

# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/23/2018														
Linn-Mar Elementary Lunch	Total													
chicken patty,breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick ^	1 EACH	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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
Weighted Daily Average		553	45	941	8.25	5.39	432.9	7116	37.77	*26	29.72	77.85	15.42	3.29
% of Calories										*18.7%	21.5%	56.3%	25.1%	5.4%
Nutrient Guideline		550-650		1230										<10.00

Fri - 08/24/2018														
Linn-Mar Elementary Lunch	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
chicken teriyaki^	4 EACH	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice lmusda^	1/2 cup	116	0	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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

\*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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Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		551	49	1190	5.63	3.69	453.1	3203	39.51	*32	23.43	74.48	18.44	6.71
% of Calories										*23.0%	17.0%	54.1%	30.1%	11.0%
Nutrient Guideline		550-650		1230										<10.00

Mon - 08/27/2018														
Linn-Mar Elementary Lunch	Total													
pizza sticks (2 sticks)^	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
beef, hot shredded SW^	4 oz	324	67	590	3.00	3.65	200.0	0	0.0	4	29.56	31.0	9.18	3.08
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	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
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
marinara sauce cup^	2 oz	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	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		550	58	910	6.32	2.88	286.8	1993	23.63	*31	25.27	70.67	19.50	8.14
% of Calories										*22.9%	18.4%	51.4%	31.9%	13.3%
Nutrient Guideline		550-650		1230										<10.00

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Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 08/28/2018														
Linn-Mar Elementary Lunch	Total													
pancakes^	2 EACH	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00
mac & cheese^	6 oz	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average		551	38	1126	5.73	2.58	481.1	2300	55.88	*27	18.75	74.25	18.66	6.16
% of Calories										*19.9%	13.6%	53.9%	30.5%	10.1%
Nutrient Guideline		550-650		1230										<10.00

Wed - 08/29/2018														
Linn-Mar Elementary Lunch	Total													
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla 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
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
hoagie sub sandwich^	1 each	285	46	758	3.00	2.45	318.0	136	0.9	*4	16.38	31.23	11.18	4.29
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
ref beansw/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1/2 cup	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
pear 1/2 ^	1/2s	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	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
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
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
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
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

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Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		598	46	977	7.29	4.10	588.5	2149	21.60	*22	28.46	70.46	24.20	7.63
% of Calories										*14.6%	19.0%	47.1%	36.4%	11.5%
Nutrient Guideline		550-650		1230										<10.00

Thu - 08/30/2018														
Linn-Mar Elementary Lunch	Total													
chicken, popcorn^	4 oz	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
b&b half sandwich( whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
breakfast sandwich^	1 each	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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, 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
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		551	58	1093	6.30	4.23	472.3	3207	37.50	*29	27.76	68.90	18.50	5.07
% of Calories										*20.8%	20.2%	50.1%	30.2%	8.3%
Nutrient Guideline		550-650		1230										<10.00

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Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 5

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 08/31/2018														
Linn-Mar Elementary Lunch	Total													
corn dog, mini^	6 each	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	241	31	565	2.62	1.57	240.5	427	1.05	2	12.06	28.4	9.23	5.05
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
veggie cup^	1/2 cup	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	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
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
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^	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, 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
honey dijon mustard dressing	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		556	43	1107	8.39	3.42	465.9	2090	57.66	*23	18.52	74.02	20.76	5.87
% of Calories										*16.8%	13.3%	53.2%	33.6%	9.5%
Nutrient Guideline		550-650		1230										<10.00

Mon - 09/03/2018														
Linn-Mar Elementary Lunch	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00

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Page 6

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/04/2018														
Linn-Mar Elementary Lunch	Total													
pizza garlic fr bread ch	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
pigs in a blanket^	1 each	209	61	913	1.50	1.05	60.4	0	0.0	*1	11.14	15.35	11.09	3.36
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
carrots, sunshine	1/2 CUP	26	0	45	2.25	0.54	15.0	1313	1.8	3	0.75	5.25	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
Weighted Daily Average		550	50	1174	5.85	3.45	584.3	3742	43.79	*34	25.19	70.48	19.80	6.74
% of Calories										*24.7%	18.3%	51.3%	32.4%	11.0%
Nutrient Guideline		550-650		1230										<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/05/2018														
Linn-Mar Elementary Lunch	Total													
pizza crunchers^	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
ham/cheese w pretzel roll^	1 each	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	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
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
Weighted Daily Average		566	33	988	6.60	2.92	457.9	3963	31.03	*24	19.88	71.35	22.88	7.88
% of Calories										*16.8%	14.1%	50.5%	36.4%	12.5%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 7

