| pear sliced in juice | 1/2 cup | 76 | 0 | 10 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 19.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 750 | 75 | 1224 | 11.01 | 5.66 | 481.7 | 8731 | 36.87 | *31 | 42.82 | 96.12 | 23.70 | 6.97 |
| % of Calories | | | | | | | | | | *16.3% | 22.8% | 51.3% | 28.4% | 8.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|----|------|-------|-------|-------|-------|-------|--------|-------|-------|-------|--------|
| Fri - 08/24/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| pizza garlic fr bread ch | 1 EACH | 350 | 30 | 450 | 2.00 | 1.80 | 450.0 | 300 | 0.0 | 2 | 22.0 | 29.0 | 18.0 | 7.00 |
| pizza pepperoni 8"stuff/cr | 1 EACH | 350 | 40 | 640 | 4.00 | 2.70 | 300.0 | 750 | 21.0 | *N/A* | 21.0 | 30.0 | 16.0 | 7.00 |
| salad romaine/spinach blend | 1 cup | 91 | 0 | 197 | 9.75 | 8.35 | 299.4 | 41021 | 72.8 | *1 | 9.28 | 15.69 | 1.56 | 0.23 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| melon mix (3) | 1/2 cup | 27 | 0 | 9 | 0.56 | 0.16 | 5.8 | 1041 | 16.62 | 6 | 0.53 | 6.6 | 0.13 | 0.03 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| choc chip cookies w/lq egg | 1 each | 129 | 12 | 80 | 0.96 | 0.52 | 5.5 | 368 | 0.0 | *7 | 1.57 | 16.54 | 6.69 | 2.66 |
| Weighted Daily Average | | 849 | 72 | 1155 | 12.60 | 8.66 | 898.1 | 20864 | 76.73 | *27 | 46.04 | 95.10 | 35.27 | 14.10 |
| % of Calories | | | | | | | | | | *12.5% | 21.7% | 44.8% | 37.4% | 15.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 08/27/2018 | | | | | | | | | | | | | | |
| High School Lunch | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | |
| taco meat w/ beef crumbles^ | 3 OZ | 135 | 30 | 211 | 0.66 | 2.18 | 24.7 | 467 | 2.59 | *2 | 12.83 | 5.27 | 7.04 | 2.50 |
| tortilla-2 or taco shells 2 | serving | 120 | 0 | 105 | 2.67 | 0.24 | 46.7 | 0 | 0.0 | *0 | 2.67 | 19.67 | 4.0 | 1.17 |
| cheese cheddar shredded^ | 1/2 oz | 40 | 8 | 103 | 0.00 | 0.02 | 128.5 | 89 | 0.0 | *N/A* | 3.86 | 0.28 | 2.6 | 1.64 |
| ref beansw/salsa &cheese^ | 4 oz | 112 | 4 | 495 | 5.18 | 1.64 | 105.9 | 679 | 7.58 | *1 | 5.95 | 14.43 | 3.0 | 1.52 |
| lettuce,shredded^ | 1 CUP | 10 | 0 | 7 | 0.86 | 0.30 | 13.0 | 361 | 2.02 | *N/A* | 0.65 | 2.14 | 0.1 | 0.01 |
| tomato fresh diced^ | 1/4 cup | 8 | 0 | 2 | 0.54 | 0.12 | 4.5 | 375 | 6.17 | 1 | 0.4 | 1.75 | 0.09 | 0.01 |
| Kiwi and grape boats | 1 each | 77 | 0 | 3 | 2.68 | 0.37 | 32.2 | 112 | 72.01 | *7 | 1.15 | 18.99 | 0.55 | 0.07 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| salsa cup^ | 2 oz | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| jalapeno peppers. | 1/16 cup | 0 | 0 | 233 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| potato bar | serving | 510 | 35 | 758 | 9.60 | 4.21 | 158.2 | 3256 | 68.83 | *17 | 17.5 | 82.07 | 13.6 | 4.34 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 787 | 73 | 1218 | 12.72 | 6.72 | 657.0 | 3679 | 81.58 | *34 | 45.00 | 98.63 | 25.84 | 9.29 |
| % of Calories | | | | | | | | | | *17.1% | 22.9% | 50.1% | 29.5% | 10.6% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Prot (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|----------|----------|-----------|-----------|
| Tue - 08/28/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| chicken, popcorn^ | 4 oz | 237 | 0 | 511 | 1.45 | 2.77 | 73.6 | 126 | 0.05 | 2 | 17.91 | 18.45 | 9.64 | 0.53 |
| bread:scratch variety | serving | 155 | 3 | 168 | 2.48 | 1.51 | 33.3 | 326 | 2.15 | *3 | 4.15 | 26.21 | 3.93 | 1.18 |
| green beans,steamed^ | 1/2 cup | 28 | 0 | 0 | 2.80 | 0.67 | 18.7 | 187 | 4.48 | 2 | 0.93 | 5.6 | 0.0 | 0.00 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| strawberries fresh^ | 1/2 cup | 29 | 0 | 1 | 1.81 | 0.37 | 14.5 | 11 | 53.34 | 4 | 0.61 | 6.97 | 0.27 | 0.01 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| bbq sauce | 2 TBSP | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| margarine cup^ | 1 EACH | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 766 | 26 | 1415 | 10.98 | 7.18 | 482.6 | 3735 | 83.67 | *34 | 41.99 | 97.19 | 23.41 | 4.84 |
| % of Calories | | | | | | | | | | *17.5% | 21.9% | 50.8% | 27.5% | 5.7% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 08/29/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| spagh sauce w/ beef crum^ | 4 oz | 133 | 20 | 145 | 2.50 | 1.81 | 32.4 | 468 | 3.73 | 6 | 9.8 | 10.29 | 5.53 | 1.69 |
