

# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/02/2018</b>																
K-5 3 week cycle	Total	2500														
pizza 5" cheese ^	1 each	1500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50	0.00
pigs in a blanket^	1 each	500	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00	0.50
Lion Cub Meal^	1 Each	550	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
corn^	1/2 cup	1600	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
peach halves in pear juice^	1/2 cup	1500	50	0	10	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	60	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			566	30	987	6.48	3.14	549.7	2468	24.91	*25	21.92	81.88	16.95	5.84	*0.10
% of Calories											*17.4%	15.5%	57.9%	27.0%	9.3%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	
<b>Tue - 04/03/2018</b>																
K-5 3 week cycle	Total	2600														
f toast st w/ egg omelet	2 EACH	1100	350	195	470	2.00	1.44	120.0	400	0.0	10	14.0	39.0	15.0	4.00	0.00
fish sw^	1 EACH	600	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50	0.00
Lion Cub Meal^	1 Each	400	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potatoes,smiley^	4 oz	1400	158	0	218	2.43	0.44	0.0	0	2.91	0	2.43	24.26	5.46	0.61	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
grapes, red seedless^	1/2 cup	1500	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10	0.00
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	900	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
syrup, pancake^	2 tbsp	800	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
tartar sauce^	2 tbsp	80	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00
Weighted Daily Average			580	105	839	5.35	2.58	441.6	1973	21.99	*29	20.92	86.34	17.17	4.29	*0.00
% of Calories											*20.1%	14.4%	59.6%	26.7%	6.7%	*0.0%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/04/2018																
K-5 3 week cycle	Total	2600														
chicken strips^	4 EACH	1700	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36	0.00
rolls, hot^	1.0 oz	1000	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05	*0.00
sunb& jelly sw/ cheese st ^	1 EACH	100	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27	0.00
Lion Cub Meal^	1 Each	350	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	350	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
baked beans^	1/2 CUP	600	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
apple, sliced w caramel^	1 EACH	1000	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50	0.00
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	900	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup^	EACH	150	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
dressing honey mustard^	2 TBSP	150	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
margarine cup^	1 each	1500	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
Weighted Daily Average			550	48	1047	5.10	3.17	378.4	1980	89.86	*29	25.75	70.16	18.53	3.74	*0.00
% of Calories											*21.1%	18.7%	51.0%	30.3%	6.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 04/05/2018																
K-5 3 week cycle	Total	2600														
chicken patty,breaded sw^	1 each	1200	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
spagh sauce w/ beef crum^	4 oz	1200	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69	0.00
rotini,whole grain,dry^	1/2 cup	1200	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23	0.00
garlic bread stick ^	1 EACH	1200	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
romaine lettuce^	1/2 cup	1000	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04	*N/A*
cherry tomato^	1/8 cup	1000	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	150	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices^	2 EACH	1000	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light)^	1 TBSP	150	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00

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

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			551	43	896	7.27	4.71	501.7	6369	36.29	*26	28.67	79.29	14.68	3.60	*0.00
% of Calories											*18.7%	20.8%	57.5%	24.0%	5.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 04/06/2018																
K-5 3 week cycle	Total	2600														
hot dog with bun^	1 each	1200	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
chicken teriyaki^	4 EACH	900	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00	*N/A*
brown rice lmusda^	1/2 cup	900	116	0	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24	0.00
Lion Cub Meal^	1 Each	550	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
vegetables stir fry	1/2 cup	1000	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
mandarin oranges^	1/2 cup	1300	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	225	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
fortune cookie	1 each	900	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			550	46	1053	4.60	3.25	502.7	2882	35.76	*31	23.32	78.92	16.27	6.00	*0.23
% of Calories											*22.4%	17.0%	57.4%	26.6%	9.8%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

