

Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/01/2019												
Linn-Mar Elementary Lunch	Total	2600										
corn dog, mini^	6 each	1500	271	412	5.03	1.81	150.8	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	500	241	565	2.62	1.57	240.5	2	12.06	28.4	9.23	5.05
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potato wedge	2 EACH	1800	178	391	2.67	0.68	10.3	0	0.89	23.11	8.89	1.33
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
strawberries fresh^	1/2 cup	1500	29	1	1.81	0.37	14.5	4	0.61	6.97	0.27	0.01
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	750	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
honey dijon mustard dressing	2 TBSP	50	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			585	1135	8.39	3.42	533.4	*28	20.32	79.19	20.76	5.87
% of Calories								*19.4%	13.9%	54.1%	31.9%	9.0%
Nutrient Guideline			550-650	1230								<10.00

Mon - 02/04/2019												
Linn-Mar Elementary Lunch	Total	2600										
hamburger on a bun^	1 each	1200	300	510	4.00	3.60	240.0	5	20.0	33.0	11.0	3.50
grilled cheese: 4 sl^	1 EACH	800	761	1532	4.00	1.54	392.0	*4	20.56	32.9	62.49	30.60
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1200	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
baked beans^	1/2 cup	900	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
apple fresh sliced in bag	1/2 cup	1500	14	0	0.66	0.03	1.6	3	0.07	3.8	0.05	0.01
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1000	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	100	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	1000	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			641	1391	7.35	4.04	524.8	*26	26.09	69.82	30.37	12.89
% of Calories								*16.4%	16.3%	43.6%	42.6%	18.1%
Nutrient Guideline			550-650	1230								<10.00

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

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

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/05/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken noodle soup^	8 oz	1400	165	783	0.58	0.96	9.7	*0	20.62	6.17	5.97	1.62
mini saltine crackers	pouch	1400	50	60	1.00	0.36	20.0	0	1.0	7.0	1.5	0.00
Pig in a blanket (19)	1 each	800	240	690	1.50	0.36	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	800	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
peas and carrots^	1/2 cup	900	4	5	0.27	0.06	5.3	0	0.09	0.36	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	1500	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	800	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	300	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			492	1194	4.60	2.57	375.7	*32	25.30	60.65	16.28	5.41
% of Calories								*25.7%	20.6%	49.3%	29.8%	9.9%
Nutrient Guideline			550-650	1230								<10.00

Wed - 02/06/2019												
Linn-Mar Elementary Lunch	Total	2600										
pizza crunchers^	4 piece servi	1300	420	790	5.00	2.15	426.0	3	20.0	41.0	20.0	9.00
marinara sauce cup^	2.5 oz	1300	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
ham/cheese w pretzel roll^	1 each	400	262	471	3.00	2.18	107.8	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	200	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1100	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
sweet potato fries^	4 oz	1600	200	250	2.00	0.36	20.0	8	1.0	26.0	10.0	1.50
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
Fruit Juice Slushies (19)	1 each	1100	90	30	0.00	0.00	80.0	19	0.0	22.0	0.0	0.00
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	800	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			609	1126	6.79	3.16	515.7	*29	20.80	78.93	23.38	7.88
% of Calories								*19.1%	13.7%	51.9%	34.6%	11.6%
Nutrient Guideline			550-650	1230								<10.00

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Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/07/2019												
Linn-Mar Elementary Lunch	Total	1										
NO SCHOOL TODAY	SERVING	1	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