| rotini,whole grain,dry^ | 1/2 cup | 54 | 0 | 5 | 0.97 | 0.36 | 9.1 | 1 | 0.0 | *0 | 1.81 | 9.03 | 1.54 | 0.23 |
| ravioli, WG mini cheese | EACH (7 pieces) | 120 | 15 | 180 | 1.00 | 0.72 | 100.0 | 100 | 3.6 | 1 | 8.0 | 15.0 | 2.5 | 1.50 |
| breadstick^ | 2 oz | 160 | 0 | 200 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 6.0 | 29.0 | 2.0 | 0.00 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| salad romaine/spinach blend | 1 cup | 91 | 0 | 197 | 9.75 | 8.35 | 299.4 | 41021 | 72.8 | *1 | 9.28 | 15.69 | 1.56 | 0.23 |
| peach sliced in pear juice | 1/2 cup | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.75 | 2.38 | 0.25 |
| cheese parmesan grated | 2 TSP | 23 | 3 | 73 | 0.00 | 0.00 | 66.7 | 0 | 0.0 | 0 | 2.0 | 0.0 | 1.67 | 1.00 |
| margarine cup^ | 1 EACH | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt bar, HS, toppings | 2 oz. | 222 | 0 | 273 | 3.16 | 8.87 | 151.2 | 756 | 9.07 | 17 | 3.76 | 46.37 | 3.28 | 0.20 |
| yogurt bar/fruit | 1/2 cup | 60 | 0 | 3 | 1.68 | 0.34 | 7.9 | 220 | 17.76 | *6 | 0.51 | 15.04 | 0.15 | 0.01 |
| yogurt, HS bar | 8 oz. | 211 | 10 | 151 | 0.00 | 0.00 | 351.2 | 0 | 4.82 | 35 | 11.04 | 39.14 | 2.01 | 1.51 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 786 | 46 | 1061 | 15.90 | 11.09 | 636.9 | 27116 | 84.08 | *45 | 39.70 | 115.60 | 19.83 | 5.57 |
| % of Calories | | | | | | | | | | *22.7% | 20.2% | 58.8% | 22.7% | 6.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 08/30/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| ham/cheese w pretzel roll^ | 1 each | 262 | 43 | 471 | 3.00 | 2.18 | 107.8 | 136 | 0.59 | *2 | 15.49 | 29.72 | 9.14 | 4.52 |
| buffalo chix wrap w/ tortilla | 1 EACH | 510 | 36 | 948 | 7.84 | 2.33 | 190.1 | 356 | 0.5 | *3 | 25.66 | 47.8 | 25.01 | 7.03 |
| sweet potato fries^ | 4 oz | 200 | 0 | 250 | 2.00 | 0.36 | 20.0 | 3000 | 6.0 | 8 | 1.0 | 26.0 | 10.0 | 1.50 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| APPLE/CARROT/RAISIN/SALAD | 1 3/4 CUPS | 270 | 0 | 46 | 9.74 | 1.50 | 61.0 | 30739 | 25.06 | *43 | 2.79 | 70.09 | 0.75 | 0.12 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| pickle slices^ | 2 EACH | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 tsp | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| Weighted Daily Average | | 822 | 56 | 1230 | 14.09 | 4.61 | 414.9 | 21665 | 41.69 | *48 | 30.83 | 120.29 | 27.09 | 8.42 |
| % of Calories | | | | | | | | | | *23.6% | 15.0% | 58.6% | 29.7% | 9.2% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|----|------|-------|-------|-------|-------|-------|-----|-------|-------|-------|------|
| Fri - 08/31/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| philly beef w/bun | 1 EACH | 438 | 68 | 731 | 4.00 | 4.15 | 457.0 | 177 | 0.0 | *6 | 32.67 | 43.75 | 13.88 | 6.81 |
| philly chicken w/bun | 1 EACH | 432 | 87 | 925 | 4.00 | 3.70 | 517.0 | 177 | 14.4 | *6 | 32.55 | 44.65 | 13.6 | 6.00 |
| fajita vegetables | 1/2 cup | 14 | 0 | 6 | 0.00 | 0.00 | 0.0 | 113 | 8.5 | 2 | 0.0 | 2.83 | 0.0 | 0.00 |
| tator tots^ | 9 each | 166 | 0 | 398 | 2.21 | 0.40 | 0.0 | 0 | 3.98 | 0 | 2.21 | 21.02 | 7.74 | 1.11 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| fruit, canned, variety (hs) | 1 CUP | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 30 | 0.8 | 37.12 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| sunshine cake | 1 each | 266 | 15 | 156 | 1.17 | 0.69 | 9.7 | 3583 | 2.02 | *31 | 2.34 | 43.38 | 9.76 | 1.83 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 847 | 90 | 1364 | 8.52 | 5.39 | 647.4 | 4164 | 36.91 | *44 | 40.57 | 111.38 | 27.20 | 9.14 |
| % of Calories | | | | | | | | | | *21.0% | 19.2% | 52.6% | 28.9% | 9.7% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| Mon - 09/03/2018 | | | | | | | | | | | | | | |
|------------------------|---------|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| High School Lunch | Total | | | | | | | | | | | | | |
| NO SCHOOL TODAY | SERVING | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| Tue - 09/04/2018 | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|----|------|-------|-------|-------|-------|-------|--------|-------|-------|-------|--------|
| High School Lunch | Total | | | | | | | | | | | | | |
| chicken nuggets^ | 6 each | 350 | 65 | 452 | 1.94 | 2.10 | 22.6 | 147 | 0.94 | 0 | 26.43 | 19.68 | 19.0 | 2.19 |