## Base Menu Spreadsheet

K-5 3 week cycle

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/09/2018																
K-5 3 week cycle	Total	2600														
pizza sticks (2 sticks)^	2 EACH	1200	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00	0.00
beef, hot shredded SW^	4 oz	400	324	67	590	3.00	3.65	200.0	0	0.0	4	29.56	31.0	9.18	3.08	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
green beans,steamed^	1/2 cup	900	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
pineapple chunks^	1/2 cup	1500	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	180	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	90	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices^	2 EACH	450	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
marinara sauce cup^	2 oz	980	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00	0.00
sugar cookies^	1 EACH	1600	119	17	109	0.74	0.42	3.0	1088	0.0	*7	1.74	15.23	5.71	2.36	*0.00
Weighted Daily Average			551	54	880	5.88	2.57	410.9	2751	29.76	*33	24.89	76.52	16.83	7.21	*0.00
% of Calories											*23.6%	18.1%	55.6%	27.5%	11.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/10/2018																
K-5 3 week cycle	Total	2600														
pancakes^	2 EACH	1200	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32	0.00
smokies^	3 EACH	1200	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00	0.00
mac & cheese^	6 oz	800	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
tator tots^	9 each	1600	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
orange, fresh slices^	1/2 cup	1500	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
syrup, pancake^	2 tbsp	1200	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			582	39	1119	5.47	2.36	526.1	2243	53.72	*25	19.73	80.66	18.79	6.36	*0.00
% of Calories											*17.1%	13.5%	55.4%	29.0%	9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/11/2018																
K-5 3 week cycle	Total	2600														
taco meat w/ beef crumbles^	3 oz	1600	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50	0.00
tortilla chips, 2 oz pkg^	2 oz	1600	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00	0.00
cheese cheddar shredded^	1 oz	1440	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29	0.00
hoagie sub sandwich^	1 each	200	285	46	758	3.00	2.45	318.0	136	0.9	*4	16.38	31.23	11.18	4.29	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
ref beansw/salsa &cheese^	4 oz	900	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52	0.00
lettuce,shredded^	1/2 cup	900	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01	*N/A*
tomato fresh diced^	1/8 cup	900	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
pear 1/2 ^	1/2s	1500	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	0.0	0.00	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	500	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
ketchup^	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light)^	1 TBSP	50	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
salsa cup^	2 oz	500	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00	0.00
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			579	44	917	6.75	3.60	582.2	1975	19.07	*18	26.99	70.37	22.50	7.36	*0.00
% of Calories											*12.3%	18.6%	48.6%	34.9%	11.4%	*0.0%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 6

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/12/2018																
K-5 3 week cycle	Total	2600														
chicken, popcorn <sup>^</sup>	4 oz	1200	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53	0.00
b&b half sandwich( whlgrain) <sup>^</sup>	1 each	1200	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
breakfast sandwich <sup>^</sup>	1 each	800	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79	0.00
Lion Cub Meal <sup>^</sup>	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
mixed veggies, frozen <sup>^</sup>	1/2 cup	900	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
fresh fruit salad <sup>^</sup>	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04	0.00
dressing ranch light <sup>^</sup>	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	180	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup <sup>^</sup>	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
dressing honey mustard <sup>^</sup>	2 TBSP	100	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			553	61	1011	5.73	3.83	505.6	3006	35.90	*24	27.30	70.91	17.98	5.28	*0.00
% of Calories											*17.2%	19.8%	51.3%	29.3%	8.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/13/2018																
K-5 3 week cycle	Total	2600														
corn dog, mini <sup>^</sup>	6 each	1500	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52	0.00
pretzel & cheese sauce <sup>^</sup>	serving	500	241	31	565	2.62	1.57	240.5	427	1.05	2	12.06	28.4	9.23	5.05	0.00
Lion Cub Meal <sup>^</sup>	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
french fries <sup>^</sup>	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00	0.00
veggie cup <sup>^</sup>	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04	0.00
strawberries fresh <sup>^</sup>	1/2 cup	1500	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
dressing ranch light <sup>^</sup>	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	750	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup <sup>^</sup>	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
honey dijon mustard dressing	2 TBSP	50	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			594	45	875	8.36	3.49	490.8	2491	63.98	*21	21.96	86.62	17.56	5.31	*0.00
% of Calories											*13.9%	14.8%	58.3%	26.6%	8.0%	*0.0%
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

