

Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/03/2020											
Linn-Mar Elementary Lunch	Total										
pizza crunchers^	4 piece servin	420	790	5.00	2.15	426.0	3	20.0	41.0	20.0	9.00
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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^	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		583	1212	8.61	*4.31	*615.9	*31	28.99	78.38	18.59	7.39
% of Calories							*21.2%	19.9%	53.8%	28.7%	11.4%
Nutrient Guideline		550-650	1230								<10.00

Tue - 02/04/2020											
Linn-Mar Elementary Lunch	Total										
chili w/ beef crumbles.	8 oz	220	1023	8.59	3.71	83.1	*3	14.28	30.25	4.56	1.46
saltine crackers	serving	24	60	0.40	0.14	0.0	0	0.4	4.4	0.6	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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	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		557	1397	11.16	4.98	506.1	*35	28.96	81.16	13.53	5.30
% of Calories							*25.5%	20.8%	58.3%	21.9%	8.6%
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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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)
Wed - 02/05/2020											
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
breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	1	13.77	23.41	6.89	3.44
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
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
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		626	1202	5.58	2.28	624.8	*37	28.59	83.43	20.54	9.41
% of Calories							*23.8%	18.3%	53.3%	29.5%	13.5%
Nutrient Guideline		550-650	1230								<10.00

Thu - 02/06/2020											
Linn-Mar Elementary Lunch	Total										
fish sticks	4 EACH	210	370	3.00	0.72	0.0	1	12.0	22.0	8.0	1.50
chicken patty,breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
pickle slices^	1 EACH	0	45	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
french fries^	1/2 cup	180	45	2.25	0.81	0.0	0	4.49	31.43	3.37	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
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
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
tartar sauce^	2 tbsp	100	300	0.00	0.00	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average		567	1012	7.16	3.56	399.0	*25	28.04	76.72	16.39	3.11
% of Calories							*17.7%	19.8%	54.2%	26.0%	4.9%
Nutrient Guideline		550-650	1230								<10.00

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Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/07/2020											
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	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
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
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
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
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^	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		572	1157	4.48	3.80	366.4	*24	27.91	70.47	20.36	4.19
% of Calories							*16.8%	19.5%	49.3%	32.0%	6.6%
Nutrient Guideline		550-650	1230								<10.00

Mon - 02/10/2020											
Linn-Mar Elementary Lunch	Total										
pizza 5" cheese ^	1 each	320	610	5.00	2.70	250.0	5	15.0	40.0	11.0	3.50
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
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
broccoli & cheese s (gov)	1/2 CUP	107	310	1.78	0.00	168.2	3	6.07	5.04	5.93	3.41
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Applesauce Cups- assorted (19)	4 oz	50	0	1.00	0.00	0.0	12	0.0	14.0	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
choc chip cookies w/lq egg	1 each	129	80	0.96	0.54	5.6	*7	1.6	16.54	6.71	2.67

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Feb 3, 2020 thru Mar 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		611	1126	7.63	*4.20	*581.3	*30	28.52	76.69	21.69	7.92
% of Calories							*19.7%	18.7%	50.2%	31.9%	11.7%
Nutrient Guideline		550-650	1230								<10.00

Tue - 02/11/2020											
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
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 tbsps	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
ketchup^	1 tbsps	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
Weighted Daily Average		555	956	6.17	1.65	274.7	*36	20.20	82.26	16.24	5.14
% of Calories							*26.1%	14.6%	59.3%	26.4%	8.3%
Nutrient Guideline		550-650	1230								<10.00

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Portion Values - Detailed

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Wed - 02/12/2020											
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
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
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
margarine cup^	1 each	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
Weighted Daily Average		571	1246	5.85	4.10	395.1	*32	26.95	77.05	18.61	4.85
% of Calories							*22.2%	18.9%	53.9%	29.3%	7.6%
Nutrient Guideline		550-650	1230								<10.00

Thu - 02/13/2020											
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
Pizza Sticks(1)	1 Each	155	295	1.50	0.00	0.0	4	9.0	15.5	6.5	3.50
chicken patty,breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
pickle slices^	1 EACH	0	45	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
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
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