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/08/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken patty,breaded sw^	1 each	1200	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
lettuce with romaine	1/2 cup	900	7	2	0.54	0.39	11.5	*0	0.51	1.26	0.1	0.01
lasagna w/beef crumbles^	1 EACH	800	280	398	2.48	2.32	308.3	*8	17.57	29.16	10.67	5.50
garlic bread stick (19)	1 EACH	800	100	95	1.00	0.72	0.0	1	1.0	15.0	3.5	0.50
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
tomatoes, cherry	1/2 cup	900	13	4	0.89	0.20	7.5	*N/A*	0.66	2.92	0.15	0.02
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	1500	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
white cake w/frosting	1 each	1200	207	148	0.95	0.62	57.5	*21	2.35	31.33	8.17	2.85
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	300	0.00	0.00	0.0	4	0.0	6.33	3.17	0.33
pickle slices^	2 EACH	900	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	360	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	180	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	50	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			612	959	7.37	4.42	578.5	*38	28.06	86.82	17.83	5.64
% of Calories								*25.1%	18.3%	56.7%	26.2%	8.3%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/11/2019												
Linn-Mar Elementary Lunch	Total	2500										
pizza 5" cheese ^	1 each	1500	320	610	5.00	2.70	250.0	5	15.0	40.0	11.0	3.50
Pig in a blanket (19)	1 each	400	240	690	1.50	0.36	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	700	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
corn^	1/2 cup	1600	62	4	1.78	0.32	35.6	2	0.89	15.12	0.44	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
Applesauce (cans) (19)	1/2 CUP	1500	50	15	2.01	0.00	0.0	11	0.0	15.06	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	120	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	60	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			539	953	8.04	3.32	520.5	*28	21.13	78.74	16.45	5.46
% of Calories								*21.1%	15.7%	58.5%	27.5%	9.1%
Nutrient Guideline			550-650	1230								<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/12/2019												
Linn-Mar Elementary Lunch	Total	2600										
F.T.Stick (3pc) E.Omelet (19)	3 Sticks, 1 E	1200	320	520	2.00	2.72	132.0	9	16.0	30.0	15.0	5.50
fish sw^	1 EACH	700	340	440	5.00	2.52	220.0	5	18.0	47.0	10.0	1.50
Lion Cub Meal^	1 Each	700	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1200	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potatoes,smiley^	4 oz	1200	158	218	2.43	0.44	0.0	0	2.43	24.26	5.46	0.61
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
grapes, red seedless^	1/2 cup	1500	61	2	0.82	0.26	12.7	15	0.57	15.56	0.32	0.10
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1200	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	1200	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
tartar sauce^	2 tbsp	500	100	300	0.00	0.00	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average			610	1034	6.22	3.60	415.6	*34	22.18	85.62	20.30	5.57
% of Calories								*22.4%	14.5%	56.1%	30.0%	8.2%
Nutrient Guideline			550-650	1230								<10.00

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Wed - 02/13/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken strips^	4 EACH	1200	271	566	1.47	2.00	32.2	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	1200	103	117	1.15	0.96	33.9	*2	2.51	14.57	3.92	1.05
SB & Grape Sand / C.Stick/gold	1 EACH	200	620	981	5.54	7.27	268.2	12	20.04	66.58	29.79	6.52
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
baked beans^	1/2 CUP	700	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
mixed fruit cocktail	1/2 cup	2340	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1500	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	300	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	300	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
margarine cup^	1 each	1500	20	30	0.00	0.00	0.0	0	0.0	0.0	2.0	0.00
Weighted Daily Average			565	1144	5.13	3.72	386.1	*38	23.62	80.52	17.41	3.52
% of Calories								*26.6%	16.7%	57.0%	27.7%	5.6%
Nutrient Guideline			550-650	1230								<10.00

Thu - 02/14/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken patty,breaded sw^	1 each	1200	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	1200	133	145	2.50	1.81	32.4	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	1200	54	5	0.97	0.36	9.1	*0	1.81	9.03	1.54	0.23
garlic bread stick (19)	1 EACH	1200	100	95	1.00	0.72	0.0	1	1.0	15.0	3.5	0.50
Lion Cub Meal^	1 Each	550	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
romaine lettuce^	1/2 cup	1000	19	9	2.38	1.10	37.4	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	900	2	1	0.14	0.03	1.1	0	0.1	0.45	0.02	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
apple fresh sliced in bag	bag	1500	29	1	1.32	0.07	3.3	6	0.14	7.6	0.09	0.02
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	300	0.00	0.00	0.0	4	0.0	6.33	3.17	0.33
ketchup^	1 tbsp	1000	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	75	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	400	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	150	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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			522	866	7.66	4.68	457.7	*28	26.53	72.91	14.39	3.48
% of Calories								*21.5%	20.3%	55.9%	24.8%	6.0%
Nutrient Guideline			550-650	1230								<10.00