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/06/2018														
Linn-Mar Elementary Lunch	Total													
yogurt parfaits,fruit&granola^	4 oz	257	5	128	3.41	0.78	179.7	0	12.81	*33	7.96	54.13	2.37	0.75
lasagna w/beef crumbles^	1 EACH	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
muffin, choc chip, scratch^	2 oz	176	13	216	2.03	1.06	81.8	523	0.05	*8	3.13	28.3	6.67	2.20
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
Weighted Daily Average		547	33	707	6.98	3.37	508.2	6426	39.64	*41	19.39	86.39	15.83	5.75
% of Calories										*30.0%	14.2%	63.2%	26.1%	9.5%
Nutrient Guideline		550-650		1230										<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 - 09/07/2018														
Linn-Mar Elementary Lunch	Total													
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83
shrimp poppers^	20 EACH	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00
b&b half sandwich( whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peach halves in pear juice^	1/2 cup	50	0	10	0.00	0.00	0.0	300	1.2	10	0.0	12.0	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
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, PC cup^	EACH	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		551	52	1187	5.08	3.07	342.3	2302	26.86	*25	25.09	70.89	19.47	4.23
% of Calories										*18.3%	18.2%	51.4%	31.8%	6.9%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 8

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 09/10/2018</b>														
Linn-Mar Elementary Lunch	Total													
pizza 5" cheese ^	1 each	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pigs in a blanket^	1 each	209	61	913	1.50	1.05	60.4	0	0.0	*1	11.14	15.35	11.09	3.36
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
Weighted Daily Average		553	38	1074	8.16	3.65	553.6	2458	27.80	*28	22.86	79.82	16.74	5.25
% of Calories										*20.5%	16.5%	57.8%	27.3%	8.6%
Nutrient Guideline		550-650		1230										<10.00

<b>Tue - 09/11/2018</b>														
Linn-Mar Elementary Lunch	Total													
f toast st w/ egg omelet	2 EACH	350	195	470	2.00	1.44	120.0	400	0.0	10	14.0	39.0	15.0	4.00
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
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
potatoes,smiley^	4 oz	158	0	218	2.43	0.44	0.0	0	2.91	0	2.43	24.26	5.46	0.61
veggie cup^	1/2 cup	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	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
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
Weighted Daily Average		556	109	912	5.51	2.58	326.7	1831	21.61	*28	18.43	80.04	18.24	4.11
% of Calories										*20.2%	13.3%	57.6%	29.5%	6.7%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 9

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/12/2018														
Linn-Mar Elementary Lunch	Total													
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05
sunb& jelly sw/ cheese st ^	1 EACH	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	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
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, PC cup^	EACH	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	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
Weighted Daily Average		551	45	1183	5.47	3.72	350.7	2471	25.73	*34	24.80	76.27	17.33	3.38
% of Calories										*24.6%	18.0%	55.3%	28.3%	5.5%
Nutrient Guideline		550-650		1230										<10.00

Thu - 09/13/2018														
Linn-Mar Elementary Lunch	Total													
chicken patty,breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick ^	1 EACH	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 10

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		549	45	954	8.08	5.32	466.4	7232	39.06	*28	29.83	77.10	15.07	3.40
% of Calories										*20.2%	21.7%	56.2%	24.7%	5.6%
Nutrient Guideline		550-650		1230										<10.00

Fri - 09/14/2018														
Linn-Mar Elementary Lunch	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
chicken teriyaki^	4 EACH	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice lmsda^	1/2 cup	116	0	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
Weighted Daily Average		556	47	1161	5.43	3.61	500.0	3227	41.63	*36	23.50	77.03	17.92	6.56
% of Calories										*25.9%	16.9%	55.4%	29.0%	10.6%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 11

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/17/2018														
Linn-Mar Elementary Lunch	Total													
pizza sticks (2 sticks)^	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
beef, hot shredded SW^	4 oz	324	67	590	3.00	3.65	200.0	0	0.0	4	29.56	31.0	9.18	3.08
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	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
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
marinara sauce cup^	2 oz	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	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		551	58	897	6.18	2.83	294.0	1982	23.47	*32	25.43	71.10	19.45	8.15
% of Calories										*23.3%	18.5%	51.6%	31.8%	13.3%
Nutrient Guideline		550-650		1230										<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)
Tue - 09/18/2018														
Linn-Mar Elementary Lunch	Total													
pancakes^	2 EACH	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00
mac & cheese^	6 oz	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average		551	38	1126	5.73	2.58	481.1	2300	55.88	*27	18.75	74.25	18.66	6.16
% of Calories										*19.9%	13.6%	53.9%	30.5%	10.1%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 12

