

Linn-Mar Community Schools

Nov 1, 2019 thru Jan 31, 2020

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		549	961	9.35	4.84	529.2	*27	24.34	72.67	17.60	4.58
% of Calories							*19.7%	17.7%	52.9%	28.8%	7.5%
Nutrient Guideline		550-650	1230								<10.00

Mon - 01/13/2020											
Linn-Mar Elementary Lunch	Total										
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	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 - 01/14/2020											
Linn-Mar Elementary Lunch	Total										
chicken noodle soup^	8 oz	165	783	0.58	0.96	9.7	*0	20.62	6.17	5.97	1.62
mini saltine crackers	pouch	50	60	1.00	0.36	20.0	0	1.0	7.0	1.5	0.00
pizza sticks (2 sticks)^	2 EACH	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
peas and carrots^	1/2 cup	4	5	0.27	0.06	5.3	0	0.09	0.36	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pear sliced in juice	1/2 cup	76	10	2.00	0.00	0.0	12	0.0	19.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
Weighted Daily Average		561	1334	5.85	2.62	446.7	*33	32.78	69.21	16.31	5.54
% of Calories							*23.2%	23.4%	49.3%	26.2%	8.9%
Nutrient Guideline		550-650	1230								<10.00

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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/15/2020											
Linn-Mar Elementary Lunch	Total										
mac & cheese^	6 oz	283	648	2.00	0.00	371.0	8	15.0	31.0	11.0	6.50
hot dog with bun^	1 each	320	790	3.00	2.16	200.0	4	13.0	32.0	17.0	7.00
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
sweet potato fries^	4 oz	200	250	2.00	0.36	20.0	8	1.0	26.0	10.0	1.50
Fruit Juice Slushies (19)	1 each	90	30	0.00	0.00	80.0	19	0.0	22.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	2 tsp	0	120	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average		620	1174	5.10	2.41	631.4	*40	22.69	84.24	21.89	8.51
% of Calories							*25.8%	14.6%	54.4%	31.8%	12.4%
Nutrient Guideline		550-650	1230								<10.00

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/16/2020											
Linn-Mar Elementary Lunch	Total										
lasagna w/beef crumbles^	1 EACH	280	398	2.48	2.32	308.3	*8	17.57	29.16	10.67	5.50
breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	1	13.77	23.41	6.89	3.44
chicken patty,breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
lettuce & tomato	1/2 cup	5	2	0.54	0.24	8.2	*0	0.32	0.9	0.08	0.01
peaches sliced	1/2 cup	49	10	0.00	0.00	0.0	10	0.0	11.81	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
pickle slices^	1 EACH	0	45	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
oatmeal scotchies w/lq egg	1 each	141	106	0.93	0.52	8.4	*7	1.86	16.83	7.32	2.97
Weighted Daily Average		604	945	6.00	3.69	487.1	*30	32.64	77.92	18.60	7.27
% of Calories							*19.6%	21.6%	51.6%	27.7%	10.8%
Nutrient Guideline		550-650	1230								<10.00

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/17/2020											
Linn-Mar Elementary Lunch											
	Total										
chicken nuggets^	5 each	291	377	1.61	1.75	18.8	0	22.03	16.4	15.84	1.83
b&b half sandwich(whlgrain)^	1 each	130	185	2.00	0.72	40.0	2	4.0	16.0	6.5	2.50
Pizza cheesy gar /6"bread	1 piece	330	580	2.00	2.70	350.0	*N/A*	19.0	33.0	13.0	4.00
SB & Grape Sand / C.Stick/gold	1 EACH	540	781	5.54	7.27	68.2	12	14.04	65.58	23.79	3.02
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
potatoes mashed^	1/2 cup	80	310	1.00	0.36	20.0	1	2.0	17.0	1.0	0.00
gravy, chicken^	1 oz	10	115	0.00	0.00	0.6	*0	0.0	2.08	0.0	0.00
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	2 tsp	0	120	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 tbsp	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average		582	1102	4.72	3.80	371.2	*29	28.15	74.17	20.12	4.19
% of Calories							*19.8%	19.4%	51.0%	31.1%	6.5%
Nutrient Guideline		550-650	1230								<10.00

Mon - 01/20/2020											
Linn-Mar Elementary Lunch											
	Total										
NO SCHOOL TODAY	SERVING	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0.00	0.00	0.0	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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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/21/2020											
Linn-Mar Elementary Lunch	Total										
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	260	2.00	0.72	40.0	10	6.0	38.0	7.0	1.00
pizza sticks (2 sticks)^	2 EACH	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
tator tots^	9 each	166	398	2.21	0.40	0.0	0	2.21	21.02	7.74	1.11
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Strawberry cup, froz (19) comm	1 each	90	0	2.00	0.00	0.0	18	1.0	22.0	0.0	0.00
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
syrup, pancake^	2 tbsp	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average		551	920	6.17	1.65	274.7	*35	20.20	81.22	16.24	5.14
% of Calories							*25.7%	14.7%	59.0%	26.6%	8.4%
Nutrient Guideline		550-650	1230								<10.00

