

Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 1

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	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 - 08/23/2018														
High School Food Court Men NO LUNCH	Total 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline		750-850		1420										<10.00

	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 - 08/24/2018														
High School Food Court Men	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
cheese mozzarella shredded	1 oz	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	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	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	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	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	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
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
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
ketchup^	1 tbsp	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	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average % of Calories		759	96	1203	8.26	4.96	645.6	3122	41.60	*34	39.16	96.89	25.23	9.95
Nutrient Guideline		750-850		1420						*17.9%	20.6%	51.0%	29.9%	11.8%

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

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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 - 08/27/2018														
High School Food Court Men	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
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
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
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
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
Weighted Daily Average		751	55	1040	9.93	5.43	697.2	4231	78.04	*36	36.67	98.57	26.90	7.23
% of Calories										*19.0%	19.5%	52.5%	32.2%	8.7%
Nutrient Guideline		750-850		1420										<10.00

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Aug 23, 2018 thru Sep 28, 2018

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High School Food Court Menu

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)
Tue - 08/28/2018														
High School Food Court Men	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
mixed veggies, frozen^	1/2 cup	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	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
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
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
Weighted Daily Average		750	16	1409	11.36	6.39	401.4	5532	100.90	*43	36.56	106.20	20.10	2.36
% of Calories										*23.0%	19.5%	56.7%	24.1%	2.8%
Nutrient Guideline		750-850		1420										<10.00

Wed - 08/29/2018														
High School Food Court Men	Total													
pasta variety HS1	1 CUP	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	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	205	37	142	0.96	1.05	13.3	0	0.85	6	9.82	9.48	13.85	4.87
breadstick^	1 oz	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	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
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 variety Ra/Fr/Ital^	2 tbsp	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	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	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
pb&j sandwich	2 each	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	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	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	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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Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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		849	51	955	15.18	18.21	620.6	21152	60.04	*37	33.55	124.41	26.29	8.66
% of Calories										*17.5%	15.8%	58.6%	27.9%	9.2%
Nutrient Guideline		750-850		1420										<10.00

Thu - 08/30/2018														
High School Food Court Men	Total													
chicken mandarin orange	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
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
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
Weighted Daily Average		746	94	1323	9.80	5.17	363.3	5230	57.08	*52	37.01	114.20	16.44	3.20
% of Calories										*28.1%	19.8%	61.2%	19.8%	3.9%
Nutrient Guideline		750-850		1420										<10.00

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	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 - 08/31/2018														
High School Food Court Men pizza crunchers^	Total 4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
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
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
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
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
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
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
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
Weighted Daily Average		784	51	1008	9.12	3.95	546.7	6498	23.26	*50	27.29	105.05	29.67	10.08
% of Calories										*25.4%	13.9%	53.6%	34.1%	11.6%
Nutrient Guideline		750-850		1420										<10.00

Mon - 09/03/2018														
High School Food Court Men NO LUNCH	Total 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

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Tue - 09/04/2018														
High School Food Court Men	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
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
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
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
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		752	80	1375	7.12	4.83	294.4	3145	35.60	*24	37.99	89.95	27.82	4.31
% of Calories										*12.9%	20.2%	47.9%	33.3%	5.2%
Nutrient Guideline		750-850		1420										<10.00

Wed - 09/05/2018														
High School Food Court Men	Total													
pasta variety HS1	1 CUP	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	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	210	35	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50
breadstick^	1 oz	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	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
fruit salad tropical	1/2 cup	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 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 variety Ra/Fr/Ital^	2 tbsp	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	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	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	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	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	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05

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

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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		764	48	974	15.62	16.04	617.4	21489	71.41	*39	35.48	114.34	20.24	6.25
% of Calories										*20.6%	18.6%	59.9%	23.9%	7.4%
Nutrient Guideline		750-850		1420										<10.00

Thu - 09/06/2018														
High School Food Court Men	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
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		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

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

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 Food Court Men	Total													
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
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 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 and/or fruit	1 each	105	0	13	1.95	0.22	12.5	294	24.67	21	1.02	25.91	0.2	0.05
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
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
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
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		841	60	1396	13.74	5.28	501.3	5217	53.09	*66	28.72	131.29	26.32	9.97
% of Calories										*31.4%	13.7%	62.5%	28.2%	10.7%
Nutrient Guideline		750-850		1420										<10.00

Mon - 09/10/2018														
High School Food Court Men	Total													
chicken sweet chili thai	Servings	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	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
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^	2 TBSP	59	0	108	0.00	0.00	0.0	0	0.0	11	0.0	13.78	0.0	0.00
soy sauce^	1/2 oz	10	0	1240	0.00	0.00	0.0	0	0.0	1	1.0	1.0	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
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
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
Weighted Daily Average		635	82	1406	7.81	4.16	251.7	5579	58.27	*53	29.42	103.99	11.54	2.21
% of Calories										*33.5%	18.5%	65.5%	16.4%	3.1%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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)
Tue - 09/11/2018														
High School Food Court Men	Total													
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
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
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
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
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 - 09/12/2018														
High School Food Court Men	Total													
pasta variety HS1	1 CUP	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	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	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
breadstick^	1 oz	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	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	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	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 variety Ra/Fr/Ital^	2 tbsp	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	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	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	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	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	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

