

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 1

Generated on: 11/9/2018 3:12:13 PM

	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 - 11/12/2018															
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
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
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
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	300	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	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 tbs	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
Weighted Daily Average			750	97	1323	11.37	6.38	538.4	2836	39.41	*46	36.10	109.56	21.44	5.17
% of Calories											*24.4%	19.2%	58.4%	25.7%	6.2%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 2

Generated on: 11/9/2018 3:12:13 PM

	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 - 11/13/2018															
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
fresh veggie mix	1/2 cup	400	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
orange, fresh slices^	1/2 cup	400	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
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			745	64	1282	7.97	4.81	275.9	2856	59.78	*28	34.78	96.65	24.14	3.21
% of Calories											*14.9%	18.7%	51.9%	29.2%	3.9%
Nutrient Guideline			750-850		1420										<10.00

Wed - 11/14/2018															
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	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
fresh veggie mix	1/2 cup	150	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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 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	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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 3

Generated on: 11/9/2018 3:12:13 PM

	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			798	47	969	12.10	13.77	499.1	2502	32.09	*37	34.52	121.32	20.25	6.09
% of Calories											*18.4%	17.3%	60.8%	22.8%	6.9%
Nutrient Guideline			750-850		1420										<10.00

Thu - 11/15/2018															
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
lettuce & tomato	1/2 cup	100	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
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
fresh veggie mix	1/2 cup	75	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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 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	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	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	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
Weighted Daily Average			768	74	1394	7.68	3.97	399.4	2280	13.80	*15	33.45	72.35	37.62	10.42
% of Calories											*8.0%	17.4%	37.7%	44.1%	12.2%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 4

Generated on: 11/9/2018 3:12:13 PM

	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 - 11/16/2018															
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
fresh veggie mix	1/2 cup	400	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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			752	96	1197	7.78	4.98	641.8	2498	39.13	*34	38.86	95.17	25.20	9.95
% of Calories											*18.0%	20.7%	50.6%	30.2%	11.9%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 5

Generated on: 11/9/2018 3:12:13 PM

	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 - 11/19/2018															
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
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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	1084	8.47	5.80	689.2	3467	62.67	*33	39.05	92.09	28.49	7.82
% of Calories											*17.4%	20.8%	49.0%	34.1%	9.4%
Nutrient Guideline			750-850		1420										<10.00

	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 - 11/20/2018															
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
Roll, Hot (frozen) (19)	1 each	700	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
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
fresh veggie mix	1/2 cup	400	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	450	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	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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 6

Generated on: 11/9/2018 3:12:13 PM

	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 % of Calories			747	15	1468	8.76	5.99	364.7	4592	54.43	*46 *24.5%	36.69 19.6%	105.19 56.3%	19.21 23.1%	1.59 1.9%
Nutrient Guideline			750-850		1420										<10.00

Wed - 11/21/2018															
High School Food Court Men NO LUNCH	Total SERVING	1													
		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 % 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

Thu - 11/22/2018															
High School Food Court Men NO LUNCH	Total SERVING	1													
		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 % 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

Fri - 11/23/2018															
High School Food Court Men NO LUNCH	Total SERVING	1													
		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 % 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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 7

Generated on: 11/9/2018 3:12:13 PM

	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 - 11/26/2018															
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
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
banana,small	1 each	150	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1 CUP	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			766	152	1165	7.27	3.07	285.4	1987	27.26	*40	23.02	112.64	25.19	5.54
% of Calories											*20.9%	12.0%	58.8%	29.6%	6.5%
Nutrient Guideline			750-850		1420										<10.00

Tue - 11/27/2018															
High School Food Court Men	Total	650													
chicken nuggets^	6 each	650	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
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced in bag	bag	200	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
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.