Fri - 02/15/2019												
Linn-Mar Elementary Lunch	Total	2600										
hot dog with bun^	1 each	1500	320	790	3.00	2.16	200.0	4	13.0	32.0	17.0	7.00
chicken teriyaki^	4 EACH	800	130	560	0.00	1.44	40.0	6	15.0	9.0	3.5	1.00
brown rice lmusda^	1/2 cup	800	116	3	1.05	0.45	8.7	*0	2.4	23.36	1.35	0.24
Lion Cub Meal^	1 Each	700	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	600	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
vegetables stir fry	1/2 cup	1200	17	13	1.00	0.18	10.0	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	1200	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
mandarin oranges^	1500	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00	
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbs	600	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	225	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			558	1125	5.56	3.55	493.9	*36	23.36	77.27	18.05	6.57
% of Calories								*25.6%	16.7%	55.4%	29.1%	10.6%
Nutrient Guideline			550-650	1230								<10.00

Mon - 02/18/2019												
Linn-Mar Elementary Lunch	Total	1										
NO SCHOOL TODAY	SERVING	1	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 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/19/2019												
Linn-Mar Elementary Lunch	Total	2600										
Pancakes(19)	2 EACH	1200	160	190	0.00	0.72	80.0	10	4.0	30.0	3.0	0.00
smokies^	3 EACH	1200	95	290	0.00	0.18	20.0	1	3.5	1.5	8.5	3.00
mac & cheese^	6 oz	800	283	648	2.00	0.00	371.0	8	15.0	31.0	11.0	6.50
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
tator tots^	9 each	1600	166	398	2.21	0.40	0.0	0	2.21	21.02	7.74	1.11
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	1500	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1000	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	1200	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average			560	1109	5.43	1.98	482.2	*32	18.93	79.26	18.97	5.91
% of Calories								*23.1%	13.5%	56.6%	30.5%	9.5%
Nutrient Guideline			550-650	1230								<10.00

Wed - 02/20/2019												
Linn-Mar Elementary Lunch	Total	2600										
taco meat w/ beef crumbles^	3 oz	1600	135	211	0.66	2.18	24.7	*2	12.83	5.27	7.04	2.50
tortilla chips, 2 oz pkg^	2 oz	1600	270	210	3.00	0.72	80.0	0	4.0	38.0	14.0	2.00
cheese cheddar shredded^	1 oz	1440	80	206	0.00	0.04	257.0	*N/A*	7.71	0.57	5.19	3.29
hoagie sub sandwich^	1 each	200	285	758	3.00	2.45	318.0	*4	16.38	31.23	11.18	4.29
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
ref beansw/salsa &cheese^	4 oz	900	112	495	5.18	1.64	105.9	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1/2 cup	900	5	4	0.43	0.15	6.5	*N/A*	0.32	1.07	0.05	0.01
tomato fresh diced^	1/8 cup	900	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
pear sliced in juice	1/2 cup	1500	76	10	2.00	0.00	0.0	12	0.0	19.0	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	500	53	300	0.00	0.00	0.0	4	0.0	6.33	3.17	0.33
ketchup^	1 tbsp	50	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	50	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Salsa cup^	2 oz	500	7	43	0.00	0.00	0.0	1	0.0	1.33	0.0	0.00
pickle slices^	2 EACH	150	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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			581	928	7.25	3.68	562.5	*24	26.69	71.67	22.40	7.18
% of Calories								*16.6%	18.4%	49.3%	34.7%	11.1%
Nutrient Guideline			550-650	1230								<10.00

Thu - 02/21/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken, popcorn^	4 oz	1200	237	511	1.45	2.77	73.6	2	17.91	18.45	9.64	0.53
b&b half sandwich(whlgrain)^	1 each	1200	130	185	2.00	0.72	40.0	2	4.0	16.0	6.5	2.50
breakfast sandwich^	1 each	850	283	591	3.00	2.55	218.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
mixed veggies, frozen^	1/2 cup	1200	44	18	1.78	0.00	17.8	4	0.89	9.78	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
pineapple chunks^	1500	65	0	0.82	0.29	16.4	16	0.82	17.99	0.0	0.00	
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	500	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	180	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	100	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			531	992	5.96	3.87	440.5	*31	25.88	69.07	17.21	4.80
% of Calories								*23.6%	19.5%	52.1%	29.2%	8.1%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/22/2019												
Linn-Mar Elementary Lunch	Total	2600										
corn dog, mini^	6 each	1500	271	412	5.03	1.81	150.8	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	500	241	565	2.62	1.57	240.5	2	12.06	28.4	9.23	5.05
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potato wedge	2 EACH	1800	178	391	2.67	0.68	10.3	0	0.89	23.11	8.89	1.33
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
strawberries fresh^	1/2 cup	1500	29	1	1.81	0.37	14.5	4	0.61	6.97	0.27	0.01
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	750	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
honey dijon mustard dressing	2 TBSP	50	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			585	1135	8.39	3.42	533.4	*28	20.32	79.19	20.76	5.87
% of Calories								*19.4%	13.9%	54.1%	31.9%	9.0%
Nutrient Guideline			550-650	1230								<10.00