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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		763	49	1018	15.08	16.35	644.1	22808	68.69	*38	35.33	114.72	20.71	6.18
% of Calories										*19.8%	18.5%	60.2%	24.4%	7.3%
Nutrient Guideline		750-850		1420										<10.00

Thu - 09/13/2018														
High School Food Court Men	Total													
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
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, HB bar, HS	1/2 CUP	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	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	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
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
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
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
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		759	45	1116	10.99	5.61	533.0	4915	33.54	*42	31.84	107.01	24.22	5.73
% of Calories										*22.4%	16.8%	56.4%	28.7%	6.8%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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 Food Court Men	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
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
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
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
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		753	78	948	12.78	8.00	737.0	22397	82.92	*40	37.41	96.31	27.58	9.81
% of Calories										*21.2%	19.9%	51.2%	33.0%	11.7%
Nutrient Guideline		750-850		1420										<10.00

Mon - 09/17/2018														
High School Food Court Men	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
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
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 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
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 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
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
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

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

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

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Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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		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 - 09/18/2018														
High School Food Court Men	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
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
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
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
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
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

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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 - 09/19/2018														
High School Food Court Men	Total													
pasta variety HS1	1 CUP	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	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	210	35	270	4.00	2.52	60.0	600	4.8	7	16.0	14.0	10.0	3.50
breadstick^	2 oz	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
salad, veg, daily line HS	1 EACH	109	0	214	10.97	8.62	313.6	42645	85.63	*2	10.13	19.5	1.67	0.25
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 variety Ra/Fr/Ital^	2 tbsp	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	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	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	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	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	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average		807	47	1049	15.98	15.98	618.0	21628	62.80	*37	37.69	121.98	20.73	6.20
% of Calories										*18.1%	18.7%	60.4%	23.1%	6.9%
Nutrient Guideline		750-850		1420										<10.00

Thu - 09/20/2018														
High School Food Court Men	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
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
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
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
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

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Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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		772	74	1397	8.00	4.02	402.6	2555	15.68	*16	33.67	73.34	37.66	10.43
% of Calories										*8.1%	17.4%	38.0%	43.9%	12.2%
Nutrient Guideline		750-850		1420										<10.00

Fri - 09/21/2018														
High School Food Court Men	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
cheese mozzarella shredded	1 oz	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	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	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	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	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	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
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
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
ketchup^	1 tbsp	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	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

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Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

	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 Food Court Men	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 & 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
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
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
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
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
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
Weighted Daily Average		765	60	1073	9.54	5.68	695.5	4106	72.50	*35	38.48	97.47	28.00	7.63
% of Calories										*18.5%	20.1%	51.0%	32.9%	9.0%
Nutrient Guideline		750-850		1420										<10.00

Tue - 09/25/2018														
High School Food Court Men	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
mixed veggies, frozen^	1/2 cup	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	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
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
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

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Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

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	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		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 - 09/26/2018														
High School Food Court Men	Total													
pasta variety HS1	1 CUP	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	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	205	37	142	0.96	1.05	13.3	0	0.85	6	9.82	9.48	13.85	4.87
breadstick^	1 oz	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	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 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 variety Ra/Fr/Ital^	2 tbsp	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	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	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
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
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		803	52	949	13.90	15.39	610.8	22173	69.15	*44	32.32	119.27	24.40	8.15
% of Calories										*21.9%	16.1%	59.4%	27.3%	9.1%
Nutrient Guideline		750-850		1420										<10.00

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Linn-Mar Community Schools

Aug 23, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

	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 - 09/27/2018														
High School Food Court Men	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
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
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
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

	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 - 09/28/2018														
High School Food Court Men	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
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
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
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
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
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
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
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
Weighted Daily Average		770	52	1092	10.05	4.27	618.9	6299	25.55	*40	30.12	98.21	29.83	10.98
% of Calories										*20.8%	15.7%	51.0%	34.9%	12.8%
Nutrient Guideline		750-850		1420										<10.00

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	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 Average		764	64	1201	11.03	7.59	529.3	8557	56.19	*41 *48.1%	35.43 18.6%	106.68 55.9%	23.36 27.5%	6.44 7.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	764		750 - 850	100%				
Cholesterol (mg)	64							
Sodium 1 (mg)	1201		1420					
Sodium 2 (mg)	1201		1080				121	Correction Required - Sodium too High
Fiber (g)	11.03							
Iron (mg)	7.59							
Calcium (mg)	529.3							
Vitamin A (IU)	8557							
Sugars (g)	41	21.36%			Missing			
Vitamin C (mg)	56.19							
Protein (g)	35.43	18.56%						
Carbohydrate (g)	106.68	55.87%						
Total Fat (g)	23.36	27.53%						
Saturated Fat (g)	6.44	7.58%	<10.00%					

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