

Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/01/2021													
Linn-Mar Elementary Lunch	Total												
corn dog, mini ¹	6 each	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06
baked beans ¹	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup ¹	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard ¹	2 TSP	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light ¹	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal ¹ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety ¹	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints ¹	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		525	*40	1120	9.59	3.48	461.8	862	5.94	*43	21.44	86.56	12.18
% of Calories										*32.9%	16.3%	65.9%	20.9%
Nutrient Guideline		550-650		1230									

	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)
Tue - 03/02/2021													
Linn-Mar Elementary Lunch	Total												
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0
smokies ¹	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5
potato triangles	2 each	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
orange juice cup	4 oz	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0
ketchup ¹	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard ¹	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake ¹	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
Lion Cub Meal ¹ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety ¹	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints ¹	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		597	*35	1108	3.15	2.16	380.6	792	32.79	*29	16.18	85.52	21.36
% of Calories										*19.4%	10.8%	57.3%	32.2%
Nutrient Guideline		550-650		1230									

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

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/03/2021													
Linn-Mar Elementary Lunch	Total												
Chicken Alfredo	4 oz	326	81	567	0.00	0.55	86.8	105	0.0	*3	17.05	5.6	25.87
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
garlic bread stick (19)	1 EACH	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		550	*69	814	5.95	3.29	391.1	9807	55.85	*22	24.48	53.60	26.78
% of Calories										*16.3%	17.8%	39.0%	43.8%
Nutrient Guideline		550-650		1230									

Thu - 03/04/2021													
Linn-Mar Elementary Lunch	Total												
breakfast sandwich^	1 each	286	143	512	3.00	*2.52	*140.0	*100	*0.0	*1	17.53	23.01	13.56
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0
pickle slices^	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		484	*98	839	4.69	*2.38	*351.1	*2636	*9.79	*26	18.35	61.33	18.02
% of Calories										*21.5%	15.2%	50.6%	33.5%
Nutrient Guideline		550-650		1230									

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/05/2021													
Linn-Mar Elementary Lunch													
	Total												
	hamburger on a bun [^]	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0
	cheese american	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56
	pickle slices [^]	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
	mixed veggies, frozen [^]	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0
	grapes, red seedless [^]	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32
	ketchup [^]	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
	mustard [^]	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
	dressing ranch light [^]	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
	Lion Cub Meal [^] K-4	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
	yogurt variety [^]	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
	milk vty half pints [^]	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
	Weighted Daily Average	513	*45	917	6.03	*3.86	*470.5	*1606	*10.74	*29	27.11	66.38	16.50
	% of Calories									*23.0%	21.1%	51.8%	29.0%
	Nutrient Guideline	550-650		1230									

Mon - 03/08/2021													
Linn-Mar Elementary Lunch													
	Total												
	pork tenderloin s/w	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
	pickle slices [^]	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
	baked beans [^]	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
	Applesauce (cans) (19)	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
	ketchup [^]	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
	mustard [^]	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
	dressing ranch light [^]	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
	Lion Cub Meal [^] K-4	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
	yogurt variety [^]	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
	milk vty half pints [^]	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
	Weighted Daily Average	568	*69	1097	8.51	4.42	461.6	980	8.22	*35	25.83	84.79	15.90
	% of Calories									*24.8%	18.2%	59.8%	25.2%
	Nutrient Guideline	550-650		1230									

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Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2021 thru Apr 30, 2021

Linn-Mar Elementary Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/09/2021													
Linn-Mar Elementary Lunch	Total												
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		565	*8	897	4.85	1.86	284.8	688	16.50	*32	13.23	87.85	17.41
% of Calories										*22.9%	9.4%	62.2%	27.7%
Nutrient Guideline		550-650		1230									

Wed - 03/10/2021													
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
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		508	*47	944	6.06	4.08	368.8	7052	49.71	*25	26.99	60.93	17.59
% of Calories										*19.4%	21.3%	48.0%	31.2%
Nutrient Guideline		550-650		1230									

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/11/2021													
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
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		551	*37	1254	4.91	2.70	405.1	1092	13.46	*22	18.92	68.81	22.76
% of Calories										*16.1%	13.7%	50.0%	37.2%
Nutrient Guideline		550-650		1230									