Generated on: 8/20/2018 12:07:36 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/19/2018														
Linn-Mar Elementary Lunch														
	Total													
	taco meat w/ beef crumbles^	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
	tortilla chips, 2 oz pkg^	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
	cheese cheddar shredded^	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
	hoagie sub sandwich^	285	46	758	3.00	2.45	318.0	136	0.9	*4	16.38	31.23	11.18	4.29
	Lion Cub Meal^	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
	yogurt variety^	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
	milk vty half pints^	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
	ref beansw/salsa &cheese^	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
	lettuce,shredded^	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
	tomato fresh diced^	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
	pear 1/2 ^	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	0.0	0.00
	dressing variety Ra/Fr/Ital^	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	ketchup^	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
	mustard^	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)^	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
	salsa cup^	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
	pickle slices^	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	Weighted Daily Average	553	43	905	6.77	3.75	517.6	1765	16.63	*19	26.12	64.31	22.86	7.08
	% of Calories									*13.7%	18.9%	46.5%	37.2%	11.5%
	Nutrient Guideline	550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 13

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/20/2018														
Linn-Mar Elementary Lunch	Total													
chicken, popcorn^	4 oz	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
b&b half sandwich( whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
breakfast sandwich^	1 each	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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, 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
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		550	59	1105	5.99	4.19	480.3	2966	35.73	*29	27.69	68.48	18.66	5.09
% of Calories										*20.8%	20.1%	49.8%	30.5%	8.3%
Nutrient Guideline		550-650		1230										<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/21/2018														
Linn-Mar Elementary Lunch	Total													
corn dog, mini^	6 each	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	241	31	565	2.62	1.57	240.5	427	1.05	2	12.06	28.4	9.23	5.05
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
veggie cup^	1/2 cup	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	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
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
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^	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, 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
honey dijon mustard dressing	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		556	43	1107	8.39	3.42	465.9	2090	57.66	*23	18.52	74.02	20.76	5.87
% of Calories										*16.8%	13.3%	53.2%	33.6%	9.5%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 14

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/24/2018														
Linn-Mar Elementary Lunch	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
grilled cheese: 4 sl^	1 EACH	761	54	1532	4.00	1.54	392.0	2508	0.0	*4	20.56	32.9	62.49	30.60
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced^	1/2 cup	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
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
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
Weighted Daily Average		558	38	1194	6.74	3.67	453.8	2382	20.03	*24	23.22	61.87	25.93	11.10
% of Calories										*17.4%	16.7%	44.4%	41.9%	17.9%
Nutrient Guideline		550-650		1230										<10.00

Tue - 09/25/2018														
Linn-Mar Elementary Lunch	Total													
pizza garlic fr bread ch	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
pigs in a blanket^	1 each	209	61	913	1.50	1.05	60.4	0	0.0	*1	11.14	15.35	11.09	3.36
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
carrots, sunshine	1/2 CUP	26	0	45	2.25	0.54	15.0	1313	1.8	3	0.75	5.25	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
Weighted Daily Average		558	51	1170	5.41	3.37	626.1	3501	41.71	*35	26.19	71.49	19.83	6.82
% of Calories										*25.4%	18.8%	51.2%	32.0%	11.0%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 15

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/26/2018														
Linn-Mar Elementary Lunch	Total													
pizza crunchers^	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
ham/cheese w pretzel roll^	1 each	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	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
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
Weighted Daily Average		553	33	968	6.48	2.90	457.0	3735	30.95	*24	19.84	70.04	22.11	7.76
% of Calories										*17.2%	14.4%	50.7%	36.0%	12.6%
Nutrient Guideline		550-650		1230										<10.00

Thu - 09/27/2018														
Linn-Mar Elementary Lunch	Total													
yogurt parfaits,fruit&granola^	4 oz	257	5	128	3.41	0.78	179.7	0	12.81	*33	7.96	54.13	2.37	0.75
lasagna w/beef crumbles^	1 EACH	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
muffin,choc chip, scratch^	2 oz	176	13	216	2.03	1.06	81.8	523	0.05	*8	3.13	28.3	6.67	2.20
dressing variety Ra/Fr/Ital^	2 tbsps	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
Weighted Daily Average		550	33	706	7.04	3.40	500.5	6476	38.91	*41	19.20	87.46	15.93	5.74
% of Calories										*30.1%	14.0%	63.6%	26.1%	9.4%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 16

