

# Linn-Mar Community Schools

Oct 16, 2017 thru Oct 27, 2017

## 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 10/16/2017</b>																
High School Food Court Men	Total	320														
pork tenderloin s/w	1 each	300	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50	0.00
baked beans^	1/2 CUP	275	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	230	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
ketchup^	1 tbsp	275	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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	0.00
Weighted Daily Average			886	93	1677	16.79	10.11	725.6	21237	67.23	*63	39.21	140.25	22.99	5.30	*0.00
% of Calories											*28.6%	17.7%	63.3%	23.3%	5.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

<b>Tue - 10/17/2017</b>																
High School Food Court Men	Total	320														
chicken strips^	5 EACH	300	338	57	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70	0.00
rolls, hot^	2 oz	250	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10	*0.00
french fries^	1/2 cup	275	178	0	44	2.22	0.80	0.0	0	8.0	0	4.44	31.11	3.33	0.00	0.00
salad, veg, daily line HS	1 EACH	100	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
fruit, canned, variety (hs)	1 CUP	100	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup^	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
bbq sauce	2 TBSP	200	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
margarine cup^	1 each	215	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00

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

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

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

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Oct 16, 2017 thru Oct 27, 2017

## Base Menu Spreadsheet

High School Food Court Menu

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			926	70	1510	10.65	8.10	496.3	14901	59.04	*39 *16.8%	44.85 19.4%	122.55 53.0%	28.87 28.1%	4.10 4.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420											<10.00

Wed - 10/18/2017																
High School Food Court Men	Total	320														
pasta variety HS1	1 CUP	300	210	0	75	4.00	9.99	120.0	0	0.0	2	7.0	43.0	1.5	0.00	0.00
sauce, alfredo HS	1/4 cup	120	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50	0.25
sauce, marinara w/meatballs HS	serving	180	210	35	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50	0.00
breadstick^	1 oz	275	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing 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	0.00
cheese parmesan grated	2 TSP	200	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average % of Calories			769	39	910	14.93	15.80	666.8	21265	68.88	*48 *24.9%	34.50 18.0%	121.51 63.2%	18.70 21.9%	6.02 7.1%	*0.09 *0.1%
Nutrient Guideline			750-850		1420											<10.00

Thu - 10/19/2017																
High School Food Court Men	Total	320														
french toast stk	2 Each	300	178	7	191	1.32	0.71	39.6	0	0.0	7	4.62	28.36	5.28	0.66	0.00
sausage turkey link	2 EACH	275	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00	0.00
potato triangles	2 each	275	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	2 TBSP	85	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
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	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00

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

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Oct 16, 2017 thru Oct 27, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			774	67	1105	11.17	6.89	540.5	20909	70.22	*52	29.58	116.68	24.35	4.43	*0.00
% of Calories											*26.7%	15.3%	60.3%	28.3%	5.2%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 10/20/2017																
High School Food Court Men	Total	320														
chicken, popcorn^	4 oz	300	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53	0.00
bread:scratch variety	serving	275	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
margarine cup^	1 EACH	235	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
ketchup^	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
bbq sauce	2 TBSP	150	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich	1 each	10	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50	0.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			686	10	1204	11.01	8.87	555.9	21571	70.89	*44	34.21	101.95	17.23	2.37	*0.00
% of Calories											*25.7%	20.0%	59.5%	22.6%	3.1%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Oct 16, 2017 thru Oct 27, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 10/23/2017</b>																
High School Food Court Men	Total	320														
pork tenderloin s/w	1 each	300	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50	0.00
baked beans^	1/2 CUP	275	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	230	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
ketchup^	1 tbsp	275	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
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	0.00
Weighted Daily Average			886	93	1677	16.79	10.11	725.6	21237	67.23	*63	39.21	140.25	22.99	5.30	*0.00
% of Calories											*28.6%	17.7%	63.3%	23.3%	5.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

<b>Tue - 10/24/2017</b>																
High School Food Court Men	Total	320														
chicken strips^	5 EACH	300	338	57	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70	0.00
rolls, hot^	2 oz	250	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10	*0.00
french fries^	1/2 cup	275	178	0	44	2.22	0.80	0.0	0	8.0	0	4.44	31.11	3.33	0.00	0.00
salad, veg, daily line HS	1 EACH	100	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
fruit, canned, variety (hs)	1 CUP	100	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup^	1 tbsp	100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
bbq sauce	2 TBSP	200	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00	0.00
margarine cup^	1 each	215	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	85	58	2	247	0.00	0.00	0.0	25	0.0	4	0.0	6.5	3.25	0.38	0.00
milk vty half pints^	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits,fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			926	70	1510	10.65	8.10	496.3	14901	59.04	*39	44.85	122.55	28.87	4.10	*0.00
% of Calories											*16.8%	19.4%	53.0%	28.1%	4.0%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Wed - 10/25/2017																
High School Food Court Men	Total	320														
pasta variety HS1	1 CUP	300	210	0	75	4.00	9.99	120.0	0	0.0	2	7.0	43.0	1.5	0.00	0.00
sauce, alfredo HS	1/4 cup	120	150	25	330	0.00	0.00	50.0	50	0.0	2	2.5	3.5	14.0	6.50	0.25
sauce, marinara w/meatballs HS	serving	180	210	35	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50	0.00
breadstick <sup>^</sup>	1 oz	275	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
salad, veg, daily line HS	1 EACH	150	109	0	214	10.98	8.62	313.6	42650	85.7	*2	10.13	19.52	1.67	0.25	*0.00
fruit, canned, variety (hs)	1 CUP	150	142	0	16	1.60	0.29	16.0	738	16.55	30	0.8	37.12	0.0	0.00	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
juice cup variety	4 oz	20	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing variety Ra/Fr/Ital <sup>^</sup>	2 tbsp	170	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
cheese parmesan grated	2 TSP	200	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00	0.00
milk vty half pints <sup>^</sup>	1 each	300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
pb&j sandwich	2 each	10	620	0	600	8.00	2.88	120.0	0	0.0	26	20.0	70.0	32.0	5.00	0.00
yogurt parfaits, fruit&gran HS	serving	10	469	10	230	5.27	1.37	363.4	273	23.6	*64	15.4	98.18	4.02	1.51	0.00
Weighted Daily Average			769	39	910	14.93	15.80	666.8	21265	68.88	*48	34.50	121.51	18.70	6.02	*0.09
% of Calories											*24.9%	18.0%	63.2%	21.9%	7.1%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

Thu - 10/26/2017																
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	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	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 10/27/2017																
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	0.00

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

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# Linn-Mar Community Schools

Oct 16, 2017 thru Oct 27, 2017

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420											<10.00

Weighted Average			828	60	1313	13.37	10.47	609.2	19661	66.43	*49 *53.8%	37.62 18.2%	123.41 59.6%	22.84 24.8%	4.71 5.1%	*0.02 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	828		750 - 850	100%				
Cholesterol (mg)	60							
Sodium (mg)	1313		1420					
Fiber (g)	13.37							
Iron (mg)	10.47							
Calcium (mg)	609.2							
Vitamin A (IU)	19661							
Sugars (g)	49	23.90%			Missing			
Vitamin C (mg)	66.43							
Protein (g)	37.62	18.18%						
Carbohydrate (g)	123.41	59.64%						
Total Fat (g)	22.84	24.83%						
Saturated Fat (g)	4.71	5.12%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.02	0.03%			Missing			

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

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

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