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/22/2020											
Linn-Mar Elementary Lunch	Total										
chicken strips^	4 EACH	271	566	1.47	2.00	32.2	2	21.15	16.75	12.93	1.36
rolls, hot w/ lq egg^	1.5 oz	153	172	1.72	1.48	51.7	*3	3.75	21.58	5.87	1.64
hot dog with bun^	1 each	320	790	3.00	2.16	200.0	4	13.0	32.0	17.0	7.00
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
baked beans^	1/2 cup	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
apple fresh sliced in bag	bag	29	1	1.32	0.07	3.3	6	0.14	7.6	0.09	0.02
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	*N/A*	0.0	9.0	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
honey dijon mustard dressing	2 TBSP	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		550	1231	6.49	4.13	396.6	*29	27.02	72.54	18.02	4.86
% of Calories							*21.3%	19.7%	52.8%	29.5%	8.0%
Nutrient Guideline		550-650	1230								<10.00

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Thu - 01/23/2020											
Linn-Mar Elementary Lunch	Total										
rotini, whole grain, dry^	1/2 cup	54	5	0.97	0.36	9.1	*0	1.81	9.03	1.54	0.23
spagh sauce w/ beef crum^	4 oz	133	145	2.50	1.81	32.4	6	9.8	10.29	5.53	1.69
breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	1	13.77	23.41	6.89	3.44
chicken patty, breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
lettuce & tomato	1/2 cup	5	2	0.54	0.24	8.2	*0	0.32	0.9	0.08	0.01
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
pear sliced in juice	1/2 cup	76	10	2.00	0.00	0.0	12	0.0	19.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	1 EACH	0	45	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	53	285	0.00	0.00	0.0	5	0.0	7.75	2.38	0.25
Weighted Daily Average		604	952	8.40	4.15	413.8	*30	35.05	81.52	16.00	4.99
% of Calories							*20.1%	23.2%	54.0%	23.9%	7.4%
Nutrient Guideline		550-650	1230								<10.00

Fri - 01/24/2020											
Linn-Mar Elementary Lunch	Total										
shrimp poppers^	20 EACH	180	530	3.00	1.44	40.0	1	9.0	21.0	7.0	1.00
b&b half sandwich(whlgrain)^	1 each	130	185	2.00	0.72	40.0	2	4.0	16.0	6.5	2.50
Pizza cheesy gar /6"bread	1 piece	330	580	2.00	2.70	350.0	*N/A*	19.0	33.0	13.0	4.00
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	1	0.0	3.0	0.0	0.00
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
SB & Grape Sand / C.Stick/gold	1 EACH	540	781	5.54	7.27	68.2	12	14.04	65.58	23.79	3.02
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average		535	1001	5.30	4.19	543.4	*29	24.92	71.12	16.58	4.28
% of Calories							*21.7%	18.6%	53.2%	27.9%	7.2%
Nutrient Guideline		550-650	1230								<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/27/2020											
Linn-Mar Elementary Lunch	Total										
breakfast sandwich^	1 each	286	512	3.00	*2.52	*140.0	*1	17.53	23.01	13.56	4.53
hamburger on a bun^	1 each	300	510	4.00	3.60	240.0	5	20.0	33.0	11.0	3.50
cheese american	1 slice	56	132	0.00	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
tator tots^	9 each	166	398	2.21	0.40	0.0	0	2.21	21.02	7.74	1.11
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
grapes, red seedless^	1/2 cup	61	2	0.82	0.26	12.7	15	0.57	15.56	0.32	0.10
pickle slices^	2 each	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	2 tsp	0	120	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average		532	1057	5.87	*3.70	*404.9	*24	24.57	65.83	19.38	5.46
% of Calories							*18.3%	18.5%	49.5%	32.8%	9.2%
Nutrient Guideline		550-650	1230								<10.00

Tue - 01/28/2020											
Linn-Mar Elementary Lunch	Total										
taco meat w/ beef crumbles^	3 oz	135	211	0.66	2.18	24.7	*2	12.83	5.27	7.04	2.50
Tortilla chips 1.5 oz	1.5 oz	200	170	3.00	1.08	0.0	0	3.0	30.0	8.0	1.00
pizza sticks (2 sticks)^	2 EACH	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
ref beansw/salsa &cheese^	4 oz	112	495	5.18	1.64	105.9	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1/8 cup	1	1	0.11	0.04	1.6	*N/A*	0.08	0.27	0.01	0.00
tomato fresh diced^	1/8 cup	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
marinara sauce cup^	2 oz	32	184	0.80	0.57	16.0	3	0.8	5.59	0.8	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
Salsa cup^	3 oz	10	65	0.00	0.00	0.0	1	0.0	2.0	0.0	0.00
Sour cream- A&E	1 TBSP	16	10	0.00	0.01	16.9	0	0.42	0.85	1.27	0.79