| rolls, hot^ | 2 oz | 205 | 12 | 234 | 2.30 | 1.92 | 67.9 | 452 | 3.48 | *4 | 5.03 | 29.14 | 7.83 | 2.10 |
| potatoes mashed^ | 1/2 cup | 80 | 0 | 310 | 1.00 | 0.36 | 20.0 | 0 | 3.6 | 1 | 2.0 | 17.0 | 1.0 | 0.00 |
| gravy, chicken^ | 2 oz | 21 | 0 | 231 | 0.00 | 0.01 | 1.2 | 0 | 0.0 | *0 | 0.0 | 4.16 | 0.0 | 0.00 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| pineapple tidbits | 1/2 cup | 80 | 0 | 0 | 1.00 | 0.36 | 20.0 | 0 | 6.0 | 17 | 0.0 | 19.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 tsp | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| bbq sauce | 2 TBSP | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 0.0 | 0.00 |
| margarine cup^ | 1 EACH | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 765 | 77 | 1350 | 7.39 | 4.83 | 306.4 | 2733 | 37.93 | *30 | 37.19 | 94.35 | 27.45 | 4.62 |
| % of Calories | | | | | | | | | | *15.5% | 19.5% | 49.3% | 32.3% | 5.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/05/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| pork tenderloin s/w | 1 each | 430 | 90 | 580 | 5.00 | 3.60 | 240.0 | 100 | 0.0 | 5 | 20.0 | 46.0 | 19.0 | 4.50 |
| bbq pork rib patty sw | 1 EACH | 290 | 40 | 640 | 4.00 | 2.88 | 220.0 | 300 | 1.2 | 6 | 20.0 | 34.0 | 9.0 | 2.50 |
| baked beans^ | 1 CUP | 324 | 0 | 1117 | 10.37 | 4.02 | 94.2 | 303 | 2.44 | 34 | 14.65 | 74.39 | 0.0 | 0.00 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| orange, fresh slices^ | 1/2 cup | 46 | 0 | 0 | 2.36 | 0.10 | 39.3 | 221 | 52.27 | 9 | 0.92 | 11.54 | 0.12 | 0.01 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbs | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 tsp | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| pickle slices^ | 2 EACH | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt, HS bar | 8 oz. | 211 | 10 | 151 | 0.00 | 0.00 | 351.2 | 0 | 4.82 | 35 | 11.04 | 39.14 | 2.01 | 1.51 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| Weighted Daily Average | | 761 | 99 | 1404 | 10.48 | 5.87 | 654.8 | 2618 | 38.53 | *42 | 38.45 | 104.70 | 23.24 | 6.95 |
| % of Calories | | | | | | | | | | *22.1% | 20.2% | 55.0% | 27.5% | 8.2% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 8

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 09/06/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| crisпитos w/ cheese sauce | 1 EACH | 659 | 81 | 1174 | 6.00 | 3.60 | 303.1 | 1927 | 0.0 | 3 | 31.69 | 48.2 | 36.79 | 11.06 |
| ref beansw/salsa &cheese^ | 4 oz | 112 | 4 | 495 | 5.18 | 1.64 | 105.9 | 679 | 7.58 | *1 | 5.95 | 14.43 | 3.0 | 1.52 |
| tomato fresh diced^ | 1/4 cup | 8 | 0 | 2 | 0.54 | 0.12 | 4.5 | 375 | 6.17 | 1 | 0.4 | 1.75 | 0.09 | 0.01 |
| lettuce,shredded^ | 1 CUP | 10 | 0 | 7 | 0.86 | 0.30 | 13.0 | 361 | 2.02 | *N/A* | 0.65 | 2.14 | 0.1 | 0.01 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| grapes, red seedless^ | 1/2 cup | 61 | 0 | 2 | 0.82 | 0.26 | 12.7 | 91 | 3.63 | 15 | 0.57 | 15.56 | 0.32 | 0.10 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.75 | 2.38 | 0.25 |
| salsa cup^ | 2 oz | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| jalapeno peppers. | 1/16 cup | 0 | 0 | 233 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| hot dog with bun^ | 1 each | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| Weighted Daily Average | | 784 | 84 | 1393 | 8.83 | 4.76 | 479.3 | 2806 | 16.93 | *24 | 37.66 | 76.37 | 36.59 | 11.28 |
| % of Calories | | | | | | | | | | *12.2% | 19.2% | 38.9% | 42.0% | 12.9% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Fri - 09/07/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| pizza 5" cheese ^ | 1 each | 320 | 10 | 610 | 5.00 | 2.70 | 250.0 | 300 | 0.0 | 5 | 15.0 | 40.0 | 11.0 | 3.50 |
| pizza, personal pan pepp^ | 1 each | 340 | 20 | 730 | 5.00 | 2.97 | 255.0 | 425 | 1.2 | 5 | 17.5 | 40.5 | 12.0 | 3.88 |
| salad romaine/spinach blend | 1 cup | 91 | 0 | 197 | 9.75 | 8.35 | 299.4 | 41021 | 72.8 | *1 | 9.28 | 15.69 | 1.56 | 0.23 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| banana,small | 1 each | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| mustard^ | 1 tsp | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.75 | 2.38 | 0.25 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| snickerdoodle cookiesw/ lq egg | 1 EACH | 136 | 12 | 73 | 0.88 | 0.52 | 5.3 | 1399 | 0.0 | 10 | 1.7 | 19.24 | 5.78 | 2.04 |