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 8

Generated on: 11/9/2018 3:12:13 PM

	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			765	87	1422	6.82	5.05	297.6	2459	27.55	*21	40.34	86.84	29.69	4.55
% of Calories											*11.2%	21.1%	45.4%	34.9%	5.4%
Nutrient Guideline			750-850		1420										<10.00

Wed - 11/28/2018															
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	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
fresh veggie mix	1/2 cup	150	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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			766	54	975	11.04	14.06	518.4	2322	27.72	*35	34.70	110.22	21.48	6.47
% of Calories											*18.2%	18.1%	57.6%	25.2%	7.6%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 9

Generated on: 11/9/2018 3:12:13 PM

	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 - 11/29/2018															
High School Food Court Men	Total	700													
chicken patty/hot /spicy sw	sandwich	750	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	200	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	400	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
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
peas and carrots^	1/2 cup	350	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
strawberries fresh^	1/2 cup	210	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	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	400	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	100	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	75	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			744	53	1269	10.53	6.86	610.9	2868	61.89	*40	38.80	112.45	17.31	3.58
% of Calories											*21.3%	20.9%	60.5%	20.9%	4.3%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 10

Generated on: 11/9/2018 3:12:13 PM

	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 - 11/30/2018															
High School Food Court Men	Total	320													
hot dog with bun^	1 each	350	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
fresh veggie mix	1/2 cup	200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	100	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
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			773	65	1511	9.03	5.33	509.0	4417	27.98	*46	29.54	105.92	28.57	10.99
% of Calories											*24.1%	15.3%	54.8%	33.3%	12.8%
Nutrient Guideline			750-850		1420										<10.00

	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 - 12/03/2018															
High School Food Court Men	Total	320													
chicken sweet chili thai	Servings	600	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	500	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
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
fresh veggie mix	1/2 cup	200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
mandarin oranges^	1/2 cup	200	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	75	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	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	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	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	25	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	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			747	121	1488	6.19	4.32	257.2	5315	56.08	*51	38.96	116.09	15.04	2.68
% of Calories											*27.2%	20.9%	62.2%	18.1%	3.2%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 11

Generated on: 11/9/2018 3:12:13 PM

	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 - 12/04/2018															
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
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	400	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
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
fresh veggie mix	1/2 cup	200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	200	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	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			754	99	1393	10.14	5.76	645.9	2701	74.55	*40	46.67	101.64	18.82	4.64
% of Calories											*21.4%	24.8%	54.0%	22.5%	5.5%
Nutrient Guideline			750-850		1420										<10.00

Wed - 12/05/2018															
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
fresh veggie mix	1/2 cup	150	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 12

Generated on: 11/9/2018 3:12:13 PM

	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	961	11.38	14.23	536.0	3691	38.36	*39	33.01	116.60	20.73	6.17
% of Calories											*20.4%	17.1%	60.5%	24.2%	7.2%
Nutrient Guideline			750-850		1420										<10.00

Thu - 12/06/2018															
High School Food Court Men	Total	320													
hamburger on a bun^	1 each	350	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
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
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
fresh veggie mix	1/2 cup	200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
Weighted Daily Average			792	50	1210	10.81	6.09	572.5	5959	43.66	*45	34.78	109.09	25.98	6.32
% of Calories											*22.5%	17.6%	55.1%	29.5%	7.2%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 13

Generated on: 11/9/2018 3:12:13 PM

	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 - 12/07/2018															
High School Food Court Men	Total	650													
Pizza garlic f.b cheese (19)	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
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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			796	85	1018	12.27	8.36	861.7	22226	74.66	*45	40.76	100.98	28.86	10.29
% of Calories											*22.5%	20.5%	50.7%	32.6%	11.6%
Nutrient Guideline			750-850		1420										<10.00

Mon - 12/10/2018															
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
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
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
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	300	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	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

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 14

Generated on: 11/9/2018 3:12:13 PM

	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	1323	11.37	6.38	538.4	2836	39.41	*46	36.10	109.56	21.44	5.17
% of Calories											*24.4%	19.2%	58.4%	25.7%	6.2%
Nutrient Guideline			750-850		1420										<10.00

Tue - 12/11/2018															
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
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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, chunks	1/2 cup	400	91	0	0	1.14	0.41	22.8	114	13.68	23	1.14	25.09	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			754	64	1280	7.07	4.85	265.3	2608	39.00	*32	34.68	99.88	24.05	3.20
% of Calories											*16.8%	18.4%	53.0%	28.7%	3.8%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 15

Generated on: 11/9/2018 3:12:13 PM

	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 - 12/12/2018															
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
fresh veggie mix	1/2 cup	150	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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 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	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			765	47	958	11.47	12.21	480.3	2502	32.09	*36	33.42	114.60	20.01	6.09
% of Calories											*19.1%	17.5%	59.9%	23.5%	7.2%
Nutrient Guideline			750-850		1420										<10.00

Thu - 12/13/2018															
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
lettuce & tomato	1/2 cup	100	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
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
fresh veggie mix	1/2 cup	75	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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 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	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	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	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