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/16/2018</b>																
K-5 3 week cycle	Total	2600														
hamburger on a bun <sup>^</sup>	1 each	1200	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50	0.50
grilled cheese: 4 sl <sup>^</sup>	1 EACH	600	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37	0.00
Lion Cub Meal <sup>^</sup>	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
sweet potato waffle fries <sup>^</sup>	1/2 cup	900	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
apple fresh sliced <sup>^</sup>	1/2 cup	1500	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02	0.00
dressing ranch light <sup>^</sup>	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices <sup>^</sup>	2 EACH	1000	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			572	44	1112	6.32	3.44	578.5	3324	27.23	*24	24.82	74.33	20.66	7.37	*0.23
% of Calories											*16.6%	17.3%	52.0%	32.5%	11.6%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 04/17/2018</b>																
K-5 3 week cycle	Total	2600														
chicken patty,breaded sw <sup>^</sup>	each	1200	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
pigs in a blanket <sup>^</sup>	1 each	800	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00	0.50
Lion Cub Meal <sup>^</sup>	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
baked beans <sup>^</sup>	1/2 CUP	600	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
mandarin oranges <sup>^</sup>	1/2 cup	1200	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	1200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	250	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light) <sup>^</sup>	1 TBSP	300	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
pickle slices <sup>^</sup>	2 EACH	1000	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			561	47	1139	5.86	3.58	510.9	2624	33.60	*32	26.70	82.33	15.06	4.94	*0.15
% of Calories											*23.1%	19.0%	58.7%	24.1%	7.9%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

