

Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 1

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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)
Mon - 10/01/2018															
High School Food Court Men	Total	575													
french toast stk	4 Each	425	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	425	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	425	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	270	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	150	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	100	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	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	270	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	300	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	150	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	400	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	6	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	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			754	152	1171	7.35	3.04	290.4	2341	46.06	*38	22.94	109.40	25.20	5.52
% of Calories											*20.3%	12.2%	58.0%	30.1%	6.6%
Nutrient Guideline			750-850		1420										<10.00

Tue - 10/02/2018															
High School Food Court Men	Total	650													
chicken nuggets^	6 each	600	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	500	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	500	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	350	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	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
peach sliced in pear juice	1/2 cup	200	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	250	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	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
bbq sauce	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	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	450	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	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	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	50	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.

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 2

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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)
Weighted Daily Average			752	82	1395	6.71	4.85	298.4	3113	29.36	*23	38.54	88.23	28.23	4.39
% of Calories											*12.1%	20.5%	47.0%	33.8%	5.3%
Nutrient Guideline			750-850		1420										<10.00

Wed - 10/03/2018															
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
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
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
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
salad, veg, daily line HS	1/2 EACH	150	55	0	107	5.49	4.31	156.8	21323	42.81	*1	5.06	9.75	0.83	0.13
fruit salad tropical	1/2 cup	100	100	0	0	2.00	0.00	0.0	0	21.0	21	0.0	24.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
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
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
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
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			750	54	1004	12.35	14.25	563.8	11452	38.37	*34	35.50	106.32	21.57	6.52
% of Calories											*18.1%	18.9%	56.7%	25.9%	7.8%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

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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)
Thu - 10/04/2018															
High School Food Court Men	Total	700													
chicken patty/hot /spicy sw	sandwich	700	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	150	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	200	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	350	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	210	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	210	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	400	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	250	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	200	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	50	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	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	50	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	200	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	500	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	50	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	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	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			752	49	1414	11.67	6.95	574.0	1933	31.89	*45	38.52	120.41	15.72	3.31
% of Calories											*24.0%	20.5%	64.0%	18.8%	4.0%
Nutrient Guideline			750-850		1420										<10.00

Fri - 10/05/2018															
High School Food Court Men	Total	320													
hot dog with bun^	1 each	300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	150	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 cup	200	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	100	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	150	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	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
milk vty half pints^	1 each	300	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	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	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	20	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	400	136	12	73	0.88	0.52	5.3	1399	0.0	10	1.7	19.24	5.78	2.04

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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)
Weighted Daily Average			755	60	1393	10.43	5.00	484.7	5001	28.87	*50	27.92	109.13	26.01	9.91
% of Calories											*26.5%	14.8%	57.8%	31.0%	11.8%
Nutrient Guideline			750-850		1420										<10.00

Mon - 10/08/2018															
High School Food Court Men	Total	320													
chicken sweet chili thai	Servings	400	172	56	452	0.00	0.89	0.0	37	2.97	7	13.63	21.06	3.72	0.62
brown rice,chicken flavored	1/2 cup	375	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	275	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
vegetables stir fry	1/2 cup	200	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
salad, veg, daily line HS	1/2 EACH	200	55	0	107	5.49	4.31	156.8	21323	42.81	*1	5.06	9.75	0.83	0.13
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
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
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
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
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
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	5	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	20	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
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
yogurt parfaits.fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			755	112	1558	9.87	7.02	410.4	15768	55.33	*47	40.87	116.17	15.97	3.01
% of Calories											*24.8%	21.7%	61.6%	19.1%	3.6%
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)
Tue - 10/09/2018															
High School Food Court Men	Total	500													
chicken patty (4ozGold) s/w	1 EACH	575	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
broccoli & cheese s (gov)	1 CUP	150	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	200	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	200	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	250	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	200	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	100	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	450	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
ketchup^	1 tbsp	150	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	100	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	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
mayo(salad dressing light)^	1 TBSP	20	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
salad bar HS	1 EACH	10	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	30	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	15	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			756	99	1402	10.00	5.61	629.7	2888	51.36	*40	46.26	103.23	18.73	4.63
% of Calories											*21.3%	24.5%	54.6%	22.3%	5.5%
Nutrient Guideline			750-850		1420										<10.00