| Weighted Daily Average | | 847 | 44 | 1388 | 15.65 | 9.28 | 800.7 | 23310 | 72.12 | *49 | 38.23 | 123.66 | 24.66 | 8.16 |
| % of Calories | | | | | | | | | | *23.3% | 18.0% | 58.4% | 26.2% | 8.7% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|----|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Mon - 09/10/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| las roll up w/ meat sauce | 1 EACH | 275 | 36 | 465 | 1.66 | 0.95 | 107.6 | 100 | 0.5 | *4 | 13.68 | 25.56 | 12.31 | 5.37 |
| breadstick^ | 2 oz | 160 | 0 | 200 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 6.0 | 29.0 | 2.0 | 0.00 |
| romaine lettuce^ | 1 cup | 39 | 0 | 18 | 4.76 | 2.20 | 74.8 | 19754 | 9.07 | *N/A* | 2.79 | 7.46 | 0.68 | 0.09 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| peaches sliced | 1/2 cup | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| potato bar | serving | 510 | 35 | 758 | 9.60 | 4.21 | 158.2 | 3256 | 68.83 | *17 | 17.5 | 82.07 | 13.6 | 4.34 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 10

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 773 | 64 | 1178 | 8.87 | 3.27 | 480.5 | 8774 | 27.54 | *35 | 35.41 | 103.72 | 23.34 | 8.92 |
| % of Calories | | | | | | | | | | *18.2% | 18.3% | 53.7% | 27.2% | 10.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| Tue - 09/11/2018 | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|-----|------|-------|-------|-------|-------|-------|--------|-------|--------|-------|--------|
| | Total | | | | | | | | | | | | | |
| High School Lunch | | | | | | | | | | | | | | |
| chicken patty (4ozGold) s/w | 1 EACH | 379 | 63 | 690 | 4.22 | 3.72 | 230.6 | 59 | 0.0 | 6 | 28.28 | 45.79 | 9.8 | 1.47 |
| lettuce & tomato | 1/2 cup | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| broccoli & cheese s (gov) | 1 CUP | 213 | 41 | 621 | 3.56 | 0.00 | 336.3 | 576 | 53.36 | 5 | 12.15 | 10.08 | 11.85 | 6.81 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| applesauce | 1/2 CUP | 50 | 0 | 15 | 2.01 | 0.00 | 0.0 | 0 | 0.0 | 11 | 0.0 | 15.06 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 tbsp | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| ketchup^ | 1 tbsp | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| BBQ sauce, PC cup^ | 1 EACH | 45 | 0 | 360 | 0.00 | 0.00 | 0.0 | 0 | 2.4 | 8 | 0.0 | 10.0 | 0.5 | 0.00 |
| mustard^ | 1 TSP | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| mayo(salad dressing light)^ | 1 TBSP | 30 | 5 | 130 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 2.0 | 0.00 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 754 | 100 | 1377 | 10.12 | 5.64 | 624.0 | 2529 | 50.44 | *36 | 46.78 | 100.01 | 19.70 | 5.27 |
| % of Calories | | | | | | | | | | *19.3% | 24.8% | 53.1% | 23.5% | 6.3% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/12/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| french toast stk | 4 Each | 480 | 0 | 520 | 4.00 | 1.44 | 80.0 | 0 | 0.0 | 20 | 12.0 | 76.0 | 14.0 | 2.00 |
| Egg Omelet | 3.5 oz | 107 | 193 | 215 | 0.04 | 0.63 | 35.0 | 408 | 1.99 | 0 | 8.32 | 1.36 | 7.63 | 3.29 |
| potato triangles | 2 each | 178 | 0 | 391 | 2.67 | 0.68 | 10.3 | 0 | 4.7 | 0 | 0.89 | 23.11 | 8.89 | 1.33 |
| vegetables fresh/sal/bar | 1 cup | 27 | 0 | 33 | 1.98 | 0.45 | 25.1 | 2626 | 35.4 | *3 | 1.12 | 5.78 | 0.21 | 0.05 |
| strawberries fresh^ | 1/2 cup | 29 | 0 | 1 | 1.81 | 0.37 | 14.5 | 11 | 53.34 | 4 | 0.61 | 6.97 | 0.27 | 0.01 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| syrup, pancake^ | 2 tbsp | 50 | 0 | 55 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 13.0 | 0.0 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.75 | 2.38 | 0.25 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 790 | 154 | 1219 | 8.55 | 3.51 | 358.6 | 2299 | 64.37 | *40 | 27.30 | 112.53 | 26.47 | 6.62 |
| % of Calories | | | | | | | | | | *20.4% | 13.8% | 57.0% | 30.2% | 7.5% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 09/13/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| pizza crunchers^ | 4 piece serving | 420 | 30 | 790 | 5.00 | 2.15 | 426.0 | 480 | 1.87 | 3 | 20.0 | 41.0 | 20.0 | 9.00 |
| sweet potato fries^ | 4 oz | 200 | 0 | 250 | 2.00 | 0.36 | 20.0 | 3000 | 6.0 | 8 | 1.0 | 26.0 | 10.0 | 1.50 |
| romaine/spinach&tomato | 1/2 cup | 15 | 0 | 9 | 1.71 | 0.79 | 27.2 | 6357 | 6.03 | *0 | 1.08 | 3.05 | 0.25 | 0.03 |