Mon - 02/25/2019												
Linn-Mar Elementary Lunch	Total	2600										
hamburger on a bun^	1 each	1200	300	510	4.00	3.60	240.0	5	20.0	33.0	11.0	3.50
grilled cheese: 4 sl^	1 EACH	800	761	1532	4.00	1.54	392.0	*4	20.56	32.9	62.49	30.60
Lion Cub Meal^	1 Each	400	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1200	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
baked beans^	1/2 cup	900	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
apple fresh sliced in bag	1/2 cup	1500	14	0	0.66	0.03	1.6	3	0.07	3.8	0.05	0.01
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1000	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	100	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	1000	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			605	1338	6.82	3.79	477.6	*25	24.76	64.70	29.16	12.41
% of Calories								*16.2%	16.4%	42.8%	43.4%	18.5%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/26/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken noodle soup^	8 oz	1600	165	783	0.58	0.96	9.7	*0	20.62	6.17	5.97	1.62
mini saltine crackers	pouch	1600	50	60	1.00	0.36	20.0	0	1.0	7.0	1.5	0.00
Pig in a blanket (19)	1 each	1400	240	690	1.50	0.36	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
peas and carrots^	1/2 cup	1600	4	5	0.27	0.06	5.3	0	0.09	0.36	0.0	0.00
fresh veggie mix	1/2 cup	1600	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	1600	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			542	1360	4.97	2.66	360.7	*32	28.24	63.05	19.38	6.68
% of Calories								*23.9%	20.8%	46.5%	32.2%	11.1%
Nutrient Guideline			550-650	1230								<10.00

Wed - 02/27/2019												
Linn-Mar Elementary Lunch	Total	2600										
pizza crunchers^	4 piece servi	1300	420	790	5.00	2.15	426.0	3	20.0	41.0	20.0	9.00
marinara sauce cup^	2.5 oz	1300	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
ham/cheese w pretzel roll^	1 each	400	262	471	3.00	2.18	107.8	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	500	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1100	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
sweet potato fries^	4 oz	1600	200	250	2.00	0.36	20.0	8	1.0	26.0	10.0	1.50
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
Fruit Juice Slushies (19)	1 each	1100	90	30	0.00	0.00	80.0	19	0.0	22.0	0.0	0.00
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	800	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			597	1104	6.52	3.04	515.2	*29	20.37	77.84	22.78	7.64
% of Calories								*19.6%	13.6%	52.1%	34.3%	11.5%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/28/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken patty,breaded sw^	1 each	1200	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
lasagna w/beef crumbles^	1 EACH	800	280	398	2.48	2.32	308.3	*8	17.57	29.16	10.67	5.50
garlic bread stick (19)	1 EACH	800	100	95	1.00	0.72	0.0	1	1.0	15.0	3.5	0.50
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1500	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
lettuce with romaine	1/2 cup	900	7	2	0.54	0.39	11.5	*0	0.51	1.26	0.1	0.01
tomatoes, cherry	1/2 cup	900	13	4	0.89	0.20	7.5	*N/A*	0.66	2.92	0.15	0.02
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	1500	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
white cake w/frosting elem	1 each	1200	190	135	0.87	0.57	52.7	*19	2.15	28.72	7.49	2.61
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	300	0.00	0.00	0.0	4	0.0	6.33	3.17	0.33
pickle slices^	2 EACH	900	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	360	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	180	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	50	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			600	948	7.33	4.37	564.7	*37	27.66	84.93	17.49	5.51
% of Calories								*24.7%	18.4%	56.6%	26.2%	8.3%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken nuggets^	5 each	1300	291	377	1.61	1.75	18.8	0	22.03	16.4	15.84	1.83
shrimp poppers^	20 EACH	500	180	530	3.00	1.44	40.0	1	9.0	21.0	7.0	1.00
b&b half sandwich(whlgrain)^	1 each	2000	130	185	2.00	0.72	40.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	500	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potatoes mashed^	1/2 cup	1600	80	310	1.00	0.36	20.0	1	2.0	17.0	1.0	0.00
gravy, chicken^	1 oz	1400	10	115	0.00	0.00	0.6	*0	0.0	2.08	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
peach halves in pear juice^	1/2 cup	1500	50	10	0.00	0.00	0.0	10	0.0	12.0	0.0	0.00
dressing ranch light^	2 TBSP	1000	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	750	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	225	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			572	1212	5.37	3.06	347.6	*27	25.46	74.51	20.21	4.66
% of Calories								*18.8%	17.8%	52.1%	31.8%	7.3%
Nutrient Guideline			550-650	1230								<10.00