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/28/2018														
Linn-Mar Elementary Lunch	Total													
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83
shrimp poppers^	20 EACH	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00
b&b half sandwich( whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peach halves in pear juice^	1/2 cup	50	0	10	0.00	0.00	0.0	300	1.2	10	0.0	12.0	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
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, PC cup^	EACH	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		551	52	1187	5.08	3.07	342.3	2302	26.86	*25	25.09	70.89	19.47	4.23
% of Calories										*18.3%	18.2%	51.4%	31.8%	6.9%
Nutrient Guideline		550-650		1230										<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)
Mon - 10/01/2018														
Linn-Mar Elementary Lunch	Total													
pizza 5" cheese ^	1 each	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pigs in a blanket^	1 each	209	61	913	1.50	1.05	60.4	0	0.0	*1	11.14	15.35	11.09	3.36
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
Weighted Daily Average		550	38	1090	8.27	3.65	533.5	2585	29.32	*28	22.37	79.73	16.69	5.22
% of Calories										*20.4%	16.3%	58.0%	27.3%	8.5%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 17

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/02/2018														
Linn-Mar Elementary Lunch	Total													
f toast st w/ egg omelet	2 EACH	350	195	470	2.00	1.44	120.0	400	0.0	10	14.0	39.0	15.0	4.00
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
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
potatoes,smiley^	4 oz	158	0	218	2.43	0.44	0.0	0	2.91	0	2.43	24.26	5.46	0.61
veggie cup^	1/2 cup	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	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
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
Weighted Daily Average		550	109	913	5.36	2.54	324.3	1822	21.50	*29	18.10	78.72	18.34	4.13
% of Calories										*20.8%	13.2%	57.2%	30.0%	6.8%
Nutrient Guideline		550-650		1230										<10.00

Wed - 10/03/2018														
Linn-Mar Elementary Lunch	Total													
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05
sunb& jelly sw/ cheese st ^	1 EACH	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	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
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, PC cup^	EACH	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	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

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 18

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		552	45	1197	5.69	3.80	359.3	2432	25.45	*32	25.38	74.00	17.97	3.53
% of Calories										*23.2%	18.4%	53.7%	29.3%	5.8%
Nutrient Guideline		550-650		1230										<10.00

Thu - 10/04/2018														
Linn-Mar Elementary Lunch	Total													
chicken patty,breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick ^	1 EACH	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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
Weighted Daily Average		550	44	930	8.77	5.52	452.9	9134	45.13	*28	29.22	77.56	15.33	3.50
% of Calories										*20.2%	21.3%	56.4%	25.1%	5.7%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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)
Fri - 10/05/2018														
Linn-Mar Elementary Lunch	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
chicken teriyaki^	4 EACH	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice Imusda^	1/2 cup	116	0	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
Weighted Daily Average		549	47	1160	5.47	3.59	455.1	3153	41.45	*34	22.93	75.78	17.98	6.53
% of Calories										*24.7%	16.7%	55.2%	29.5%	10.7%
Nutrient Guideline		550-650		1230										<10.00

Mon - 10/08/2018														
Linn-Mar Elementary Lunch	Total													
pizza sticks (2 sticks)^	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
beef, hot shredded SW^	4 oz	324	67	590	3.00	3.65	200.0	0	0.0	4	29.56	31.0	9.18	3.08
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	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
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
marinara sauce cup^	2 oz	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	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		550	56	933	6.39	2.94	335.1	2143	27.51	*32	26.15	71.51	18.70	7.83
% of Calories										*23.5%	19.0%	52.0%	30.6%	12.8%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 20

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/09/2018														
Linn-Mar Elementary Lunch	Total													
pancakes^	2 EACH	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00
mac & cheese^	6 oz	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average		551	38	1126	5.73	2.58	481.1	2300	55.88	*27	18.75	74.25	18.66	6.16
% of Calories										*19.9%	13.6%	53.9%	30.5%	10.1%
Nutrient Guideline		550-650		1230										<10.00

