

# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Mon - 04/01/2019												
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	2340	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			571	995	8.04	3.46	609.3	*33	23.50	84.00	16.64	5.57
% of Calories								*23.3%	16.5%	58.8%	26.2%	8.8%
Nutrient Guideline			550-650	1230								<10.00
Tue - 04/02/2019												
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	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potatoes,smiley^	4 oz	1800	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			695	1147	6.78	3.90	547.2	*41	26.25	99.01	21.84	5.87
% of Calories								*23.8%	15.1%	57.0%	28.3%	7.6%
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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Apr 1, 2019 thru Jun 5, 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)
Wed - 04/03/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken strips^	4 EACH	1800	271	566	1.47	2.00	32.2	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	1800	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	2340	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
Weighted Daily Average			695	1385	6.13	4.69	490.4	*45	31.92	95.66	21.48	4.19
% of Calories								*25.6%	18.4%	55.0%	27.8%	5.4%
Nutrient Guideline			550-650	1230								<10.00

Thu - 04/04/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken patty,breaded sw^	1 each	1000	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
Spaghetti sauce with meatballs	serving	1100	208	387	2.99	2.86	59.5	10	15.83	15.95	9.89	3.46
rotini,whole grain,dry^	1/2 cup	1100	54	5	0.97	0.36	9.1	*0	1.81	9.03	1.54	0.23
garlic bread stick (19)	1 EACH	1100	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	2340	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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
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

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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)
Weighted Daily Average			546	938	6.89	4.85	531.7	*35	28.94	75.92	15.07	4.03
% of Calories								*25.9%	21.2%	55.7%	24.9%	6.6%
Nutrient Guideline			550-650	1230								<10.00

Fri - 04/05/2019												
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 lmsda^	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	2340	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 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			589	1165	5.56	3.68	579.3	*40	25.64	82.33	18.22	6.68
% of Calories								*27.5%	17.4%	55.9%	27.8%	10.2%
Nutrient Guideline			550-650	1230								<10.00

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Apr 1, 2019 thru Jun 5, 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)
Mon - 04/08/2019												
Linn-Mar Elementary Lunch	Total	2600										
pizza sticks (2 sticks)^	2 EACH	1400	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
beef, hot shredded SW^	4 oz	600	324	590	3.00	3.65	200.0	4	29.56	31.0	9.18	3.08
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
green beans,steamed^	1/2 cup	900	28	0	2.80	0.67	18.7	2	0.93	5.6	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^	1/2 cup	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	180	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	90	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	450	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	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
sugar cookies w/ lq egg	1 EACH	2470	117	103	0.74	0.48	4.5	*7	1.7	14.72	5.69	2.48
Weighted Daily Average			641	1046	6.85	3.30	456.9	*43	30.45	85.31	20.44	8.77
% of Calories								*26.8%	19.0%	53.3%	28.7%	12.3%
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 - 04/09/2019												
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	2340	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			592	1149	5.43	2.10	567.6	*37	21.20	84.31	19.15	6.01
% of Calories								*25.0%	14.3%	57.0%	29.1%	9.2%
Nutrient Guideline			550-650	1230								<10.00

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Wed - 04/10/2019												
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	2340	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
Weighted Daily Average			643	1001	7.53	4.03	656.0	*29	30.26	80.05	24.20	7.63
% of Calories								*18.1%	18.8%	49.8%	33.8%	10.7%
Nutrient Guideline			550-650	1230								<10.00

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Thu - 04/11/2019												
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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
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			536	1023	5.73	3.92	516.0	*31	27.58	67.85	17.25	4.83
% of Calories								*23.1%	20.6%	50.7%	29.0%	8.1%
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)
Fri - 04/12/2019												
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^	1 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

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Mon - 04/15/2019												
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	2340	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			689	1453	7.35	4.24	656.3	*34	29.60	77.60	30.64	13.05
% of Calories								*19.5%	17.2%	45.0%	40.0%	17.0%
Nutrient Guideline			550-650	1230								<10.00

Tue - 04/16/2019												
Linn-Mar Elementary Lunch	Total	2600										
Pizza garlic f.b cheese (19)	1 EACH	1200	350	450	2.00	1.80	450.0	2	22.0	29.0	18.0	7.00
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	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	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
carrots, sunshine	1/2 CUP	900	26	45	2.25	0.54	15.0	3	0.75	5.25	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	1600	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	250	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
marinara sauce cup^	2.5 oz	1080	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
Weighted Daily Average			570	1095	5.25	3.02	640.4	*40	25.64	74.48	19.96	7.40
% of Calories								*28.2%	18.0%	52.2%	31.5%	11.7%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Wed - 04/17/2019												
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
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
pineapple chunks^	1/2 cup	1100	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	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			582	1001	6.63	2.93	490.3	*27	20.76	74.47	22.88	7.88
% of Calories								*18.3%	14.3%	51.2%	35.4%	12.2%
Nutrient Guideline			550-650	1230								<10.00