Mon - 03/04/2019												
Linn-Mar Elementary Lunch	Total	2500										
pizza 5" cheese ^	1 each	1500	320	610	5.00	2.70	250.0	5	15.0	40.0	11.0	3.50
Pig in a blanket (19)	1 each	600	240	690	1.50	0.36	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	700	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
corn^	1/2 cup	1600	62	4	1.78	0.32	35.6	2	0.89	15.12	0.44	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
Applesauce (cans) (19)	1/2 CUP	1500	50	15	2.01	0.00	0.0	11	0.0	15.06	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	120	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	60	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			558	1008	8.16	3.35	520.5	*29	21.85	79.98	17.73	6.02
% of Calories								*20.5%	15.7%	57.3%	28.6%	9.7%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/05/2019												
Linn-Mar Elementary Lunch	Total	2600										
F.T.Stick (3pc) E.Omelet (19)	3 Sticks, 1 E	1200	320	520	2.00	2.72	132.0	9	16.0	30.0	15.0	5.50
fish sw^	1 EACH	700	340	440	5.00	2.52	220.0	5	18.0	47.0	10.0	1.50
potatoes,smiley^	4 oz	1200	158	218	2.43	0.44	0.0	0	2.43	24.26	5.46	0.61
Lion Cub Meal^	1 Each	700	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1200	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
grapes, red seedless^	1/2 cup	1500	61	2	0.82	0.26	12.7	15	0.57	15.56	0.32	0.10
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1200	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	1200	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
tartar sauce^	2 tbsp	500	100	300	0.00	0.00	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average			610	1034	6.22	3.60	415.6	*34	22.18	85.62	20.30	5.57
% of Calories								*22.4%	14.5%	56.1%	30.0%	8.2%
Nutrient Guideline			550-650	1230								<10.00

Wed - 03/06/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken strips^	4 EACH	1300	271	566	1.47	2.00	32.2	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	1300	103	117	1.15	0.96	33.9	*2	2.51	14.57	3.92	1.05
SB & Grape Sand / C.Stick/gold	1 EACH	200	620	981	5.54	7.27	268.2	12	20.04	66.58	29.79	6.52
Lion Cub Meal^	1 Each	500	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	400	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
baked beans^	1/2 CUP	900	162	559	5.19	2.01	47.1	17	7.32	37.2	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
mixed fruit cocktail	1/2 cup	2340	60	10	0.00	0.00	0.0	11	0.0	17.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1500	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	300	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	300	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
margarine cup^	1 each	1500	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 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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			574	1187	5.36	3.87	368.7	*38	24.43	82.03	17.46	3.38
% of Calories								*26.6%	17.0%	57.2%	27.4%	5.3%
Nutrient Guideline			550-650	1230								<10.00