| pear sliced in juice | 1/2 cup | 76 | 0 | 10 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 19.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| hot dog with bun^ | 1 each | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 758 | 48 | 1238 | 9.39 | 3.73 | 611.0 | 4353 | 22.49 | *29 | 30.06 | 91.82 | 31.14 | 11.57 |
| % of Calories | | | | | | | | | | *15.2% | 15.9% | 48.4% | 37.0% | 13.7% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 12

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Fri - 09/14/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| taco meat w/ beef crumbles^ | 3 oz | 135 | 30 | 211 | 0.66 | 2.18 | 24.7 | 467 | 2.59 | *2 | 12.83 | 5.27 | 7.04 | 2.50 |
| cheese cheddar shredded^ | 1 oz | 80 | 16 | 206 | 0.00 | 0.04 | 257.0 | 179 | 0.0 | *N/A* | 7.71 | 0.57 | 5.19 | 3.29 |
| tortilla chips, 2 oz pkg^ | 2 oz | 270 | 0 | 210 | 3.00 | 0.72 | 80.0 | 100 | 0.0 | 0 | 4.0 | 38.0 | 14.0 | 2.00 |
| refried beans w/salsa | 1/2 cup | 138 | 0 | 325 | 5.09 | 2.77 | 72.5 | 1303 | 15.64 | 8 | 7.12 | 25.57 | 1.02 | 0.00 |
| lettuce,shredded^ | 1 cup | 10 | 0 | 7 | 0.86 | 0.30 | 13.0 | 361 | 2.02 | *N/A* | 0.65 | 2.14 | 0.1 | 0.01 |
| tomato fresh diced^ | 1/4 cup | 8 | 0 | 2 | 0.54 | 0.12 | 4.5 | 375 | 6.17 | 1 | 0.4 | 1.75 | 0.09 | 0.01 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| apple fresh whole^ | 1 each | 95 | 0 | 2 | 4.37 | 0.22 | 10.9 | 98 | 8.37 | 19 | 0.47 | 25.13 | 0.31 | 0.05 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| salsa cup^ | 2 oz | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| brownie HS (usda) | 1 each | 312 | 57 | 195 | 3.74 | 1.69 | 45.8 | 3592 | 0.0 | *29 | 5.08 | 47.2 | 12.76 | 3.59 |
| Weighted Daily Average | | 847 | 83 | 942 | 12.17 | 5.82 | 508.0 | 5764 | 39.80 | *48 | 32.81 | 114.92 | 32.92 | 9.20 |
| % of Calories | | | | | | | | | | *22.8% | 15.5% | 54.3% | 35.0% | 9.8% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 09/17/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| chicken mandarin orange | 1 serving | 150 | 40 | 280 | 0.00 | 0.72 | 0.0 | 0 | 1.2 | 10 | 11.0 | 19.0 | 3.0 | 0.50 |
| brown rice,chicken flavored | 1/2 cup | 71 | 0 | 166 | 0.63 | 0.27 | 5.0 | 0 | 0.0 | *0 | 1.58 | 14.16 | 0.95 | 0.15 |
| egg roll,chick/veg,whlgr | 1 EACH | 160 | 30 | 410 | 3.00 | 1.80 | 40.0 | 750 | 6.0 | 3 | 10.0 | 20.0 | 5.0 | 1.00 |
| vegetables stir fry | 1 cup | 35 | 0 | 25 | 2.00 | 0.36 | 20.0 | 1000 | 1.2 | 3 | 0.0 | 6.0 | 0.0 | 0.00 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| mandarin oranges^ | 1/2 cup | 90 | 0 | 10 | 1.00 | 0.36 | 20.0 | 1250 | 27.0 | 22 | 1.0 | 23.0 | 0.0 | 0.00 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| sweet & sour sauce^ | 1 TBSP | 30 | 0 | 54 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 6.89 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| potato bar | serving | 510 | 35 | 758 | 9.60 | 4.21 | 158.2 | 3256 | 68.83 | *17 | 17.5 | 82.07 | 13.6 | 4.34 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| Weighted Daily Average | | 732 | 85 | 1280 | 10.04 | 5.07 | 403.0 | 5502 | 63.29 | *48 | 35.61 | 110.47 | 17.06 | 4.87 |
| % of Calories | | | | | | | | | | *26.0% | 19.5% | 60.4% | 21.0% | 6.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|----|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Tue - 09/18/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| chicken strips^ | 5 EACH | 338 | 57 | 708 | 1.83 | 2.50 | 40.2 | 162 | 0.77 | 2 | 26.43 | 20.93 | 16.17 | 1.70 |
| rolls, hot^ | 2 oz | 205 | 12 | 234 | 2.30 | 1.92 | 67.9 | 452 | 3.48 | *4 | 5.03 | 29.14 | 7.83 | 2.10 |
| french fries^ | 1/2 cup | 180 | 0 | 45 | 2.25 | 0.81 | 0.0 | 0 | 8.08 | 0 | 4.49 | 31.43 | 3.37 | 0.00 |
| vegetables fresh/sal/bar/hs | 1/2 cup | 18 | 0 | 17 | 1.22 | 0.27 | 14.2 | 1625 | 12.82 | *1 | 0.85 | 3.81 | 0.1 | 0.02 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| fruit, canned, variety (hs) | 1 CUP | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 30 | 0.8 | 37.12 | 0.0 | 0.00 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 tsp | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| dressing ranch light^ | 1 tbsp | 35 | 5 | 175 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 3.5 | 2.25 | 0.25 |
| bbq sauce | 2 TBSP | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 0.0 | 0.00 |