Thu - 04/18/2019												
Linn-Mar Elementary Lunch	Total	2600										
yogurt parfaits,fruit&granola^	4 oz	1200	365	174	5.37	1.48	179.7	*42	10.41	77.59	3.59	0.75
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	1	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	2340	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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
muffin,choc chip, scratch^	2 oz	2470	176	216	2.03	1.06	81.8	*8	3.13	28.3	6.67	2.20
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
Weighted Daily Average			688	845	8.64	4.32	682.2	*57	25.51	113.73	17.21	6.11
% of Calories								*33.1%	14.8%	66.1%	22.5%	8.0%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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 - 04/19/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken nuggets^	5 each	1500	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	2340	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
peaches sliced	1/2 cup	1500	49	10	0.00	0.00	0.0	10	0.0	11.81	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			647	1310	5.76	3.45	469.6	*33	30.21	84.00	22.21	5.15
% of Calories								*20.4%	18.7%	51.9%	30.9%	7.2%
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)
Mon - 04/22/2019												
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	2340	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			571	995	8.04	3.46	609.3	*33	23.50	84.00	16.64	5.57
% of Calories								*23.3%	16.5%	58.8%	26.2%	8.8%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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 - 04/23/2019												
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	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potatoes,smiley^	4 oz	1800	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			695	1147	6.78	3.90	547.2	*41	26.25	99.01	21.84	5.87
% of Calories								*23.8%	15.1%	57.0%	28.3%	7.6%
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)
Wed - 04/24/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken strips^	4 EACH	1800	271	566	1.47	2.00	32.2	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	1800	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	2340	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

Apr 1, 2019 thru Jun 5, 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			695	1385	6.13	4.69	490.4	*45	31.92	95.66	21.48	4.19
% of Calories								*25.6%	18.4%	55.0%	27.8%	5.4%
Nutrient Guideline			550-650	1230								<10.00

Thu - 04/25/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken patty,breaded sw^	1 each	1000	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	1100	133	145	2.50	1.81	32.4	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	1100	54	5	0.97	0.36	9.1	*0	1.81	9.03	1.54	0.23
garlic bread stick (19)	1 EACH	1100	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	2340	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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
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			514	836	6.68	4.41	520.2	*34	26.40	73.53	13.23	3.28
% of Calories								*26.2%	20.5%	57.2%	23.2%	5.7%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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 - 04/26/2019												
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 Imusda^	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	2340	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			589	1165	5.56	3.68	579.3	*40	25.64	82.33	18.22	6.68
% of Calories								*27.5%	17.4%	55.9%	27.8%	10.2%
Nutrient Guideline			550-650	1230								<10.00

Mon - 04/29/2019												
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

Apr 1, 2019 thru Jun 5, 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 - 04/30/2019												
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	2340	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			592	1149	5.43	2.10	567.6	*37	21.20	84.31	19.15	6.01
% of Calories								*25.0%	14.3%	57.0%	29.1%	9.2%
Nutrient Guideline			550-650	1230								<10.00

Wed - 05/01/2019												
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	2340	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 1/2 ^	1/2s	1500	48	8	1.59	0.00	0.0	8	0.0	11.11	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

Apr 1, 2019 thru Jun 5, 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			627	1000	7.29	4.03	656.0	*27	30.26	75.50	24.20	7.63
% of Calories								*17.0%	19.3%	48.2%	34.7%	11.0%
Nutrient Guideline			550-650	1230								<10.00