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Weighted Daily Average		585	955	9.04	4.80	436.0	*32	33.07	79.27	15.98	5.05
% of Calories							*22.1%	22.6%	54.2%	24.6%	7.8%
Nutrient Guideline		550-650	1230								<10.00

Fri - 02/14/2020											
Linn-Mar Elementary Lunch	Total										
chicken mandarin orange	serving	150	207	1.00	1.08	0.0	9	15.0	17.0	3.0	3.00
brown rice Imusda^	1/2 cup	116	3	1.05	0.45	8.7	*0	2.4	23.36	1.35	0.24
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	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
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	1	0.0	3.0	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
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	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		549	817	4.56	4.05	436.7	*38	27.03	79.70	13.50	4.28
% of Calories							*27.5%	19.7%	58.1%	22.2%	7.0%
Nutrient Guideline		550-650	1230								<10.00

Mon - 02/17/2020											
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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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/18/2020											
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
pizza sticks (2 sticks)^	2 EACH	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
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
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
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
syrup, pancake^	2 tbsp	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average		567	1086	5.75	2.12	370.5	*34	20.09	79.74	19.24	5.94
% of Calories							*24.1%	14.2%	56.3%	30.5%	9.4%
Nutrient Guideline		550-650	1230								<10.00

Wed - 02/19/2020											
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
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
cheese cheddar shredded^	1 oz	80	206	0.00	0.04	257.0	*N/A*	7.71	0.57	5.19	3.29
ref beansw/salsa &cheese^	4 oz	112	495	5.18	1.64	105.9	*1	5.95	14.43	3.0	1.52
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
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
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
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

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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		599	1162	8.45	4.12	423.5	*26	24.92	76.33	22.24	7.75
% of Calories							*17.1%	16.6%	50.9%	33.4%	11.6%
Nutrient Guideline		550-650	1230								<10.00

Thu - 02/20/2020											
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
chicken patty (4ozGold) s/w	1 EACH	379	690	4.22	3.72	230.6	6	28.28	45.79	9.8	1.47
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average		590	1070	7.04	4.81	447.9	*38	30.64	82.79	15.06	3.14
% of Calories							*25.7%	20.8%	56.1%	23.0%	4.8%
Nutrient Guideline		550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)
Fri - 02/21/2020											
Linn-Mar Elementary Lunch											
	Total										
	corn dog, mini^	271	412	5.03	1.81	150.8	5	10.05	30.16	12.06	3.52
	Pizza cheesy gar /6"bread	330	580	2.00	2.70	350.0	*N/A*	19.0	33.0	13.0	4.00
	marinara sauce cup^	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
	SB & Grape Sand / C.Stick/gold	540	781	5.54	7.27	68.2	12	14.04	65.58	23.79	3.02
	milk vty half pints^	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
	fresh veggie mix	28	30	2.03	0.85	29.7	3	1.53	5.61	0.21	0.06
	green beans,steamed^	28	0	2.80	0.67	18.7	2	0.93	5.6	0.0	0.00
	grapes, red seedless^	61	2	0.82	0.26	12.7	15	0.57	15.56	0.32	0.10
	ketchup^	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
	mustard^	0	120	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
	dressing ranch light^	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
	sugar cookies w/ lq egg	117	103	0.74	0.52	4.7	*7	1.74	14.72	5.72	2.49
	Weighted Daily Average	617	1000	9.25	5.18	538.0	*36	25.31	84.16	19.92	5.58
	% of Calories						*23.6%	16.4%	54.5%	29.0%	8.1%
	Nutrient Guideline	550-650	1230								<10.00

Mon - 02/24/2020											
Linn-Mar Elementary Lunch											
	Total										
	pizza crunchers^	420	790	5.00	2.15	426.0	3	20.0	41.0	20.0	9.00
	marinara sauce cup^	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
	hamburger on a bun^	300	510	4.00	3.60	240.0	5	20.0	33.0	11.0	3.50
	cheese american	56	132	0.00	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56	2.53
	pickle slices^	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
	Lion Cub Meal^	385	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.24
	yogurt variety^	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
	milk vty half pints^	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
	baked beans^	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
	fresh veggie mix	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
	apple fresh sliced in bag	29	1	1.32	0.07	3.3	6	0.14	7.6	0.09	0.02
	ketchup^	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
	mustard^	0	120	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
	dressing ranch light^	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
	Weighted Daily Average	583	1212	8.61	*4.31	*615.9	*31	28.99	78.38	18.59	7.39
	% of Calories						*21.2%	19.9%	53.8%	28.7%	11.4%
	Nutrient Guideline	550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