Wed - 10/10/2018															
High School Food Court Men	Total	320													
pasta variety HS1	1 CUP	350	210	0	75	4.00	9.99	120.0	0	0.0	2	7.0	43.0	1.5	0.00
sauce, alfredo HS	1/4 cup	150	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
spagh sauce w/ beef crum^	4 oz	180	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
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
salad, veg, daily line HS	1/2 EACH	150	55	0	107	5.49	4.31	156.8	21323	42.81	*1	5.06	9.75	0.83	0.13
pineapple chunks^	1/2 cup	150	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
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
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
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
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	15	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Weighted Daily Average			771	50	1002	12.65	15.91	595.5	12775	41.17	*36	34.70	115.18	20.98	6.21
% of Calories											*18.7%	18.0%	59.8%	24.5%	7.2%
Nutrient Guideline			750-850		1420										<10.00

Thu - 10/11/2018															
High School Food Court Men	Total	320													
hamburger on a bun^	1 each	300	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
sweet potato fries^	4 oz	300	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
vegetables, HB bar, HS	1/2 CUP	200	52	0	1	2.77	0.74	25.7	207	4.81	*1	1.7	11.11	0.17	0.00
lettuce & tomato	1/2 cup	150	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
pear sliced in juice	1/2 cup	150	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
pickle slices^	2 EACH	225	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	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	300	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	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	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	30	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	45	1119	10.40	5.56	534.0	4872	26.07	*41	31.88	104.31	24.20	5.74
% of Calories											*21.7%	17.0%	55.7%	29.1%	6.9%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Fri - 10/12/2018															
High School Food Court Men	Total	650													
pizza garlic fr bread ch	1 EACH	300	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	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	175	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	1/2 cup	150	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
melon mix (3)	1/2 cup	150	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	810	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
yogurt parfaits,fruit&gran HS	serving	15	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
brownie HS (usda)	1 each	400	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59
Weighted Daily Average			751	85	982	9.51	6.83	805.2	15580	44.24	*39	38.78	90.67	28.47	10.23
% of Calories											*20.8%	20.7%	48.3%	34.1%	12.3%
Nutrient Guideline			750-850		1420										<10.00

Mon - 10/15/2018															
High School Food Court Men	Total	600													
pork tenderloin s/w	1 each	450	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	200	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	150	324	0	1117	10.37	4.02	94.2	303	2.44	34	14.65	74.39	0.0	0.00
lettuce & tomato	1/2 cup	300	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
vegetables fresh/sal/bar/hs	1 cup	300	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	300	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	300	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	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsps	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	75	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	200	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	100	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	500	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	8	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
salad bar HS	1 EACH	15	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Weighted Daily Average			750	97	1330	12.68	6.26	554.1	3608	63.41	*42	36.49	108.27	21.53	5.18
% of Calories											*22.6%	19.5%	57.8%	25.8%	6.2%
Nutrient Guideline			750-850		1420										<10.00

Tue - 10/16/2018															
High School Food Court Men	Total	1000													
chicken strips^	5 EACH	750	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	500	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	800	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	300	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	300	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
pineapple tidbits	1/2 cup	400	80	0	0	1.00	0.36	20.0	0	6.0	17	0.0	19.0	0.0	0.00
juice cup variety	4 oz	200	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	1 tbsp	500	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	500	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	600	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	600	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	25	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	75	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	25	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			750	64	1279	6.97	4.74	262.5	2497	33.74	*29	34.17	97.47	24.04	3.19
% of Calories											*15.6%	18.2%	52.0%	28.9%	3.8%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Wed - 10/17/2018															
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
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
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
breadstick^	2 oz	275	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
salad, veg, daily line HS	1/2 EACH	150	55	0	107	5.49	4.31	156.8	21323	42.81	*1	5.06	9.75	0.83	0.13
peaches sliced	1/2 cup	150	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
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
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
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
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			760	47	998	12.52	13.87	538.3	11570	32.29	*32	35.04	111.77	20.24	6.12
% of Calories											*17.0%	18.5%	58.8%	24.0%	7.3%
Nutrient Guideline			750-850		1420										<10.00