Thu - 05/02/2019												
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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
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			536	1023	5.73	3.92	516.0	*31	27.58	67.85	17.25	4.83
% of Calories								*23.1%	20.6%	50.7%	29.0%	8.1%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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 - 05/03/2019												
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 - 05/06/2019												
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	2340	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			689	1453	7.35	4.24	656.3	*34	29.60	77.60	30.64	13.05
% of Calories								*19.5%	17.2%	45.0%	40.0%	17.0%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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 - 05/07/2019												
Linn-Mar Elementary Lunch	Total	2600										
Pizza garlic f.b cheese (19)	1 EACH	1200	350	450	2.00	1.80	450.0	2	22.0	29.0	18.0	7.00
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	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	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
carrots, sunshine	1/2 CUP	900	26	45	2.25	0.54	15.0	3	0.75	5.25	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	1600	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	250	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
marinara sauce cup^	2.5 oz	1080	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
Weighted Daily Average			570	1095	5.25	3.02	640.4	*40	25.64	74.48	19.96	7.40
% of Calories								*28.2%	18.0%	52.2%	31.5%	11.7%
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)
Wed - 05/08/2019												
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
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
pineapple chunks^	1/2 cup	1100	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	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			582	1001	6.63	2.93	490.3	*27	20.76	74.47	22.88	7.88
% of Calories								*18.3%	14.3%	51.2%	35.4%	12.2%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Thu - 05/09/2019												
Linn-Mar Elementary Lunch	Total	2600										
yogurt parfaits,fruit&granola^	4 oz	1200	365	174	5.37	1.48	179.7	*42	10.41	77.59	3.59	0.75
lasagna w/beef crumbles^	1 EACH	800	280	398	2.48	2.32	308.3	*8	17.57	29.16	10.67	5.50
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	2340	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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
muffin,choc chip, scratch^	2 oz	2470	176	216	2.03	1.06	81.8	*8	3.13	28.3	6.67	2.20
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
Weighted Daily Average			688	845	8.64	4.32	682.2	*57	25.51	113.72	17.21	6.11
% of Calories								*33.1%	14.8%	66.1%	22.5%	8.0%
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 - 05/10/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken nuggets^	5 each	1500	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	2340	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			648	1310	5.76	3.45	469.6	*33	30.21	84.11	22.21	5.15
% of Calories								*20.4%	18.7%	51.9%	30.9%	7.1%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Mon - 05/13/2019												
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	2340	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			571	995	8.04	3.46	609.3	*33	23.50	84.00	16.64	5.57
% of Calories								*23.3%	16.5%	58.8%	26.2%	8.8%
Nutrient Guideline			550-650	1230								<10.00

Tue - 05/14/2019												
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	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potatoes,smiley^	4 oz	1800	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			695	1147	6.78	3.90	547.2	*41	26.25	99.01	21.84	5.87
% of Calories								*23.8%	15.1%	57.0%	28.3%	7.6%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Wed - 05/15/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken strips^	4 EACH	1800	271	566	1.47	2.00	32.2	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	1800	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	2340	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
Weighted Daily Average			695	1385	6.13	4.69	490.4	*45	31.92	95.66	21.48	4.19
% of Calories								*25.6%	18.4%	55.0%	27.8%	5.4%
Nutrient Guideline			550-650	1230								<10.00

Thu - 05/16/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken patty,breaded sw^	1 each	1000	340	620	4.12	3.63	228.8	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	1100	133	145	2.50	1.81	32.4	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	1100	54	5	0.97	0.36	9.1	*0	1.81	9.03	1.54	0.23
garlic bread stick (19)	1 EACH	1100	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	2340	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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
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

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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			514	836	6.68	4.41	520.2	*34	26.40	73.53	13.23	3.28
% of Calories								*26.2%	20.5%	57.2%	23.2%	5.7%
Nutrient Guideline			550-650	1230								<10.00

Fri - 05/17/2019												
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	2340	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 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			589	1165	5.56	3.68	579.3	*40	25.64	82.33	18.22	6.68
% of Calories								*27.5%	17.4%	55.9%	27.8%	10.2%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Mon - 05/20/2019												
Linn-Mar Elementary Lunch	Total	2600										
pizza sticks (2 sticks)^	2 EACH	1400	310	590	3.00	0.00	0.0	8	18.0	31.0	13.0	7.00
beef, hot shredded SW^	4 oz	600	324	590	3.00	3.65	200.0	4	29.56	31.0	9.18	3.08
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
green beans,steamed^	1/2 cup	900	28	0	2.80	0.67	18.7	2	0.93	5.6	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^	1/2 cup	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	180	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	90	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	450	0	90	0.00	0.00	0.0	0	0.0	0.0	0.0	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
choc chip cookies w/lq egg	1 each	2470	129	80	0.96	0.52	5.5	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			652	1024	7.06	3.34	457.8	*43	30.33	87.05	21.39	8.95
% of Calories								*26.3%	18.6%	53.4%	29.5%	12.4%
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 - 05/21/2019												
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	2340	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			592	1149	5.43	2.10	567.6	*37	21.20	84.31	19.15	6.01
% of Calories								*25.0%	14.3%	57.0%	29.1%	9.2%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Wed - 05/22/2019												
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	2340	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 1/2 ^	1/2s	1500	48	8	1.59	0.00	0.0	8	0.0	11.11	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
Weighted Daily Average			627	1000	7.29	4.03	656.0	*27	30.26	75.50	24.20	7.63
% of Calories								*17.0%	19.3%	48.2%	34.7%	11.0%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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 - 05/23/2019												
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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
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			536	1023	5.73	3.92	516.0	*31	27.58	67.85	17.25	4.83
% of Calories								*23.1%	20.6%	50.7%	29.0%	8.1%
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)
Fri - 05/24/2019												
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