	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 - 02/25/2020											
Linn-Mar Elementary Lunch	Total										
chili w/ beef crumbles.	8 oz	220	1023	8.59	3.71	83.1	*3	14.28	30.25	4.56	1.46
saltine crackers	serving	24	60	0.40	0.14	0.0	0	0.4	4.4	0.6	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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	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		557	1397	11.16	4.98	506.1	*35	28.96	81.16	13.53	5.30
% of Calories							*25.5%	20.8%	58.3%	21.9%	8.6%
Nutrient Guideline		550-650	1230								<10.00

Wed - 02/26/2020											
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
breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	1	13.77	23.41	6.89	3.44
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
peas and carrots^	1/2 cup	4	5	0.27	0.06	5.3	0	0.09	0.36	0.0	0.00
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		626	1202	5.58	2.28	624.8	*37	28.59	83.43	20.54	9.41
% of Calories							*23.8%	18.3%	53.3%	29.5%	13.5%
Nutrient Guideline		550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/27/2020											
Linn-Mar Elementary Lunch	Total										
fish sticks	4 EACH	210	370	3.00	0.72	0.0	1	12.0	22.0	8.0	1.50
chicken patty,breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
pickle slices^	1 EACH	0	45	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
french fries^	1/2 cup	180	45	2.25	0.81	0.0	0	4.49	31.43	3.37	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
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
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
tartar sauce^	2 tbsp	100	300	0.00	0.00	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average		567	1012	7.16	3.56	399.0	*25	28.04	76.72	16.39	3.11
% of Calories							*17.7%	19.8%	54.2%	26.0%	4.9%
Nutrient Guideline		550-650	1230								<10.00

Fri - 02/28/2020											
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	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
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
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^	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

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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		572	1157	4.48	3.80	366.4	*24	27.91	70.47	20.36	4.19
% of Calories							*16.8%	19.5%	49.3%	32.0%	6.6%
Nutrient Guideline		550-650	1230								<10.00

Mon - 03/02/2020											
Linn-Mar Elementary Lunch	Total										
pizza 5" cheese ^	1 each	320	610	5.00	2.70	250.0	5	15.0	40.0	11.0	3.50
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
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
broccoli & cheese s (gov)	1/2 CUP	107	310	1.78	0.00	168.2	3	6.07	5.04	5.93	3.41
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Applesauce Cups- assorted (19)	4 oz	50	0	1.00	0.00	0.0	12	0.0	14.0	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
choc chip cookies w/lq egg	1 each	129	80	0.96	0.54	5.6	*7	1.6	16.54	6.71	2.67
Weighted Daily Average		611	1126	7.63	*4.20	*581.3	*30	28.52	76.69	21.69	7.92
% of Calories							*19.7%	18.7%	50.2%	31.9%	11.7%
Nutrient Guideline		550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/03/2020											
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
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
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
Weighted Daily Average		555	956	6.17	1.65	274.7	*36	20.20	82.26	16.24	5.14
% of Calories							*26.1%	14.6%	59.3%	26.4%	8.3%
Nutrient Guideline		550-650	1230								<10.00

Wed - 03/04/2020											
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
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
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
margarine cup^	1 each	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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		572	1247	5.85	4.10	395.1	*32	26.95	77.05	18.69	4.85
% of Calories							*22.2%	18.8%	53.9%	29.4%	7.6%
Nutrient Guideline		550-650	1230								<10.00

Thu - 03/05/2020											
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
Pizza Sticks(1)	1 Each	155	295	1.50	0.00	0.0	4	9.0	15.5	6.5	3.50
chicken patty,breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
pickle slices^	1 EACH	0	45	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
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
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		585	955	9.04	4.80	436.0	*32	33.07	79.27	15.98	5.05
% of Calories							*22.1%	22.6%	54.2%	24.6%	7.8%
Nutrient Guideline		550-650	1230								<10.00