Thu - 10/18/2018															
High School Food Court Men	Total	600													
crisпитos w/ cheese sauce	1 EACH	500	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
tator tots^	9 each	400	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
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
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
vegetables fresh/sal/bar/hs	1 cup	75	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	75	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1/2 CUP	75	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	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	75	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	50	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	25	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	200	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	2	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	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Weighted Daily Average			752	73	1378	7.70	3.91	363.1	2471	12.04	*13	32.58	69.46	37.52	10.36
% of Calories											*6.7%	17.3%	36.9%	44.9%	12.4%
Nutrient Guideline			750-850		1420										<10.00

Fri - 10/19/2018															
High School Food Court Men	Total	900													
philly beef w/bun	1 EACH	300	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	350	432	87	925	4.00	3.70	517.0	177	14.4	*6	32.55	44.65	13.6	6.00
cheese mozzarella shredded	1 oz	450	85	18	159	0.00	0.07	207.0	147	0.0	*N/A*	6.75	0.75	6.0	4.00
fajita vegetables	1/2 cup	400	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00
corn^	1/2 cup	400	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
vegetables fresh/sal/bar/hs	1 cup	400	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
mixed fruit cocktail	1/2 cup	400	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	400	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	150	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	300	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	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	15	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	150	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	25	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
ketchup^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
choc chip cookies w/lq egg	1 each	700	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			759	96	1203	8.26	4.96	645.6	3122	41.60	*34	39.16	96.89	25.23	9.95
% of Calories											*17.9%	20.6%	51.0%	29.9%	11.8%
Nutrient Guideline			750-850		1420										<10.00

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

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Mon - 10/22/2018															
High School Food Court Men	Total	600													
taco meat w/ beef crumbles^	3 oz	650	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	400	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	500	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	200	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
lettuce & tomato	1/2 cup	200	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
vegetables fresh/sal/bar/hs	1/2 cup	270	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
Kiwi and grapes	1/2 each	270	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1/2 CUP	271	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	200	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	200	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	200	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	810	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	10	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	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	20	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			752	63	1083	8.41	5.67	686.7	3369	59.40	*32	38.97	92.12	28.47	7.82
% of Calories											*17.2%	20.7%	49.0%	34.1%	9.4%
Nutrient Guideline			750-850		1420										<10.00

Tue - 10/23/2018															
High School Food Court Men	Total	600													
chicken, popcorn^	4 oz	750	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	400	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18
mixed veggies, frozen^	1/2 cup	500	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	400	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	450	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	500	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	200	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	500	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	250	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	600	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	150	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	400	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
salad bar HS	1 EACH	20	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	35	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51

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

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Weighted Daily Average			754	17	1419	11.34	6.42	403.5	5533	98.68	*43	36.86	106.45	20.32	2.40
% of Calories											*22.8%	19.6%	56.5%	24.3%	2.9%
Nutrient Guideline			750-850		1420										<10.00