| margarine cup^ | 1 each | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 14

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 765 | 66 | 1167 | 7.28 | 4.87 | 301.3 | 2675 | 35.45 | *28 | 36.51 | 97.04 | 25.50 | 4.49 |
| % of Calories | | | | | | | | | | *14.7% | 19.1% | 50.7% | 30.0% | 5.3% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| Wed - 09/19/2018 | | | | | | | | | | | | | | |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
| High School Lunch | Total | | | | | | | | | | | | | |
| chicken patty/hot /spicy sw | sandwich | 330 | 24 | 572 | 4.34 | 4.22 | 248.8 | 242 | 0.18 | 5 | 20.59 | 45.31 | 8.06 | 1.23 |
| fish sw^ | 1 EACH | 340 | 35 | 440 | 5.00 | 2.52 | 220.0 | 0 | 0.0 | 5 | 18.0 | 47.0 | 10.0 | 1.50 |
| cheese american | 1 slice | 53 | 14 | 211 | 0.00 | 0.03 | 78.0 | 136 | 0.0 | *N/A* | 3.14 | 0.23 | 4.43 | 2.79 |
| baked beans^ | 1/2 CUP | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 |
| vegetables fresh/sal/bar/hs | 1/2 cup | 18 | 0 | 17 | 1.22 | 0.27 | 14.2 | 1625 | 12.82 | *1 | 0.85 | 3.81 | 0.1 | 0.02 |
| applesauce | 1/2 CUP | 50 | 0 | 15 | 2.01 | 0.00 | 0.0 | 0 | 0.0 | 11 | 0.0 | 15.06 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 1 tbsp | 35 | 5 | 175 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 3.5 | 2.25 | 0.25 |
| tartar sauce^ | 2 tbsp | 100 | 5 | 300 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.0 | 7.0 | 1.00 |
| ketchup^ | 1 tbsp | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 TSP | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| bbq sauce | 2 TBSP | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 0.0 | 0.00 |
| pickle slices^ | 2 EACH | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt parfaits,fruit&gran HS | serving | 469 | 10 | 230 | 5.27 | 1.37 | 363.4 | 273 | 23.6 | *66 | 15.4 | 98.18 | 4.02 | 1.51 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| pb&j sandwich | 1 EACH | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | 755 | 45 | 1409 | 11.71 | 6.91 | 581.6 | 1626 | 31.90 | *45 | 38.44 | 121.33 | 15.68 | 3.59 |
| % of Calories | | | | | | | | | | *24.0% | 20.4% | 64.3% | 18.7% | 4.3% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 15

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 09/20/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| chicken parmesan w/ spaghetti | 1 each | 312 | 48 | 594 | 3.69 | 2.31 | 135.2 | 99 | 0.0 | *4 | 23.05 | 29.41 | 11.37 | 3.39 |
| garlic bread stick ^ | 1 EACH | 90 | 0 | 95 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 3.0 | 15.0 | 3.0 | 0.00 |
| romaine lettuce^ | 1/2 cup | 19 | 0 | 9 | 2.38 | 1.10 | 37.4 | 9877 | 4.54 | *N/A* | 1.39 | 3.73 | 0.34 | 0.04 |
| vegetables fresh/sal/bar | 1 cup | 27 | 0 | 33 | 1.98 | 0.45 | 25.1 | 2626 | 35.4 | *3 | 1.12 | 5.78 | 0.21 | 0.05 |
| pear sliced in juice | 1/2 cup | 76 | 0 | 10 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 19.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 750 | 75 | 1224 | 11.01 | 5.66 | 481.7 | 8731 | 36.87 | *31 | 42.82 | 96.12 | 23.70 | 6.97 |
| % of Calories | | | | | | | | | | *16.3% | 22.8% | 51.3% | 28.4% | 8.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|----|------|-------|-------|-------|-------|-------|--------|-------|-------|-------|--------|
| Fri - 09/21/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| pizza garlic fr bread ch | 1 EACH | 350 | 30 | 450 | 2.00 | 1.80 | 450.0 | 300 | 0.0 | 2 | 22.0 | 29.0 | 18.0 | 7.00 |
| pizza pepperoni 8"stuff/cr | 1 EACH | 350 | 40 | 640 | 4.00 | 2.70 | 300.0 | 750 | 21.0 | *N/A* | 21.0 | 30.0 | 16.0 | 7.00 |
| salad romaine/spinach blend | 1 cup | 91 | 0 | 197 | 9.75 | 8.35 | 299.4 | 41021 | 72.8 | *1 | 9.28 | 15.69 | 1.56 | 0.23 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| melon mix (3) | 1/2 cup | 27 | 0 | 9 | 0.56 | 0.16 | 5.8 | 1041 | 16.62 | 6 | 0.53 | 6.6 | 0.13 | 0.03 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| choc chip cookies w/lq egg | 1 each | 129 | 12 | 80 | 0.96 | 0.52 | 5.5 | 368 | 0.0 | *7 | 1.57 | 16.54 | 6.69 | 2.66 |
| Weighted Daily Average | | 849 | 72 | 1155 | 12.60 | 8.66 | 898.1 | 20864 | 76.73 | *27 | 46.04 | 95.10 | 35.27 | 14.10 |
| % of Calories | | | | | | | | | | *12.5% | 21.7% | 44.8% | 37.4% | 15.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 16