Fri - 03/06/2020											
Linn-Mar Elementary Lunch	Total										
chicken mandarin orange	serving	150	207	1.00	1.08	0.0	9	15.0	17.0	3.0	3.00
brown rice lmusda^	1/2 cup	116	3	1.05	0.45	8.7	*0	2.4	23.36	1.35	0.24
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	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
milk vty half pints^	1 each	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
vegetables stir fry	1/2 cup	17	13	1.00	0.18	10.0	1	0.0	3.0	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
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	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

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		549	817	4.56	4.05	436.7	*38	27.03	79.70	13.50	4.28
% of Calories							*27.5%	19.7%	58.1%	22.2%	7.0%
Nutrient Guideline		550-650	1230								<10.00

Mon - 03/09/2020											
Linn-Mar Elementary Lunch	Total										
crisпитos w/cheese sauce-elem	Serving	300	607	3.00	1.80	64.2	*3	12.59	27.72	14.89	3.30
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
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
corn^	1/2 cup	62	4	1.78	0.32	35.6	2	0.89	15.12	0.44	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
peaches sliced	1/2 cup	49	10	0.00	0.00	0.0	10	0.0	11.81	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
salsa bulk	1/4 cup	20	140	0.00	0.72	40.0	2	0.0	4.0	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
Weighted Daily Average		482	866	5.16	*3.27	*401.7	*24	21.55	63.13	16.24	4.72
% of Calories							*20.2%	17.9%	52.4%	30.3%	8.8%
Nutrient Guideline		550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)
Tue - 03/10/2020											
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
pizza sticks (2 sticks)^	2 EACH	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
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
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
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
syrup, pancake^	2 tbsp	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average		567	1086	5.75	2.12	370.5	*34	20.09	79.74	19.24	5.94
% of Calories							*24.1%	14.2%	56.3%	30.5%	9.4%
Nutrient Guideline		550-650	1230								<10.00

Wed - 03/11/2020											
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
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
cheese cheddar shredded^	1 oz	80	206	0.00	0.04	257.0	*N/A*	7.71	0.57	5.19	3.29
ref beansw/salsa &cheese^	4 oz	112	495	5.18	1.64	105.9	*1	5.95	14.43	3.0	1.52
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
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
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
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

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		599	1162	8.45	4.12	423.5	*26	24.92	76.33	22.24	7.75
% of Calories							*17.1%	16.6%	50.9%	33.4%	11.6%
Nutrient Guideline		550-650	1230								<10.00

Thu - 03/12/2020											
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
chicken patty (4ozGold) s/w	1 EACH	379	690	4.22	3.72	230.6	6	28.28	45.79	9.8	1.47
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
mayo(salad dressing light)^	1 TBSP	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average		590	1070	7.04	4.81	447.9	*38	30.64	82.79	15.06	3.14
% of Calories							*25.7%	20.8%	56.1%	23.0%	4.8%
Nutrient Guideline		550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)
Fri - 03/13/2020											
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	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
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
grapes, red seedless^	1/2 cup	61	2	0.82	0.26	12.7	15	0.57	15.56	0.32	0.10
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
sugar cookies w/ lq egg	1 EACH	117	103	0.74	0.52	4.7	*7	1.74	14.72	5.72	2.49
Weighted Daily Average		617	1000	9.25	5.18	538.0	*36	25.31	84.16	19.92	5.58
% of Calories							*23.6%	16.4%	54.5%	29.0%	8.1%
Nutrient Guideline		550-650	1230								<10.00

Mon - 03/16/2020											
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 - 03/17/2020											
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

Wed - 03/18/2020											
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

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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

Thu - 03/19/2020											
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

Fri - 03/20/2020											
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

Mon - 03/23/2020											
Linn-Mar Elementary Lunch	Total										
pizza crunchers^	4 piece servin	420	790	5.00	2.15	426.0	3	20.0	41.0	20.0	9.00
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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^	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

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		583	1212	8.61	*4.31	*615.9	*31	28.99	78.38	18.59	7.39
% of Calories							*21.2%	19.9%	53.8%	28.7%	11.4%
Nutrient Guideline		550-650	1230								<10.00