Wed - 10/24/2018															
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
sauce, alfredo HS	1/4 cup	180	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
spaghetti meat sauce	1/2 cup	180	205	37	142	0.96	1.05	13.3	0	0.85	6	9.82	9.48	13.85	4.87
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
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit, canned, variety (hs)	1/2 CUP	150	71	0	8	0.80	0.14	8.0	369	8.28	15	0.4	18.56	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
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
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
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
milk vty half pints^	1 each	300	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	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	20	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			753	52	945	12.86	15.25	602.4	21953	57.44	*34	31.93	106.33	24.32	8.14
% of Calories											*18.2%	17.0%	56.4%	29.1%	9.7%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Thu - 10/25/2018															
High School Food Court Men	Total	750													
chicken mandarin orange	700 serving	700	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	700	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	700	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	500	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	500	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	500	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	500	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	250	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	200	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	200	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	600	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	25	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	100	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	50	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			751	88	1252	10.68	5.12	364.1	6280	74.06	*59	35.60	121.03	14.77	2.92
% of Calories											*31.7%	19.0%	64.5%	17.7%	3.5%
Nutrient Guideline			750-850		1420										<10.00

Fri - 10/26/2018															
High School Food Court Men	Total	1													
NO LUNCH	SERVING	1	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

Mon - 10/29/2018															
High School Food Court Men	Total	1													
NO LUNCH	SERVING	1	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

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Tue - 10/30/2018															
High School Food Court Men	Total	650													
chicken nuggets^	6 each	600	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	500	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	500	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	350	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	270	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
peach sliced in pear juice	1/2 cup	200	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	250	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	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
bbq sauce	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	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	450	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	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	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	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			752	82	1395	6.71	4.85	298.4	3113	29.36	*23	38.54	88.23	28.23	4.39
% of Calories											*12.1%	20.5%	47.0%	33.8%	5.3%
Nutrient Guideline			750-850		1420										<10.00

Wed - 10/31/2018															
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
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
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
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
salad, veg, daily line HS	1/2 EACH	150	55	0	107	5.49	4.31	156.8	21323	42.81	*1	5.06	9.75	0.83	0.13
fruit salad tropical	1/2 cup	100	100	0	0	2.00	0.00	0.0	0	21.0	21	0.0	24.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
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
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
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
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Weighted Daily Average			750	54	1004	12.35	14.25	563.8	11452	38.37	*34	35.50	106.32	21.57	6.52
% of Calories											*18.1%	18.9%	56.7%	25.9%	7.8%
Nutrient Guideline			750-850		1420										<10.00

Thu - 11/01/2018															
High School Food Court Men	Total	700													
chicken patty/hot /spicy sw	sandwich	700	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	150	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	200	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	350	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	210	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	210	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	400	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	250	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	200	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	50	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	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	50	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	200	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	500	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	50	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	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	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			752	49	1414	11.67	6.95	574.0	1933	31.89	*45	38.52	120.41	15.72	3.31
% of Calories											*24.0%	20.5%	64.0%	18.8%	4.0%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Fri - 11/02/2018															
High School Food Court Men	Total	320													
hot dog with bun^	1 each	300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	150	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	200	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
apple fresh whole^	1/2 each	100	47	0	1	2.18	0.11	5.5	49	4.19	9	0.24	12.57	0.15	0.03
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice and/or fruit	1 each	100	105	0	13	1.95	0.22	12.5	294	24.67	21	1.02	25.91	0.2	0.05
ketchup^	1 tbsp	150	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	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
milk vty half pints^	1 each	300	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	5	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	5	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	20	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	400	136	12	73	0.88	0.52	5.3	1399	0.0	10	1.7	19.24	5.78	2.04
Weighted Daily Average			752	60	1384	9.59	4.86	478.0	4062	25.48	*51	27.55	108.66	25.97	9.91
% of Calories											*27.0%	14.7%	57.8%	31.1%	11.9%
Nutrient Guideline			750-850		1420										<10.00

Mon - 11/05/2018															
High School Food Court Men	Total	320													
chicken sweet chili thai	Servings	400	172	56	452	0.00	0.89	0.0	37	2.97	7	13.63	21.06	3.72	0.62
brown rice,chicken flavored	1/2 cup	375	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	275	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
vegetables stir fry	1/2 cup	200	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
salad, veg, daily line HS	1/2 EACH	200	55	0	107	5.49	4.31	156.8	21323	42.81	*1	5.06	9.75	0.83	0.13
fruit, fresh, variety	1/2 CUP	200	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
fruit, canned, variety (hs)	1 CUP	200	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	20	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	75	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	120	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	200	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	5	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	10	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
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
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Weighted Daily Average			738	107	1487	10.14	6.80	333.9	15774	60.22	*49	37.97	117.62	14.93	2.73
% of Calories											*26.3%	20.6%	63.8%	18.2%	3.3%
Nutrient Guideline			750-850		1420										<10.00