Thu - 03/07/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken patty,breaded sw^	1 each	1300	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	1300	133	145	2.50	1.81	32.4	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	1200	54	5	0.97	0.36	9.1	*0	1.81	9.03	1.54	0.23
garlic bread stick (19)	1 EACH	1200	100	95	1.00	0.72	0.0	1	1.0	15.0	3.5	0.50
Lion Cub Meal^	1 Each	500	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
romaine lettuce^	1/2 cup	900	19	9	2.38	1.10	37.4	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	900	2	1	0.14	0.03	1.1	0	0.1	0.45	0.02	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
apple fresh sliced in bag	bag	1500	29	1	1.32	0.07	3.3	6	0.14	7.6	0.09	0.02
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	300	0.00	0.00	0.0	4	0.0	6.33	3.17	0.33
ketchup^	1 tbsp	1000	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	300	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	150	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			532	879	7.69	4.78	460.3	*28	27.50	73.92	14.62	3.48
% of Calories								*21.3%	20.7%	55.6%	24.7%	5.9%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/08/2019												
Linn-Mar Elementary Lunch	Total	2600										
hot dog with bun^	1 each	1500	320	790	3.00	2.16	200.0	4	13.0	32.0	17.0	7.00
chicken teriyaki^	4 EACH	800	130	560	0.00	1.44	40.0	6	15.0	9.0	3.5	1.00
brown rice lmusda^	1/2 cup	800	116	3	1.05	0.45	8.7	*0	2.4	23.36	1.35	0.24
Lion Cub Meal^	1 Each	700	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	600	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
vegetables stir fry	1/2 cup	1200	17	13	1.00	0.18	10.0	1	0.0	3.0	0.0	0.00
fresh veggie mix	1/2 cup	1200	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	1500	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	225	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			558	1125	5.56	3.55	493.9	*36	23.36	77.27	18.05	6.57
% of Calories								*25.6%	16.7%	55.4%	29.1%	10.6%
Nutrient Guideline			550-650	1230								<10.00

Mon - 03/11/2019												
Linn-Mar Elementary Lunch	Total	2600										
pizza sticks (2 sticks)^	2 EACH	1200	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
chili w/ beef crumbles.	8 oz	600	220	1023	8.59	3.71	83.1	*3	14.28	30.25	4.56	1.46
b&b whole sandwich(whlgrain)	1 each	600	260	370	4.00	1.44	80.0	4	8.0	32.0	13.0	5.00
Lion Cub Meal^	1 Each	400	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
fresh veggie mix	3/4 cup	1000	28	30	2.03	0.85	29.7	3	1.53	5.61	0.21	0.04
spiced apples,warmed	1/2 cup	1500	79	11	1.58	0.01	1.4	18	0.01	19.7	0.01	0.00
marinara sauce cup^	2 oz	980	32	184	0.80	0.57	16.0	3	0.8	5.59	0.8	0.00
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
choc chip cookies w/lq egg	1 each	2340	129	80	0.96	0.52	5.5	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			597	1052	8.20	2.99	328.3	*38	23.22	81.77	20.64	8.48
% of Calories								*25.2%	15.5%	54.8%	31.1%	12.8%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/12/2019												
Linn-Mar Elementary Lunch	Total	2600										
Pancakes(19)	2 EACH	1200	160	190	0.00	0.72	80.0	10	4.0	30.0	3.0	0.00
smokies^	3 EACH	1200	95	290	0.00	0.18	20.0	1	3.5	1.5	8.5	3.00
mac & cheese^	6 oz	800	283	648	2.00	0.00	371.0	8	15.0	31.0	11.0	6.50
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
tator tots^	9 each	1600	166	398	2.21	0.40	0.0	0	2.21	21.02	7.74	1.11
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	1500	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1000	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	1200	50	55	0.00	0.00	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average			560	1109	5.43	1.98	482.2	*32	18.93	79.26	18.97	5.91
% of Calories								*23.1%	13.5%	56.6%	30.5%	9.5%
Nutrient Guideline			550-650	1230								<10.00