Tue - 03/24/2020											
Linn-Mar Elementary Lunch	Total										
chili w/ beef crumbles.	8 oz	220	1023	8.59	3.71	83.1	*3	14.28	30.25	4.56	1.46
saltine crackers	serving	24	60	0.40	0.14	0.0	0	0.4	4.4	0.6	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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
romaine/spinach&tomato	1 cup	31	17	3.42	1.58	54.4	*1	2.16	6.1	0.5	0.07
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
mandarin oranges^	1/2 cup	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	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		557	1397	11.16	4.98	506.1	*35	28.96	81.16	13.53	5.30
% of Calories							*25.5%	20.8%	58.3%	21.9%	8.6%
Nutrient Guideline		550-650	1230								<10.00

Wed - 03/25/2020											
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
breadstick bosco cheese filled	1 each	207	303	2.75	0.00	0.0	1	13.77	23.41	6.89	3.44
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
peas and carrots^	1/2 cup	4	5	0.27	0.06	5.3	0	0.09	0.36	0.0	0.00
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

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		626	1202	5.58	2.28	624.8	*37	28.59	83.43	20.54	9.41
% of Calories							*23.8%	18.3%	53.3%	29.5%	13.5%
Nutrient Guideline		550-650	1230								<10.00

Thu - 03/26/2020											
Linn-Mar Elementary Lunch	Total										
fish sticks	4 EACH	210	370	3.00	0.72	0.0	1	12.0	22.0	8.0	1.50
chicken patty,breaded sw^	1 each	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
pickle slices^	1 EACH	0	45	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
french fries^	1/2 cup	180	45	2.25	0.81	0.0	0	4.49	31.43	3.37	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
orange, fresh slices^	1/2 cup	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
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
tartar sauce^	2 tbsp	100	300	0.00	0.00	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average		552	1008	6.97	3.49	399.0	*25	27.67	74.10	16.11	3.11
% of Calories							*18.1%	20.1%	53.7%	26.3%	5.1%
Nutrient Guideline		550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)
Fri - 03/27/2020											
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	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
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
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^	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		572	1157	4.48	3.80	366.4	*24	27.91	70.47	20.36	4.19
% of Calories							*16.8%	19.5%	49.3%	32.0%	6.6%
Nutrient Guideline		550-650	1230								<10.00

Mon - 03/30/2020											
Linn-Mar Elementary Lunch	Total										
pizza 5" cheese ^	1 each	320	610	5.00	2.70	250.0	5	15.0	40.0	11.0	3.50
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
pickle slices^	2 EACH	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
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
broccoli & cheese s (gov)	1/2 CUP	107	310	1.78	0.00	168.2	3	6.07	5.04	5.93	3.41
fresh veggie mix	1/2 cup	18	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.04
Applesauce Cups- assorted (19)	4 oz	50	0	1.00	0.00	0.0	12	0.0	14.0	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
choc chip cookies w/lq egg	1 each	129	80	0.96	0.54	5.6	*7	1.6	16.54	6.71	2.67

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Linn-Mar Community Schools

Feb 3, 2020 thru Mar 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)	Calc (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		611	1126	7.63	*4.20	*581.3	*30	28.52	76.69	21.69	7.92
% of Calories							*19.7%	18.7%	50.2%	31.9%	11.7%
Nutrient Guideline		550-650	1230								<10.00

Tue - 03/31/2020											
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
marinara sauce cup^	2.5 oz	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
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
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
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
Weighted Daily Average		555	956	6.17	1.65	274.7	*36	20.20	82.26	16.24	5.14
% of Calories							*26.1%	14.6%	59.3%	26.4%	8.3%
Nutrient Guideline		550-650	1230								<10.00

Weighted Average		579	1103	7.15	*3.77	*461.2	*32	26.97	78.50	17.98	5.70
							*49.8%	18.6%	54.3%	28.0%	8.9%

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

Feb 3, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	579													550 - 650	100%				
Sodium 1 (mg)	1103													1230					
Sodium 2 (mg)	1103													935					
Fiber (g)	7.15																		
Iron (mg)	3.77																		
Calcium (mg)	461.2																		
Sugars (g)	32	22.13%																	
Protein (g)	26.97	18.64%																	
Carbohydrate (g)	78.50	54.25%																	
Total Fat (g)	17.98	27.96%																	
Saturated Fat (g)	5.70	8.87%												<10.00%					

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