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

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

## Base Menu Spreadsheet

K-5 3 week cycle

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 04/18/2018</b>																
K-5 3 week cycle	Total	2600														
waffle sticks^	3 EACH	1200	170	20	250	4.00	1.80	40.0	30	0.0	6	4.0	28.0	5.0	1.00	0.00
sausage turkey patty^	2 each	1200	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
ham/cheese w pretzel roll^	1 each	400	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potato wedge	2 EACH	2080	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
pineapple chunks^	1/2 cup	1500	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
syrup, pancake^	2 tbsp	1500	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			618	60	1071	6.75	3.68	404.5	1987	30.20	*29	20.59	88.70	20.82	5.28	*0.00
% of Calories											*19.1%	13.3%	57.4%	30.3%	7.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 04/19/2018</b>																
K-5 3 week cycle	Total	2600														
yogurt parfaits,fruit&granola^	4 oz	1000	306	5	130	4.22	1.00	187.8	273	21.19	*44	8.57	66.08	2.37	0.75	0.00
lasagna w/beef crumbles^	1 EACH	700	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1900	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
romaine lettuce^	1/2 cup	1000	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04	*N/A*
cherry tomato^	1/8 cup	1000	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
fresh fruit salad^	1/2 cup	1200	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04	0.00
muffin,choc chip, scratch^	2 oz	1200	176	13	216	2.03	1.06	81.8	523	0.05	*8	3.13	28.3	6.67	2.20	*0.01
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
Weighted Daily Average			562	32	684	6.48	3.12	608.2	6628	42.99	*41	21.56	90.37	14.24	5.46	*0.00
% of Calories											*29.2%	15.4%	64.4%	22.8%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/20/2018																
K-5 3 week cycle	Total	2600														
chicken nuggets^	5 each	1200	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83	0.00
shrimp poppers^	20 EACH	500	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00	0.00
b&b half sandwich( whlgrain)^	1 each	2000	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potatoes mashed^	1/2 cup	1600	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00	0.00
gravy, chicken^	1 oz	1400	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0	0.00	*0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
applesauce	1/2 CUP	1500	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00	0.00
dressing ranch light^	2 TBSP	1000	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup^	EACH	750	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
dressing honey mustard^	2 TBSP	225	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			594	49	1212	6.47	2.98	390.2	2144	23.93	*24	25.57	81.31	20.30	5.01	*0.00
% of Calories											*16.3%	17.2%	54.8%	30.8%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/23/2018																
K-5 3 week cycle	Total	2500														
pizza 5" cheese ^	1 each	1500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50	0.00
pigs in a blanket^	1 each	400	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00	0.50
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
corn^	1/2 cup	1600	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
peach halves in pear juice^	1/2 cup	1500	50	0	10	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	120	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	60	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			569	30	960	6.83	3.31	553.5	2662	28.58	*24 *16.8%	22.01 15.5%	82.05 57.7%	17.18 27.2%	5.89 9.3%	*0.08 *0.1%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/24/2018																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
K-5 3 week cycle	Total	2600														
f toast st w/ egg omelet	2 EACH	1200	350	195	470	2.00	1.44	120.0	400	0.0	10	14.0	39.0	15.0	4.00	0.00
fish sw^	1 EACH	500	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1500	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potatoes,smiley^	4 oz	1500	158	0	218	2.43	0.44	0.0	0	2.91	0	2.43	24.26	5.46	0.61	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
grapes, red seedless^	1/2 cup	1500	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10	0.00
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	900	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
syrup, pancake^	2 tbsp	1100	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
tartar sauce^	2 tbsp	500	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00
Weighted Daily Average % of Calories			616	112	922	5.59	2.67	435.4	2117	24.43	*31 *20.0%	21.02 13.6%	90.37 58.6%	19.23 28.1%	4.77 7.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 04/25/2018</b>																
K-5 3 week cycle	Total	2600														
chicken strips^	4 EACH	1400	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36	0.00
rolls, hot^	1.0 oz	1000	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05	*0.00
sunb& jelly sw/ cheese st ^	1 EACH	150	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27	0.00