Fri - 03/12/2021													
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
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1
cheese sauce, fz, gov	2 oz	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89
BLUEBERRIES,Fresh	1/2 CUP	42	0	1	1.78	0.21	4.4	40	7.18	7	0.55	10.72	0.24
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		533	*45	1024	7.24	2.65	701.6	1978	38.64	*22	27.15	60.57	21.26
% of Calories										*16.7%	20.4%	45.5%	35.9%
Nutrient Guideline		550-650		1230									

Mon - 03/15/2021													
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230									

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/16/2021													
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230									
Wed - 03/17/2021													
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230									
Thu - 03/18/2021													
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230									
Fri - 03/19/2021													
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/22/2021													
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
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
potatoes mashed^	1/2 cup	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing honey mustard^	2 tbsp	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		538	*45	982	4.74	2.51	267.7	744	28.66	*33	25.32	70.82	18.26
% of Calories										*24.3%	18.8%	52.6%	30.5%
Nutrient Guideline		550-650		1230									

Tue - 03/23/2021													
Linn-Mar Elementary Lunch	Total												
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
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
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
kiwi,whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0	1.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		422	*33	527	7.94	3.17	338.5	8306	59.71	*19	24.77	56.05	11.93
% of Calories										*18.4%	23.5%	53.1%	25.4%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/24/2021													
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
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0
lettuce, shredded [^]	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	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
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
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
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
dressing ranch light [^]	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Salsa cup [^]	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
ketchup [^]	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard [^]	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
Lion Cub Meal [^] K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety [^]	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		502	*36	861	5.94	3.74	344.4	*1657	*15.26	*24	21.96	66.99	17.09
% of Calories										*19.0%	17.5%	53.4%	30.6%
Nutrient Guideline		550-650		1230									

Thu - 03/25/2021													
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
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
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1
mandarin oranges [^]	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
dressing ranch light [^]	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal [^] K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety [^]	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		487	*39	912	5.92	1.79	368.7	2373	50.76	*39	24.68	68.51	13.71
% of Calories										*31.9%	20.3%	56.2%	25.3%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/26/2021													
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
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37
pickle slices^	1 EACH	0	0	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		546	*41	834	6.00	3.94	424.3	788	13.37	*21	28.31	81.06	12.27
% of Calories										*15.7%	20.7%	59.4%	20.2%
Nutrient Guideline		550-650		1230									

Mon - 03/29/2021													
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
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 TSP	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		525	*40	1120	9.59	3.48	461.8	862	5.94	*43	21.44	86.56	12.18
% of Calories										*32.9%	16.3%	65.9%	20.9%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/30/2021													
Linn-Mar Elementary Lunch	Total												
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0
smokies^	3 EACH	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5
potato triangles	2 each	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
orange juice cup	4 oz	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		597	*35	1108	3.15	2.16	380.6	792	32.79	*29	16.18	85.52	21.36
% of Calories										*19.4%	10.8%	57.3%	32.2%
Nutrient Guideline		550-650		1230									

	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)
Wed - 03/31/2021													
Linn-Mar Elementary Lunch	Total												
Chicken Alfredo	4 oz	326	81	567	0.00	0.55	86.8	105	0.0	*3	17.05	5.6	25.87
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
garlic bread stick (19)	1 EACH	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		550	*69	814	5.95	3.29	391.1	9807	55.85	*22	24.48	53.60	26.78
% of Calories										*16.3%	17.8%	39.0%	43.8%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/01/2021													
Linn-Mar Elementary Lunch	Total												
breakfast sandwich [^]	1 each	286	143	512	3.00	*2.52	*140.0	*100	*0.0	*1	17.53	23.01	13.56
sweet potato fries [^]	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0
pickle slices [^]	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
ketchup [^]	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard [^]	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A [*]	0.0	0.0	0.0
dressing ranch light [^]	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal [^] K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety [^]	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		484	*98	839	4.69	*2.38	*351.1	*2636	*9.79	*26	18.35	61.33	18.02
% of Calories										*21.5%	15.2%	50.6%	33.5%
Nutrient Guideline		550-650		1230									

	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)
Fri - 04/02/2021													
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
cheese american	1 slice	56	13	132	0.00	*N/A [*]	*N/A [*]	*N/A [*]	*N/A [*]	*N/A [*]	2.53	1.01	4.56
pickle slices [^]	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
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
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
ketchup [^]	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard [^]	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A [*]	0.0	0.0	0.0
dressing ranch light [^]	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal [^] K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety [^]	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		513	*45	917	6.03	*3.86	*470.5	*1606	*10.74	*29	27.11	66.38	16.50
% of Calories										*23.0%	21.1%	51.8%	29.0%
Nutrient Guideline		550-650		1230									