Wed - 03/13/2019												
Linn-Mar Elementary Lunch	Total	2600										
taco meat w/ beef crumbles^	3 oz	1800	135	211	0.66	2.18	24.7	*2	12.83	5.27	7.04	2.50
tortilla chips, 2 oz pkg^	2 oz	1800	270	210	3.00	0.72	80.0	0	4.0	38.0	14.0	2.00
cheese cheddar shredded^	1 oz	1440	80	206	0.00	0.04	257.0	*N/A*	7.71	0.57	5.19	3.29
hoagie sub sandwich^	1 each	200	285	758	3.00	2.45	318.0	*4	16.38	31.23	11.18	4.29
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
ref beansw/salsa &cheese^	4 oz	900	112	495	5.18	1.64	105.9	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1/2 cup	900	5	4	0.43	0.15	6.5	*N/A*	0.32	1.07	0.05	0.01
tomato fresh diced^	1/8 cup	900	4	1	0.27	0.06	2.3	1	0.2	0.88	0.05	0.01
pear sliced in juice	1/2 cup	1500	76	10	2.00	0.00	0.0	12	0.0	19.0	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	500	53	300	0.00	0.00	0.0	4	0.0	6.33	3.17	0.33
ketchup^	1 tbsp	50	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	50	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Salsa cup^	2 oz	500	7	43	0.00	0.00	0.0	1	0.0	1.33	0.0	0.00
pickle slices^	2 EACH	150	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	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			612	961	7.53	3.90	570.6	*24	27.98	75.00	24.02	7.53
% of Calories								*15.9%	18.3%	49.0%	35.3%	11.1%
Nutrient Guideline			550-650	1230								<10.00

Thu - 03/14/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken, popcorn^	4 oz	1200	237	511	1.45	2.77	73.6	2	17.91	18.45	9.64	0.53
b&b half sandwich(whlgrain)^	1 each	1200	130	185	2.00	0.72	40.0	2	4.0	16.0	6.5	2.50
breakfast sandwich^	1 each	800	283	591	3.00	2.55	218.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
mixed veggies, frozen^	1/2 cup	900	44	18	1.78	0.00	17.8	4	0.89	9.78	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
pineapple chunks^	1500	65	0	0.82	0.29	16.4	16	0.82	17.99	0.0	0.00	
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	500	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	180	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	100	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			551	1019	5.70	3.95	519.7	*35	27.70	72.57	17.14	4.81
% of Calories								*25.7%	20.1%	52.7%	28.0%	7.9%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/15/2019												
Linn-Mar Elementary Lunch	Total	2600										
corn dog, mini^	6 each	1500	271	412	5.03	1.81	150.8	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	500	241	565	2.62	1.57	240.5	2	12.06	28.4	9.23	5.05
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potato wedge	2 EACH	1800	178	391	2.67	0.68	10.3	0	0.89	23.11	8.89	1.33
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
strawberries fresh^	1/2 cup	1500	29	1	1.81	0.37	14.5	4	0.61	6.97	0.27	0.01
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	750	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
honey dijon mustard dressing	2 TBSP	50	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			585	1135	8.39	3.42	533.4	*28	20.32	79.19	20.76	5.87
% of Calories								*19.4%	13.9%	54.1%	31.9%	9.0%
Nutrient Guideline			550-650	1230								<10.00

Mon - 03/18/2019												
Linn-Mar Elementary Lunch	Total	1										
NO SCHOOL TODAY	SERVING	1	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 - 03/19/2019												
Linn-Mar Elementary Lunch	Total	1										
NO SCHOOL TODAY	SERVING	1	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 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/20/2019												
Linn-Mar Elementary Lunch NO SCHOOL TODAY	Total SERVING	1 1	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0.00	0.00	0.0	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650	1230								<10.00

Thu - 03/21/2019												
Linn-Mar Elementary Lunch NO SCHOOL TODAY	Total SERVING	1 1	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0.00	0.00	0.0	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650	1230								<10.00

Fri - 03/22/2019												
Linn-Mar Elementary Lunch NO SCHOOL TODAY	Total SERVING	1 1	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0.00	0.00	0.0	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650	1230								<10.00

Mon - 03/25/2019												
Linn-Mar Elementary Lunch NO SCHOOL TODAY	Total SERVING	1 1	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories			0	0	0.00	0.00	0.0	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/26/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken noodle soup^	8 oz	1600	165	783	0.58	0.96	9.7	*0	20.62	6.17	5.97	1.62
mini saltine crackers	pouch	1600	50	60	1.00	0.36	20.0	0	1.0	7.0	1.5	0.00
Pig in a blanket (19)	1 each	900	240	690	1.50	0.36	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	650	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	600	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
peas and carrots^	1/2 cup	900	4	5	0.27	0.06	5.3	0	0.09	0.36	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	1500	90	10	1.00	0.36	20.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	400	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			528	1263	4.39	2.62	456.8	*36	28.88	64.53	16.75	5.55
% of Calories								*27.2%	21.9%	48.9%	28.6%	9.5%
Nutrient Guideline			550-650	1230								<10.00