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Mon - 05/27/2019												
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 - 05/28/2019												
Linn-Mar Elementary Lunch	Total	2600										
Pizza garlic f.b cheese (19)	1 EACH	1200	350	450	2.00	1.80	450.0	2	22.0	29.0	18.0	7.00
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	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	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
carrots, sunshine	1/2 CUP	900	26	45	2.25	0.54	15.0	3	0.75	5.25	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	1600	20	160	0.00	0.00	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	250	0	60	0.00	0.00	0.0	*N/A*	0.0	0.0	0.0	0.00
marinara sauce cup^	2.5 oz	1080	40	230	1.00	0.72	20.0	4	1.0	6.99	1.0	0.00
Weighted Daily Average			570	1095	5.25	3.02	640.4	*40	25.64	74.48	19.96	7.40
% of Calories								*28.2%	18.0%	52.2%	31.5%	11.7%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)
Wed - 05/29/2019												
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
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
pineapple chunks^	1/2 cup	1100	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	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			582	1001	6.63	2.93	490.3	*27	20.76	74.47	22.88	7.88
% of Calories								*18.3%	14.3%	51.2%	35.4%	12.2%
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)
Thu - 05/30/2019												
Linn-Mar Elementary Lunch	Total	2600										
yogurt parfaits,fruit&granola^	4 oz	1200	365	174	5.37	1.48	179.7	*42	10.41	77.59	3.59	0.75
lasagna w/beef crumbles^	1 EACH	800	280	398	2.48	2.32	308.3	*8	17.57	29.16	10.67	5.50
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	2340	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
fresh fruit salad^	1/2 cup	1500	39	6	0.86	0.24	9.9	9	0.6	9.81	0.18	0.04
muffin,choc chip, scratch^	2 oz	2470	176	216	2.03	1.06	81.8	*8	3.13	28.3	6.67	2.20
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
Weighted Daily Average			688	845	8.64	4.32	682.2	*57	25.51	113.72	17.21	6.11
% of Calories								*33.1%	14.8%	66.1%	22.5%	8.0%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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 - 05/31/2019												
Linn-Mar Elementary Lunch	Total	2600										
chicken nuggets^	5 each	1500	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	2340	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			648	1310	5.76	3.45	469.6	*33	30.21	84.11	22.21	5.15
% of Calories								*20.4%	18.7%	51.9%	30.9%	7.1%
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)
Mon - 06/03/2019												
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	2340	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			571	995	8.04	3.46	609.3	*33	23.50	84.00	16.64	5.57
% of Calories								*23.3%	16.5%	58.8%	26.2%	8.8%
Nutrient Guideline			550-650	1230								<10.00

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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 - 06/04/2019												
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	2340	110	141	0.00	0.45	300.0	16	8.0	17.75	0.62	0.37
potatoes,smiley^	4 oz	1800	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			695	1147	6.78	3.90	547.2	*41	26.25	99.01	21.84	5.87
% of Calories								*23.8%	15.1%	57.0%	28.3%	7.6%
Nutrient Guideline			550-650	1230								<10.00

Wed - 06/05/2019												
Linn-Mar Elementary Lunch	Total	2600										
hoagie sub sandwich^	1 each	3200	285	758	3.00	2.45	318.0	*4	16.38	31.23	11.18	4.29
fresh veggie mix	1/2 cup	3200	19	20	1.35	0.57	19.8	2	1.02	3.74	0.14	0.03
Applesauce Cups- assorted (19)	4 oz	3200	50	0	1.00	0.00	0.0	12	0.0	14.0	0.0	0.00
Fruit Juice Slushies (19)	1 each	3200	90	30	0.00	0.00	80.0	19	0.0	22.0	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
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
mayo(salad dressing light)^	1 TBSP	1	30	130	0.00	0.00	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			651	1285	6.59	4.00	698.9	*56	26.33	102.65	16.39	5.77
% of Calories								*34.6%	16.2%	63.0%	22.6%	8.0%
Nutrient Guideline			550-650	1230								<10.00

Weighted Average			616	1104	6.73	3.67	565.2	*37	26.18	84.45	20.11	6.33
								*54.3%	17.0%	54.9%	29.4%	9.3%

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# Linn-Mar Community Schools

Apr 1, 2019 thru Jun 5, 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)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	616		550 - 650	100%				
Sodium 1 (mg)	1104		1230					
Sodium 2 (mg)	1104		935				169	Correction Required - Sodium too High
Fiber (g)	6.73							
Iron (mg)	3.67							
Calcium (mg)	565.2							
Sugars (g)	37	24.12%			Missing			
Protein (g)	26.18	17.01%						
Carbohydrate (g)	84.45	54.88%						
Total Fat (g)	20.11	29.40%						
Saturated Fat (g)	6.33	9.26%	<10.00%					

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