Wed - 10/10/2018														
Linn-Mar Elementary Lunch	Total													
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla 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
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
hoagie sub sandwich^	1 each	285	46	758	3.00	2.45	318.0	136	0.9	*4	16.38	31.23	11.18	4.29
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
ref beans/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1/2 cup	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
pear 1/2 ^	1/2s	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	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
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
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
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
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

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 21

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		549	44	929	6.79	3.86	534.6	2045	21.32	*18	26.41	63.13	22.72	7.31
% of Calories										*13.3%	19.2%	46.0%	37.2%	12.0%
Nutrient Guideline		550-650		1230										<10.00

Thu - 10/11/2018														
Linn-Mar Elementary Lunch	Total													
chicken, popcorn^	4 oz	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
b&b half sandwich( whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
breakfast sandwich^	1 each	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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, 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
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		550	59	1105	5.99	4.19	480.3	2966	35.73	*29	27.69	68.48	18.66	5.09
% of Calories										*20.8%	20.1%	49.8%	30.5%	8.3%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 22

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/12/2018														
Linn-Mar Elementary Lunch	Total													
corn dog, mini^	6 each	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	241	31	565	2.62	1.57	240.5	427	1.05	2	12.06	28.4	9.23	5.05
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
veggie cup^	1/2 cup	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	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
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
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^	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, 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
honey dijon mustard dressing	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		556	43	1107	8.39	3.42	465.9	2090	57.66	*23	18.52	74.02	20.76	5.87
% of Calories										*16.8%	13.3%	53.2%	33.6%	9.5%
Nutrient Guideline		550-650		1230										<10.00

Mon - 10/15/2018														
Linn-Mar Elementary Lunch	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
grilled cheese: 4 sl^	1 EACH	761	54	1532	4.00	1.54	392.0	2508	0.0	*4	20.56	32.9	62.49	30.60
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced^	1/2 cup	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
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
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
Weighted Daily Average		558	37	1167	7.32	3.84	467.6	2652	25.61	*26	23.30	65.44	24.35	10.26
% of Calories										*18.7%	16.7%	46.9%	39.3%	16.6%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 23

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/16/2018														
Linn-Mar Elementary Lunch	Total													
pizza garlic fr bread ch	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
pigs in a blanket^	1 each	209	61	913	1.50	1.05	60.4	0	0.0	*1	11.14	15.35	11.09	3.36
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
carrots, sunshine	1/2 CUP	26	0	45	2.25	0.54	15.0	1313	1.8	3	0.75	5.25	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
Weighted Daily Average		558	51	1170	5.41	3.37	626.1	3501	41.71	*35	26.19	71.49	19.83	6.82
% of Calories										*25.4%	18.8%	51.2%	32.0%	11.0%
Nutrient Guideline		550-650		1230										<10.00

Wed - 10/17/2018														
Linn-Mar Elementary Lunch	Total													
pizza crunchers^	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
ham/cheese w pretzel roll^	1 each	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	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
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
Weighted Daily Average		550	34	960	6.43	2.93	494.5	3668	32.14	*25	20.36	70.62	21.38	7.67
% of Calories										*18.3%	14.8%	51.3%	34.9%	12.5%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 24

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/18/2018														
Linn-Mar Elementary Lunch	Total													
yogurt parfaits,fruit&granola^	4 oz	257	5	128	3.41	0.78	179.7	0	12.81	*33	7.96	54.13	2.37	0.75
lasagna w/beef crumbles^	1 EACH	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
muffin, choc chip, scratch^	2 oz	176	13	216	2.03	1.06	81.8	523	0.05	*8	3.13	28.3	6.67	2.20
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
Weighted Daily Average		557	33	718	7.04	3.38	536.5	6153	42.34	*43	20.17	88.07	15.76	5.78
% of Calories										*30.7%	14.5%	63.3%	25.5%	9.3%
Nutrient Guideline		550-650		1230										<10.00

Fri - 10/19/2018														
Linn-Mar Elementary Lunch	Total													
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83
shrimp poppers^	20 EACH	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00
b&b half sandwich( whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peach halves in pear juice^	1/2 cup	50	0	10	0.00	0.00	0.0	300	1.2	10	0.0	12.0	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
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, PC cup^	EACH	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		558	52	1187	5.23	3.12	345.4	2310	26.72	*25	25.39	71.27	19.95	4.42
% of Calories										*17.7%	18.2%	51.1%	32.2%	7.1%
Nutrient Guideline		550-650		1230										<10.00