Generated on: 8/20/2018 12:08:17 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 09/24/2018 | | | | | | | | | | | | | | |
| High School Lunch | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | |
| taco meat w/ beef crumbles^ | 3 OZ | 135 | 30 | 211 | 0.66 | 2.18 | 24.7 | 467 | 2.59 | *2 | 12.83 | 5.27 | 7.04 | 2.50 |
| tortilla-2 or taco shells 2 | serving | 120 | 0 | 105 | 2.67 | 0.24 | 46.7 | 0 | 0.0 | *0 | 2.67 | 19.67 | 4.0 | 1.17 |
| cheese cheddar shredded^ | 1/2 oz | 40 | 8 | 103 | 0.00 | 0.02 | 128.5 | 89 | 0.0 | *N/A* | 3.86 | 0.28 | 2.6 | 1.64 |
| ref beansw/salsa &cheese^ | 4 oz | 112 | 4 | 495 | 5.18 | 1.64 | 105.9 | 679 | 7.58 | *1 | 5.95 | 14.43 | 3.0 | 1.52 |
| lettuce,shredded^ | 1 CUP | 10 | 0 | 7 | 0.86 | 0.30 | 13.0 | 361 | 2.02 | *N/A* | 0.65 | 2.14 | 0.1 | 0.01 |
| tomato fresh diced^ | 1/4 cup | 8 | 0 | 2 | 0.54 | 0.12 | 4.5 | 375 | 6.17 | 1 | 0.4 | 1.75 | 0.09 | 0.01 |
| Kiwi and grape boats | 1 each | 77 | 0 | 3 | 2.68 | 0.37 | 32.2 | 112 | 72.01 | *7 | 1.15 | 18.99 | 0.55 | 0.07 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| salsa cup^ | 2 oz | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| jalapeno peppers. | 1/16 cup | 0 | 0 | 233 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| potato bar | serving | 510 | 35 | 758 | 9.60 | 4.21 | 158.2 | 3256 | 68.83 | *17 | 17.5 | 82.07 | 13.6 | 4.34 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 787 | 73 | 1218 | 12.72 | 6.72 | 657.0 | 3679 | 81.58 | *34 | 45.00 | 98.63 | 25.84 | 9.29 |
| % of Calories | | | | | | | | | | *17.1% | 22.9% | 50.1% | 29.5% | 10.6% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

Generated on: 8/20/2018 12:08:18 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Prot (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|----------|----------|-----------|-----------|
| Tue - 09/25/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| chicken, popcorn^ | 4 oz | 237 | 0 | 511 | 1.45 | 2.77 | 73.6 | 126 | 0.05 | 2 | 17.91 | 18.45 | 9.64 | 0.53 |
| bread:scratch variety | serving | 155 | 3 | 168 | 2.48 | 1.51 | 33.3 | 326 | 2.15 | *3 | 4.15 | 26.21 | 3.93 | 1.18 |
| green beans,steamed^ | 1/2 cup | 28 | 0 | 0 | 2.80 | 0.67 | 18.7 | 187 | 4.48 | 2 | 0.93 | 5.6 | 0.0 | 0.00 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| strawberries fresh^ | 1/2 cup | 29 | 0 | 1 | 1.81 | 0.37 | 14.5 | 11 | 53.34 | 4 | 0.61 | 6.97 | 0.27 | 0.01 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| bbq sauce | 2 TBSP | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| margarine cup^ | 1 EACH | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 766 | 26 | 1415 | 10.98 | 7.18 | 482.6 | 3735 | 83.67 | *34 | 41.99 | 97.19 | 23.41 | 4.84 |
| % of Calories | | | | | | | | | | *17.5% | 21.9% | 50.8% | 27.5% | 5.7% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 18

Generated on: 8/20/2018 12:08:18 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 09/26/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| spagh sauce w/ beef crum^ | 4 oz | 133 | 20 | 145 | 2.50 | 1.81 | 32.4 | 468 | 3.73 | 6 | 9.8 | 10.29 | 5.53 | 1.69 |
| rotini,whole grain,dry^ | 1/2 cup | 54 | 0 | 5 | 0.97 | 0.36 | 9.1 | 1 | 0.0 | *0 | 1.81 | 9.03 | 1.54 | 0.23 |
| ravioli, WG mini cheese | EACH (7 pieces) | 120 | 15 | 180 | 1.00 | 0.72 | 100.0 | 100 | 3.6 | 1 | 8.0 | 15.0 | 2.5 | 1.50 |
| breadstick^ | 2 oz | 160 | 0 | 200 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 6.0 | 29.0 | 2.0 | 0.00 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| salad romaine/spinach blend | 1 cup | 91 | 0 | 197 | 9.75 | 8.35 | 299.4 | 41021 | 72.8 | *1 | 9.28 | 15.69 | 1.56 | 0.23 |
| peach sliced in pear juice | 1/2 cup | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.75 | 2.38 | 0.25 |
| cheese parmesan grated | 2 TSP | 23 | 3 | 73 | 0.00 | 0.00 | 66.7 | 0 | 0.0 | 0 | 2.0 | 0.0 | 1.67 | 1.00 |
| margarine cup^ | 1 EACH | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt bar, HS, toppings | 2 oz. | 222 | 0 | 273 | 3.16 | 8.87 | 151.2 | 756 | 9.07 | 17 | 3.76 | 46.37 | 3.28 | 0.20 |
| yogurt bar/fruit | 1/2 cup | 60 | 0 | 3 | 1.68 | 0.34 | 7.9 | 220 | 17.76 | *6 | 0.51 | 15.04 | 0.15 | 0.01 |
| yogurt, HS bar | 8 oz. | 211 | 10 | 151 | 0.00 | 0.00 | 351.2 | 0 | 4.82 | 35 | 11.04 | 39.14 | 2.01 | 1.51 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| Weighted Daily Average | | 786 | 46 | 1061 | 15.90 | 11.09 | 636.9 | 27116 | 84.08 | *45 | 39.70 | 115.60 | 19.83 | 5.57 |