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Linn-Mar Community Schools

Nov 1, 2019 thru Jan 31, 2020

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		562	1079	9.13	3.42	308.3	*26	26.66	71.21	19.54	6.97
% of Calories							*18.6%	19.0%	50.7%	31.3%	11.2%
Nutrient Guideline		550-650	1230								<10.00

Wed - 01/29/2020											
	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Linn-Mar Elementary Lunch	Total										
chicken, popcorn^	4 oz	237	511	1.45	2.77	73.6	2	17.91	18.45	9.64	0.53
b&b half sandwich(whlgrain)^	1 each	130	185	2.00	0.72	40.0	2	4.0	16.0	6.5	2.50
hot dog with bun^	1 each	320	790	3.00	2.16	200.0	4	13.0	32.0	17.0	7.00
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
vegetables, Italian blend	1/2 cup	25	36	1.43	0.13	14.3	*N/A*	1.43	4.29	0.0	0.00
fresh veggie mix	3/4 cup	28	30	2.03	0.85	29.7	3	1.53	5.61	0.21	0.06
pineapple tidbits	1/2 cup	83	0	1.04	0.37	20.8	18	0.0	19.77	0.0	0.00
bbq sauce	2 TBSP	40	390	0.00	0.00	0.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	2 tsp	0	120	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 tbsp	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
dressing honey mustard^	2 TBSP	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average		568	1091	6.60	4.25	436.8	*37	25.14	77.70	17.58	5.13
% of Calories							*26.3%	17.7%	54.7%	27.9%	8.1%
Nutrient Guideline		550-650	1230								<10.00

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Linn-Mar Community Schools

Nov 1, 2019 thru Jan 31, 2020

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/30/2020											
Linn-Mar Elementary Lunch	Total										
Pancakes(19)	2 EACH	160	190	0.00	0.72	80.0	10	4.0	30.0	3.0	0.00
smokies^	3 EACH	95	290	0.00	0.18	20.0	1	3.5	1.5	8.5	3.00
chicken patty,breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
Lion Cub Meal^	1 Each	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
yogurt variety^	4 oz	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potato triangles	2 each	178	391	2.67	0.68	10.3	0	0.89	23.11	8.89	1.33
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mixed fruit cocktail	1/2 cup	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
syrup, pancake^	2 tbsp	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
pickle slices^	2 each	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		577	1086	4.68	3.22	429.3	*33	21.62	85.56	17.45	3.85
% of Calories							*23.1%	15.0%	59.3%	27.2%	6.0%
Nutrient Guideline		550-650	1230								<10.00

Fri - 01/31/2020											
Linn-Mar Elementary Lunch	Total										
corn dog, mini^	6 each	271	412	5.03	1.81	150.8	5	10.05	30.16	12.06	3.52
Pizza cheesy gar /6"bread	1 piece	330	580	2.00	2.70	350.0	*N/A*	19.0	33.0	13.0	4.00
SB & Grape Sand / C.Stick/gold	1 EACH	540	781	5.54	7.27	68.2	12	14.04	65.58	23.79	3.02
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
fresh veggie mix	3/4 cup	28	30	2.03	0.85	29.7	3	1.53	5.61	0.21	0.06
green beans,steamed^	1/2 cup	28	0	2.80	0.67	18.7	2	0.93	5.6	0.0	0.00
apple fresh sliced in bag	bag	29	1	1.32	0.07	3.3	6	0.14	7.6	0.09	0.02
ketchup^	1 tbsp	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	2 TSP	0	120	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
Weighted Daily Average		549	961	9.35	4.84	529.2	*27	24.34	72.67	17.60	4.58
% of Calories							*19.7%	17.7%	52.9%	28.8%	7.5%
Nutrient Guideline		550-650	1230								<10.00

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Linn-Mar Community Schools

Nov 1, 2019 thru Jan 31, 2020

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average		568	1069	6.61	*3.63	*446.8	*31 *49.3%	26.44 18.6%	75.87 53.4%	18.10 28.7%	5.47 8.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	568		550 - 650	100%				
Sodium 1 (mg)	1069		1230					
Sodium 2 (mg)	1069		935					
Fiber (g)	6.61							
Iron (mg)	3.63							
Calcium (mg)	446.8							
Sugars (g)	31	21.93%						
Protein (g)	26.44	18.62%						
Carbohydrate (g)	75.87	53.43%						
Total Fat (g)	18.10	28.67%						
Saturated Fat (g)	5.47	8.67%	<10.00%					

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