Lion Cub Meal^	1 Each	400	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
baked beans^	1/2 CUP	600	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
apple, sliced w caramel^	1 EACH	1000	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50	0.00
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup^	EACH	150	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
dressing honey mustard^	2 TBSP	150	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
margarine cup^	1 each	1300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
Weighted Daily Average			554	45	1018	5.20	3.11	435.4	2101	91.17	*31	25.18	73.59	17.83	3.94	*0.00
% of Calories											*22.2%	18.2%	53.1%	28.9%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 04/26/2018</b>																
K-5 3 week cycle	Total	2600														
chicken patty,breaded sw^	1 each	1100	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
spagh sauce w/ beef crum^	4 oz	1100	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69	0.00
rotini,whole grain,dry^	1/2 cup	1100	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23	0.00
garlic bread stick ^	1 EACH	1100	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2000	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
romaine lettuce^	1/2 cup	1000	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04	*N/A*
cherry tomato^	1/8 cup	1000	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	150	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices^	2 EACH	800	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light)^	1 TBSP	150	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			553	42	881	6.94	4.53	549.0	6443	36.38	*27	28.72	80.54	14.24	3.65	*0.00
% of Calories											*19.5%	20.8%	58.2%	23.2%	5.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 04/27/2018																
K-5 3 week cycle	Total	2600														
hot dog with bun <sup>^</sup>	1 each	1300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
chicken teriyaki <sup>^</sup>	4 EACH	600	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00	*N/A*
brown rice lmusda <sup>^</sup>	1/2 cup	600	116	0	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24	0.00
Lion Cub Meal <sup>^</sup>	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	2000	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
vegetables stir fry	1/2 cup	900	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
mandarin oranges <sup>^</sup>	1/2 cup	1500	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	450	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	250	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
fortune cookie	1 each	1800	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			552	43	998	4.50	3.24	528.7	2911	36.73	*33	22.38	80.67	16.21	6.09	*0.25
% of Calories											*23.9%	16.2%	58.5%	26.4%	9.9%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/30/2018																
K-5 3 week cycle	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	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, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018																
K-5 3 week cycle	Total	2600														
pancakes^	2 EACH	1200	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32	0.00
smokies^	3 EACH	1200	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00	0.00
mac & cheese^	6 oz	800	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
tator tots^	9 each	1600	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
orange, fresh slices^	1/2 cup	1500	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
syryp_pancake^	2 tbsp	1200	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			632	42	1178	5.73	2.58	616.1	2525	56.42	*27	22.35	88.20	19.78	6.84	*0.00
% of Calories											*17.4%	14.1%	55.8%	28.2%	9.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/02/2018																
K-5 3 week cycle	Total	2600														
taco meat w/ beef crumbles^	3 oz	1200	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50	0.00
tortilla chips, 2 oz pkg^	2 oz	1200	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00	0.00
cheese cheddar shredded^	1 oz	1440	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29	0.00
hoagie sub sandwich^	1 each	200	285	46	758	3.00	2.45	318.0	136	0.9	*4	16.38	31.23	11.18	4.29	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
ref beansw/salsa &cheese^	4 oz	900	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52	0.00
lettuce,shredded^	1/2 cup	900	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01	*N/A*
tomato fresh diced^	1/8 cup	900	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
pear 1/2 ^	1/2s	1500	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	0.0	0.00	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	500	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
ketchup^	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light)^	1 TBSP	50	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
salsa cup^	2 oz	500	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00	0.00
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