| % of Calories | | | | | | | | | | *22.7% | 20.2% | 58.8% | 22.7% | 6.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 09/27/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| ham/cheese w pretzel roll^ | 1 each | 262 | 43 | 471 | 3.00 | 2.18 | 107.8 | 136 | 0.59 | *2 | 15.49 | 29.72 | 9.14 | 4.52 |
| buffalo chix wrap w/ tortilla | 1 EACH | 510 | 36 | 948 | 7.84 | 2.33 | 190.1 | 356 | 0.5 | *3 | 25.66 | 47.8 | 25.01 | 7.03 |
| sweet potato fries^ | 4 oz | 200 | 0 | 250 | 2.00 | 0.36 | 20.0 | 3000 | 6.0 | 8 | 1.0 | 26.0 | 10.0 | 1.50 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| APPLE/CARROT/RAISIN/SALAD | 1 3/4 CUPS | 270 | 0 | 46 | 9.74 | 1.50 | 61.0 | 30739 | 25.06 | *43 | 2.79 | 70.09 | 0.75 | 0.12 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| pickle slices^ | 2 EACH | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| ketchup^ | 1 tbsps | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 tsp | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| Weighted Daily Average | | 822 | 56 | 1230 | 14.09 | 4.61 | 414.9 | 21665 | 41.69 | *48 | 30.83 | 120.29 | 27.09 | 8.42 |
| % of Calories | | | | | | | | | | *23.6% | 15.0% | 58.6% | 29.7% | 9.2% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|----|------|-------|-------|-------|-------|-------|-----|-------|-------|-------|------|
| Fri - 09/28/2018 | | | | | | | | | | | | | | |
| High School Lunch | Total | | | | | | | | | | | | | |
| philly beef w/bun | 1 EACH | 438 | 68 | 731 | 4.00 | 4.15 | 457.0 | 177 | 0.0 | *6 | 32.67 | 43.75 | 13.88 | 6.81 |
| philly chicken w/bun | 1 EACH | 432 | 87 | 925 | 4.00 | 3.70 | 517.0 | 177 | 14.4 | *6 | 32.55 | 44.65 | 13.6 | 6.00 |
| fajita vegetables | 1/2 cup | 14 | 0 | 6 | 0.00 | 0.00 | 0.0 | 113 | 8.5 | 2 | 0.0 | 2.83 | 0.0 | 0.00 |
| tator tots^ | 9 each | 166 | 0 | 398 | 2.21 | 0.40 | 0.0 | 0 | 3.98 | 0 | 2.21 | 21.02 | 7.74 | 1.11 |
| vegetables fresh/sal/bar/hs | 1 cup | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| fruit, canned, variety (hs) | 1 CUP | 142 | 0 | 16 | 1.60 | 0.29 | 16.0 | 738 | 16.55 | 30 | 0.8 | 37.12 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| pizza line HS | 1 EACH | 351 | 38 | 681 | 3.22 | 2.19 | 328.7 | 314 | 4.89 | 5 | 21.15 | 31.37 | 16.36 | 8.07 |
| salad bar HS | 1 EACH | 402 | 80 | 822 | 17.13 | 11.01 | 466.3 | 42824 | 88.13 | *3 | 28.81 | 49.72 | 11.14 | 3.05 |
| sandwiches (HS) | 1 EACH | 651 | 94 | 1230 | 6.35 | 4.86 | 326.5 | 261 | 0.92 | *13 | 38.91 | 64.63 | 28.06 | 5.10 |
| sunshine cake | 1 each | 266 | 15 | 156 | 1.17 | 0.69 | 9.7 | 3583 | 2.02 | *31 | 2.34 | 43.38 | 9.76 | 1.83 |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

Generated on: 8/20/2018 12:08:18 PM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 847 | 90 | 1364 | 8.52 | 5.39 | 647.4 | 4164 | 36.91 | *44 | 40.57 | 111.38 | 27.20 | 9.14 |
| % of Calories | | | | | | | | | | *21.0% | 19.2% | 52.6% | 28.9% | 9.7% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | |
|------------------|--|-----|----|------|-------|------|-------|------|-------|---------------|----------------|-----------------|----------------|--------------|
| Weighted Average | | 790 | 70 | 1257 | 11.23 | 6.24 | 559.5 | 9419 | 53.23 | *38 *42.9% | 38.78 19.6% | 104.60 53.0% | 25.71 29.3% | 7.78 8.9% |
|------------------|--|-----|----|------|-------|------|-------|------|-------|---------------|----------------|-----------------|----------------|--------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories | 790 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 70 | | | | | | | |
| Sodium 1 (mg) | 1257 | | 1420 | | | | | |
| Sodium 2 (mg) | 1257 | | 1080 | | | | 177 | Correction Required - Sodium too High |
| Fiber (g) | 11.23 | | | | | | | |
| Iron (mg) | 6.24 | | | | | | | |
| Calcium (mg) | 559.5 | | | | | | | |
| Vitamin A (IU) | 9419 | | | | | | | |
| Sugars (g) | 38 | 19.05% | | | Missing | | | |
| Vitamin C (mg) | 53.23 | | | | | | | |
| Protein (g) | 38.78 | 19.63% | | | | | | |
| Carbohydrate (g) | 104.60 | 52.95% | | | | | | |
| Total Fat (g) | 25.71 | 29.28% | | | | | | |
| Saturated Fat (g) | 7.78 | 8.86% | <10.00% | | | | | |

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.