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 16

Generated on: 11/9/2018 3:12:13 PM

	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			768	74	1394	7.68	3.97	399.4	2280	13.80	*15	33.45	72.35	37.62	10.42
% of Calories											*8.0%	17.4%	37.7%	44.1%	12.2%
Nutrient Guideline			750-850		1420										<10.00

Fri - 12/14/2018															
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
fresh veggie mix	1/2 cup	400	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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			752	96	1197	7.78	4.98	641.8	2498	39.13	*34	38.86	95.17	25.20	9.95
% of Calories											*18.0%	20.7%	50.6%	30.2%	11.9%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 17

Generated on: 11/9/2018 3:12:13 PM

	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 - 12/17/2018															
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
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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	1084	8.47	5.80	689.2	3467	62.67	*33	39.05	92.09	28.49	7.82
% of Calories											*17.4%	20.8%	49.0%	34.1%	9.4%
Nutrient Guideline			750-850		1420										<10.00

Tue - 12/18/2018															
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
fresh veggie mix	1/2 cup	400	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 18

Generated on: 11/9/2018 3:12:13 PM

	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			742	17	1410	10.61	6.44	397.8	4597	94.98	*43	36.41	103.87	20.28	2.39
% of Calories											*23.1%	19.6%	56.0%	24.6%	2.9%
Nutrient Guideline			750-850		1420										<10.00

Wed - 12/19/2018															
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	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
fresh veggie mix	1/2 cup	150	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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	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			746	52	867	9.54	12.97	479.7	2654	22.84	*33	28.57	105.87	23.84	8.04
% of Calories											*17.8%	15.3%	56.7%	28.8%	9.7%
Nutrient Guideline			750-850		1420										<10.00

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

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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 12/20/2018															
High School Food Court Men	Total	750													
chicken mandarin orange	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	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
fresh veggie mix	1/2 cup	500	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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			739	88	1243	9.95	5.14	358.4	5343	70.36	*59	35.15	118.45	14.73	2.90
% of Calories											*32.1%	19.0%	64.1%	17.9%	3.5%
Nutrient Guideline			750-850		1420										<10.00

Fri - 12/21/2018															
High School Food Court Men	Total	600													
pizza crunchers^	4 piece serving	600	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	400	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	200	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	200	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	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	50	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	25	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	8	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
sunshine cake	1 each	400	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

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

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 20

Generated on: 11/9/2018 3:12:13 PM

	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 - 12/24/2018															
High School Food Court Men NO LUNCH	Total SERVING	1													
		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 % 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
Tue - 12/25/2018															
High School Food Court Men NO LUNCH	Total SERVING	1													
		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 % 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
Wed - 12/26/2018															
High School Food Court Men NO LUNCH	Total SERVING	1													
		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 % 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
Thu - 12/27/2018															
High School Food Court Men NO LUNCH	Total SERVING	1													
		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 % 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
Fri - 12/28/2018															
High School Food Court Men NO LUNCH	Total SERVING	1													
		1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Food Court Menu

Portion Values - Detailed

Page 21

Generated on: 11/9/2018 3:12:13 PM

	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 % 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						0.0%	0.0%	0.0%	0.0%	<10.00

Mon - 12/31/2018															
High School Food Court Men NO LUNCH	Total SERVING														
	1														
Weighted Daily Average % of Calories	1		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	<10.00

Weighted Average			760	71	1221	9.39	6.88	495.3	4076	44.48	*37 *44.4%	35.55 18.7%	102.77 54.1%	24.20 28.7%	6.39 7.6%
------------------	--	--	-----	----	------	------	------	-------	------	-------	---------------	----------------	-----------------	----------------	--------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	760		750 - 850	100%				
Cholesterol (mg)	71							
Sodium 1 (mg)	1221		1420					
Sodium 2 (mg)	1221		1080				141	Correction Required - Sodium too High
Fiber (g)	9.39							
Iron (mg)	6.88							
Calcium (mg)	495.3							
Vitamin A (IU)	4076							
Sugars (g)	37	19.71%			Missing			
Vitamin C (mg)	44.48							
Protein (g)	35.55	18.71%						
Carbohydrate (g)	102.77	54.08%						
Total Fat (g)	24.20	28.66%						
Saturated Fat (g)	6.39	7.56%	<10.00%					

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

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