Wed - 03/27/2019												
Linn-Mar Elementary Lunch	Total	2600										
pizza crunchers^	4 piece servi	1300	420	790	5.00	2.15	426.0	3	20.0	41.0	20.0	9.00
marinara sauce cup^	2.5 oz	1300	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
ham/cheese w pretzel roll^	1 each	400	262	471	3.00	2.18	107.8	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1100	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
sweet potato fries^	4 oz	1600	200	250	2.00	0.36	20.0	8	1.0	26.0	10.0	1.50
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
Fruit Juice Slushies (19)	1 each	1100	90	30	0.00	0.00	80.0	19	0.0	22.0	0.0	0.00
dressing ranch light^	2 TBSP	800	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	800	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			612	1128	6.79	3.16	527.2	*30	20.92	79.66	23.38	7.88
% of Calories								*19.4%	13.7%	52.0%	34.4%	11.6%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken patty,breaded sw^	1 each	900	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
lasagna w/beef crumbles^	1 EACH	700	280	398	2.48	2.32	308.3	*8	17.57	29.16	10.67	5.50
garlic bread stick (19)	1 EACH	700	100	95	1.00	0.72	0.0	1	1.0	15.0	3.5	0.50
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
lettuce with romaine	1/2 cup	900	7	2	0.54	0.39	11.5	*0	0.51	1.26	0.1	0.01
tomatoes, cherry	1/2 cup	900	13	4	0.89	0.20	7.5	*N/A*	0.66	2.92	0.15	0.02
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	1500	46	0	2.36	0.10	39.3	9	0.92	11.54	0.12	0.01
white cake w/frosting elem	1 each	1200	190	135	0.87	0.57	52.7	*19	2.15	28.72	7.49	2.61
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	300	0.00	0.00	0.0	4	0.0	6.33	3.17	0.33
pickle slices^	2 EACH	900	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	360	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	180	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	50	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			550	863	6.72	3.86	538.0	*37	24.47	78.91	15.97	5.14
% of Calories								*26.6%	17.8%	57.4%	26.1%	8.4%
Nutrient Guideline			550-650	1230								<10.00

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Linn-Mar Community Schools

Feb 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/29/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken nuggets^	5 each	1300	291	377	1.61	1.75	18.8	0	22.03	16.4	15.84	1.83
shrimp poppers^	20 EACH	500	180	530	3.00	1.44	40.0	1	9.0	21.0	7.0	1.00
b&b half sandwich(whlgrain)^	1 each	2000	130	185	2.00	0.72	40.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	600	386	642	6.84	3.31	313.4	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	51	0.00	0.00	300.0	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	1600	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potatoes mashed^	1/2 cup	1600	80	310	1.00	0.36	20.0	1	2.0	17.0	1.0	0.00
gravy, chicken^	1 oz	1400	10	115	0.00	0.00	0.6	*0	0.0	2.08	0.0	0.00
fresh veggie mix	1/2 cup	1000	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
peach halves in pear juice^	1/2 cup	1500	50	10	0.00	0.00	0.0	10	0.0	12.0	0.0	0.00
dressing ranch light^	2 TBSP	1000	70	350	0.00	0.00	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	750	45	360	0.00	0.00	0.0	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	225	50	240	0.00	0.00	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			594	1241	5.63	3.19	382.8	*28	26.24	77.80	20.81	4.90
% of Calories								*19.1%	17.7%	52.4%	31.5%	7.4%
Nutrient Guideline			550-650	1230								<10.00

Weighted Average			574	1093	6.57	3.47	475.3	*31	24.05	76.43	19.70	6.18
								*49.3%	16.8%	53.3%	30.9%	9.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	574		550 - 650	100%				
Sodium 1 (mg)	1093		1230					
Sodium 2 (mg)	1093		935				158	Correction Required - Sodium too High
Fiber (g)	6.57							
Iron (mg)	3.47							
Calcium (mg)	475.3							
Sugars (g)	31	21.93%			Missing			
Protein (g)	24.05	16.77%						
Carbohydrate (g)	76.43	53.29%						
Total Fat (g)	19.70	30.91%						
Saturated Fat (g)	6.18	9.70%	<10.00%					

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

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

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

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