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

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

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Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2021 thru Apr 30, 2021

Linn-Mar Elementary Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/05/2021													
Linn-Mar Elementary Lunch	Total												
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		568	*69	1097	8.51	4.42	461.6	980	8.22	*35	25.83	84.79	15.90
% of Calories										*24.8%	18.2%	59.8%	25.2%
Nutrient Guideline		550-650		1230									

Tue - 04/06/2021													
Linn-Mar Elementary Lunch	Total												
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		565	*8	897	4.85	1.86	284.8	688	16.50	*32	13.23	87.85	17.41
% of Calories										*22.9%	9.4%	62.2%	27.7%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/07/2021													
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
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		508	*47	944	6.06	4.08	368.8	7052	49.71	*25	26.99	60.93	17.59
% of Calories										*19.4%	21.3%	48.0%	31.2%
Nutrient Guideline		550-650		1230									

Thu - 04/08/2021													
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
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		551	*37	1254	4.91	2.70	405.1	1092	13.46	*22	18.92	68.81	22.76
% of Calories										*16.1%	13.7%	50.0%	37.2%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/09/2021													
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
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230									

	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)
Mon - 04/12/2021													
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
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
potatoes mashed^	1/2 cup	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing honey mustard^	2 tbsp	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		538	*45	982	4.74	2.51	267.7	744	28.66	*33	25.32	70.82	18.26
% of Calories										*24.3%	18.8%	52.6%	30.5%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/13/2021													
Linn-Mar Elementary Lunch	Total												
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
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
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
kiwi, whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0	1.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		422	*33	527	7.94	3.17	338.5	8306	59.71	*19	24.77	56.05	11.93
% of Calories										*18.4%	23.5%	53.1%	25.4%
Nutrient Guideline		550-650		1230									

	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)
Wed - 04/14/2021													
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
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0
lettuce, shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	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
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
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
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
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85	1.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		502	*36	861	5.94	3.74	344.4	*1657	*15.26	*24	21.96	66.99	17.09
% of Calories										*19.0%	17.5%	53.4%	30.6%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/15/2021													
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
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
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		487	*39	912	5.92	1.79	368.7	2373	50.76	*39	24.68	68.51	13.71
% of Calories										*31.9%	20.3%	56.2%	25.3%
Nutrient Guideline		550-650		1230									

Fri - 04/16/2021													
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
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37
pickle slices^	1 EACH	0	0	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		546	*41	834	6.00	3.94	424.3	788	13.37	*21	28.31	81.06	12.27
% of Calories										*15.7%	20.7%	59.4%	20.2%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet
Portion Values - Detailed

Linn-Mar Elementary Lunch

	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)
Mon - 04/19/2021													
Linn-Mar Elementary Lunch													
	Total												
	corn dog, mini ¹	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06
	baked beans ¹	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
	Applesauce (cans) (19)	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
	ketchup ¹	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
	mustard ¹	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
	dressing ranch light ¹	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
	Lion Cub Meal ¹ K-4	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
	yogurt variety ¹	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
	milk vty half pints ¹	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
	Weighted Daily Average	525	*40	1120	9.59	3.48	461.8	862	5.94	*43	21.44	86.56	12.18
	% of Calories									*32.9%	16.3%	65.9%	20.9%
	Nutrient Guideline	550-650		1230									

Tue - 04/20/2021													
Linn-Mar Elementary Lunch													
	Total												
	Pancakes(19)	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0	3.0
	smokies ¹	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5
	potato triangles	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
	orange juice cup	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0
	ketchup ¹	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
	mustard ¹	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
	syrup, pancake ¹	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
	Lion Cub Meal ¹ K-4	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
	yogurt variety ¹	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
	milk vty half pints ¹	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
	Weighted Daily Average	597	*35	1108	3.15	2.16	380.6	792	32.79	*29	16.18	85.52	21.36
	% of Calories									*19.4%	10.8%	57.3%	32.2%
	Nutrient Guideline	550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/21/2021													
Linn-Mar Elementary Lunch													
	Total												
Chicken Alfredo	4 oz	326	81	567	0.00	0.55	86.8	105	0.0	*3	17.05	5.6	25.87
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
garlic bread stick (19)	1 EACH	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		550	*69	814	5.95	3.29	391.1	9807	55.85	*22	24.48	53.60	26.78
% of Calories										*16.3%	17.8%	39.0%	43.8%
Nutrient Guideline		550-650		1230									