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 25

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 10/22/2018</b>														
Linn-Mar Elementary Lunch	Total													
pizza 5" cheese ^	1 each	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pigs in a blanket^	1 each	209	61	913	1.50	1.05	60.4	0	0.0	*1	11.14	15.35	11.09	3.36
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
Weighted Daily Average		553	38	1074	8.16	3.65	553.6	2458	27.80	*28	22.86	79.82	16.74	5.25
% of Calories										*20.5%	16.5%	57.8%	27.3%	8.6%
Nutrient Guideline		550-650		1230										<10.00

<b>Tue - 10/23/2018</b>														
Linn-Mar Elementary Lunch	Total													
f toast st w/ egg omelet	2 EACH	350	195	470	2.00	1.44	120.0	400	0.0	10	14.0	39.0	15.0	4.00
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
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
potatoes,smiley^	4 oz	158	0	218	2.43	0.44	0.0	0	2.91	0	2.43	24.26	5.46	0.61
veggie cup^	1/2 cup	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	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
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
Weighted Daily Average		565	110	941	5.40	2.61	364.9	2013	23.88	*30	18.74	80.33	18.89	4.39
% of Calories										*21.3%	13.3%	56.9%	30.1%	7.0%
Nutrient Guideline		550-650		1230										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 26

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/24/2018														
Linn-Mar Elementary Lunch	Total													
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05
sunb& jelly sw/ cheese st ^	1 EACH	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	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
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, PC cup^	EACH	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	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
Weighted Daily Average		556	45	1198	5.69	3.80	359.3	2447	25.54	*33	25.38	75.31	17.97	3.53
% of Calories										*23.6%	18.3%	54.2%	29.1%	5.7%
Nutrient Guideline		550-650		1230										<10.00

Thu - 10/25/2018														
Linn-Mar Elementary Lunch	Total													
chicken patty,breaded sw^	1 each	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick ^	1 EACH	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 27

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		553	45	933	7.67	5.16	501.2	6098	38.34	*30	30.08	77.25	15.16	3.58
% of Calories										*21.5%	21.8%	55.9%	24.7%	5.8%
Nutrient Guideline		550-650		1230										<10.00

Fri - 10/26/2018														
Linn-Mar Elementary Lunch NO SCHOOL TODAY	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		550-650		1230										<10.00

Mon - 10/29/2018														
Linn-Mar Elementary Lunch NO SCHOOL TODAY	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		550-650		1230										<10.00

Tue - 10/30/2018														
Linn-Mar Elementary Lunch	Total													
pancakes^	2 EACH	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00
mac & cheese^	6 oz	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
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
veggie cup^	1/2 cup	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	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 28

Generated on: 8/20/2018 12:07:37 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		551	38	1126	5.73	2.58	481.1	2300	55.88	*27	18.75	74.25	18.66	6.16
% of Calories										*19.9%	13.6%	53.9%	30.5%	10.1%
Nutrient Guideline		550-650		1230										<10.00

Wed - 10/31/2018														
Linn-Mar Elementary Lunch	Total													
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla 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
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
hoagie sub sandwich^	1 each	285	46	758	3.00	2.45	318.0	136	0.9	*4	16.38	31.23	11.18	4.29
Lion Cub Meal^	1 Each	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	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
ref beansw/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1/2 cup	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
pear 1/2 ^	1/2s	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	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
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
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
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
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
Weighted Daily Average		550	43	917	7.07	3.76	517.9	2000	21.15	*19	25.54	64.44	22.67	7.22
% of Calories										*13.5%	18.6%	46.8%	37.1%	11.8%
Nutrient Guideline		550-650		1230										<10.00

Weighted Average		554	49	1041	6.53	3.52	458.7	3223	34.91	*29	23.47	73.82	19.14	5.92
										*46.7%	16.9%	53.3%	31.1%	9.6%

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

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

Page 29

Generated on: 8/20/2018 12:07:37 PM

Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	554		550 - 650													
Cholesterol (mg)	49															
Sodium 1 (mg)	1041		1230													
Sodium 2 (mg)	1041		935						106							Correction Required - Sodium too High
Fiber (g)	6.53															
Iron (mg)	3.52															
Calcium (mg)	458.7															
Vitamin A (IU)	3223															
Sugars (g)	29	20.74%				Missing										
Vitamin C (mg)	34.91															
Protein (g)	23.47	16.95%														
Carbohydrate (g)	73.82	53.30%														
Total Fat (g)	19.14	31.10%														
Saturated Fat (g)	5.92	9.63%	<10.00%													

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