Tue - 11/06/2018															
High School Food Court Men	Total	500													
chicken patty (4ozGold) s/w	1 EACH	575	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
broccoli & cheese s (gov)	1 CUP	150	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	200	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	200	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	250	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	200	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	100	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	450	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
ketchup^	1 tbsp	150	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	100	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	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
mayo(salad dressing light)^	1 TBSP	20	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
salad bar HS	1 EACH	10	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	30	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits.fruit&gran HS	serving	15	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
Weighted Daily Average			756	99	1402	10.00	5.61	629.7	2888	51.36	*40	46.26	103.23	18.73	4.63
% of Calories											*21.3%	24.5%	54.6%	22.3%	5.5%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Wed - 11/07/2018															
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
sauce, alfredo HS	1/4 cup	150	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50
spagh sauce w/ beef crum^	4 oz	180	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
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
salad, veg, daily line HS	1 EACH	150	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
pineapple chunks^	1/2 cup	150	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	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
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
dressing variety Ra/Fr/Ital^	2 tbsp	170	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
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
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	15	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			780	50	1040	15.27	16.44	654.9	22817	69.07	*39	36.18	117.27	21.21	6.28
% of Calories											*20.0%	18.5%	60.1%	24.5%	7.2%
Nutrient Guideline			750-850		1420										<10.00

Thu - 11/08/2018															
High School Food Court Men	Total	320													
hamburger on a bun^	1 each	300	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
sweet potato fries^	4 oz	300	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
vegetables, HB bar, HS	1/2 CUP	200	52	0	1	2.77	0.74	25.7	207	4.81	*1	1.7	11.11	0.17	0.00
lettuce & tomato	1/2 cup	150	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
pear sliced in juice	1/2 cup	150	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	150	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	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
pickle slices^	2 EACH	225	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	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	300	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	10	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar HS	1 EACH	10	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	30	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

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)
Weighted Daily Average			766	45	1119	11.07	5.64	538.7	4919	33.91	*43	32.08	108.54	24.28	5.75
% of Calories											*22.7%	16.8%	56.7%	28.5%	6.8%
Nutrient Guideline			750-850		1420										<10.00

Fri - 11/09/2018															
High School Food Court Men	Total	650													
pizza garlic fr bread ch	1 EACH	300	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	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	270	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	270	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	270	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	270	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	50	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	810	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
yogurt parfaits,fruit&gran HS	serving	15	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
brownie HS (usda)	1 each	400	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59
Weighted Daily Average			804	85	1023	12.73	8.35	865.2	22810	76.96	*45	41.04	102.59	28.89	10.30
% of Calories											*22.4%	20.4%	51.1%	32.4%	11.5%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			756	72	1236	10.43	7.68	519.4	8068	45.79	*39	36.08	105.20	22.89	6.05
											*46.0%	19.1%	55.6%	27.2%	7.2%

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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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	756		750 - 850	100%												
Cholesterol (mg)	72															
Sodium 1 (mg)	1236		1420													
Sodium 2 (mg)	1236		1080						156	Correction Required - Sodium too High						
Fiber (g)	10.43															
Iron (mg)	7.68															
Calcium (mg)	519.4															
Vitamin A (IU)	8068															
Sugars (g)	39	20.43%				Missing										
Vitamin C (mg)	45.79															
Protein (g)	36.08	19.09%														
Carbohydrate (g)	105.20	55.64%														
Total Fat (g)	22.89	27.25%														
Saturated Fat (g)	6.05	7.20%	<10.00%													

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