Thu - 04/22/2021													
Linn-Mar Elementary Lunch													
	Total												
breakfast sandwich^	1 each	286	143	512	3.00	*2.52	*140.0	*100	*0.0	*1	17.53	23.01	13.56
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0
pickle slices^	2 each	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	2 tsp	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		484	*98	839	4.69	*2.38	*351.1	*2636	*9.79	*26	18.35	61.33	18.02
% of Calories										*21.5%	15.2%	50.6%	33.5%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/23/2021													
Linn-Mar Elementary Lunch													
	Total												
	hamburger on a bun [^]	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0
	cheese american	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01	4.56
	pickle slices [^]	0	0	90	0.00	0.00	0	0	0.0	0	0.0	0.0	0.0
	mixed veggies, frozen [^]	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0
	grapes, red seedless [^]	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32
	ketchup [^]	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
	mustard [^]	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
	dressing ranch light [^]	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
	Lion Cub Meal [^] K-4	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
	yogurt variety [^]	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
	milk vty half pints [^]	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
	Weighted Daily Average	513	*45	917	6.03	*3.86	*470.5	*1606	*10.74	*29	27.11	66.38	16.50
	% of Calories									*23.0%	21.1%	51.8%	29.0%
	Nutrient Guideline	550-650		1230									

Mon - 04/26/2021													
Linn-Mar Elementary Lunch													
	Total												
	pork tenderloin s/w	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0
	pickle slices [^]	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0
	baked beans [^]	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0
	Applesauce (cans) (19)	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0
	ketchup [^]	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
	mustard [^]	0	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
	dressing ranch light [^]	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
	Lion Cub Meal [^] K-4	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
	yogurt variety [^]	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
	milk vty half pints [^]	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
	Weighted Daily Average	568	*69	1097	8.51	4.42	461.6	980	8.22	*35	25.83	84.79	15.90
	% of Calories									*24.8%	18.2%	59.8%	25.2%
	Nutrient Guideline	550-650		1230									

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Linn-Mar Community Schools

Mar 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/27/2021													
Linn-Mar Elementary Lunch	Total												
F.T Sticks(2pc) w/ Egg Omelet	1 EACH	240	0	260	2.00	0.72	40.0	0	0.0	10	6.0	38.0	7.0
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		565	*8	897	4.85	1.86	284.8	688	16.50	*32	13.23	87.85	17.41
% of Calories										*22.9%	9.4%	62.2%	27.7%
Nutrient Guideline		550-650		1230									

	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)
Wed - 04/28/2021													
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
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58	5.87
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5
fresh veggie mix	1/2 cup	18	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14
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
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
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
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		508	*47	944	6.06	4.08	368.8	7052	49.71	*25	26.99	60.93	17.59
% of Calories										*19.4%	21.3%	48.0%	31.2%
Nutrient Guideline		550-650		1230									

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Linn-Mar Community Schools

Base Menu Spreadsheet
Portion Values - Detailed

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Mar 1, 2021 thru Apr 30, 2021

Linn-Mar Elementary Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/29/2021													
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
tator tots [^]	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0
ketchup [^]	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0
mustard [^]	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0
dressing ranch light [^]	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal [^] K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety [^]	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		551	*37	1254	4.91	2.70	405.1	1092	13.46	*22	18.92	68.81	22.76
% of Calories										*16.1%	13.7%	50.0%	37.2%
Nutrient Guideline		550-650		1230									

Fri - 04/30/2021													
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
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1
cheese sauce, fz, gov	2 oz	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22	8.89
BLUEBERRIES, Fresh	1/2 CUP	42	0	1	1.78	0.21	4.4	40	7.18	7	0.55	10.72	0.24
dressing ranch light [^]	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5
Lion Cub Meal [^] K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68
yogurt variety [^]	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62
Weighted Daily Average		533	*45	1024	7.24	2.65	701.6	1978	38.64	*22	27.15	60.57	21.26
% of Calories										*16.7%	20.4%	45.5%	35.9%
Nutrient Guideline		550-650		1230									

Weighted Average		529	*47	955	6.07	*3.08	*400.4	*2775	*26.20	*28	22.62	71.16	17.81
										*48.4%	17.1%	53.8%	30.3%

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

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