\*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.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			586	44	932	6.45	3.43	699.3	2243	21.54	*21	28.18	74.42	20.47	7.27	*0.00
% of Calories											*14.5%	19.2%	50.8%	31.4%	11.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 05/03/2018																
K-5 3 week cycle	Total	2600														
chicken, popcorn^	4 oz	1200	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53	0.00
b&b half sandwich( whlgrain)^	1 each	1200	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
breakfast sandwich^	1 each	800	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
mixed veggies, frozen^	1/2 cup	900	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	180	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
dressing honey mustard^	2 TBSP	100	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			588	63	1046	5.73	3.92	583.5	3136	36.21	*26	29.38	76.63	18.37	5.51	*0.00
% of Calories											*17.7%	20.0%	52.2%	28.1%	8.4%	*0.0%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/04/2018																
K-5 3 week cycle	Total	2600														
corn dog, mini^	6 each	1500	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52	0.00
pretzel & cheese sauce^	serving	500	241	31	565	2.62	1.57	240.5	427	1.05	2	12.06	28.4	9.23	5.05	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
french fries^	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00	0.00
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04	0.00
strawberries fresh^	1/2 cup	1500	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	750	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
honey dijon mustard dressing	2 TBSP	50	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			642	48	923	8.36	3.62	597.5	2669	64.41	*24	24.81	94.44	18.09	5.63	*0.00
% of Calories											*14.8%	15.5%	58.9%	25.4%	7.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/07/2018																
K-5 3 week cycle	Total	2600														
hamburger on a bun^	1 each	1200	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50	0.50
grilled cheese: 4 sl^	1 EACH	800	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
sweet potato waffle fries^	1/2 cup	900	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
apple fresh sliced^	1/2 cup	1500	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02	0.00
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices^	2 EACH	1000	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			642	49	1206	6.63	3.69	715.4	3554	27.65	*27	29.25	83.88	22.40	8.58	*0.23
% of Calories											*16.8%	18.2%	52.2%	31.4%	12.0%	*0.3%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/08/2018																
K-5 3 week cycle	Total	2600														
chicken patty,breaded sw <sup>^</sup>	each	1200	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
pigs in a blanket <sup>^</sup>	1 each	600	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00	0.50
Lion Cub Meal <sup>^</sup>	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
baked beans <sup>^</sup>	1/2 CUP	600	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
mandarin oranges <sup>^</sup>	1/2 cup	1500	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	1600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	250	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light) <sup>^</sup>	1 TBSP	150	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
pickle slices <sup>^</sup>	2 EACH	1000	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			551	44	1102	5.86	3.60	501.7	2780	36.69	*35	26.00	83.65	13.72	4.40	*0.12
% of Calories											*25.2%	18.9%	60.7%	22.4%	7.2%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/09/2018																
K-5 3 week cycle	Total	2600														
waffle sticks <sup>^</sup>	3 EACH	1200	170	20	250	4.00	1.80	40.0	30	0.0	6	4.0	28.0	5.0	1.00	0.00
sausage turkey patty <sup>^</sup>	2 each	1200	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
ham/cheese w pretzel roll <sup>^</sup>	1 each	500	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52	0.00
Lion Cub Meal <sup>^</sup>	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	2000	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potato wedge	2 EACH	1800	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
pineapple chunks <sup>^</sup>	1/2 cup	1500	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
syrup, pancake <sup>^</sup>	2 tbsp	1500	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			638	63	1074	6.58	3.76	476.8	2091	29.98	*32	22.74	92.32	20.50	5.48	*0.00
% of Calories											*20.0%	14.3%	57.9%	28.9%	7.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/10/2018																
K-5 3 week cycle	Total	2600														
yogurt parfaits,fruit&granola <sup>^</sup>	4 oz	1100	306	5	130	4.22	1.00	187.8	273	21.19	*44	8.57	66.08	2.37	0.75	0.00
lasagna w/beef crumbles <sup>^</sup>	1 EACH	800	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30	0.00
Lion Cub Meal <sup>^</sup>	1 Each	400	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
romaine lettuce <sup>^</sup>	1/2 cup	900	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04	*N/A*
cherry tomato <sup>^</sup>	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
fresh fruit salad <sup>^</sup>	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04	0.00
muffin, choc chip, scratch <sup>^</sup>	2 oz	1600	176	13	216	2.03	1.06	81.8	523	0.05	*8	3.13	28.3	6.67	2.20	*0.01
dressing variety Ra/Fr/Ital <sup>^</sup>	2 tbsp	900	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
Weighted Daily Average			570	32	645	6.49	3.09	588.9	6084	41.01	*43	21.43	93.12	14.22	5.51	*0.01
% of Calories											*30.2%	15.0%	65.4%	22.5%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/11/2018																
K-5 3 week cycle	Total	2600														
chicken nuggets <sup>^</sup>	5 each	1200	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83	0.00
shrimp poppers <sup>^</sup>	20 EACH	500	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00	0.00
b&b half sandwich( whlgrain) <sup>^</sup>	1 each	2000	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
Lion Cub Meal <sup>^</sup>	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	2000	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potatoes mashed <sup>^</sup>	1/2 cup	1600	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00	0.00
gravy, chicken <sup>^</sup>	1 oz	1300	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0	0.00	*0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
applesauce	1/2 CUP	1500	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup <sup>^</sup>	EACH	300	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
dressing honey mustard <sup>^</sup>	2 TBSP	150	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			632	51	1184	6.73	3.19	485.9	2420	26.22	*26	28.16	86.73	21.00	5.44	*0.00
% of Calories											*16.2%	17.8%	54.9%	29.9%	7.8%	*0.0%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/14/2018</b>																
K-5 3 week cycle	Total	2500														
pizza 5" cheese ^	1 each	1500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50	0.00
pigs in a blanket^	1 each	400	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00	0.50
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
corn^	1/2 cup	1600	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
peach halves in pear juice^	1/2 cup	1500	50	0	10	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	120	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	60	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			625	34	1016	6.83	3.46	679.5	2872	29.08	*28	25.37	91.29	17.81	6.27	*0.08
% of Calories											*17.6%	16.2%	58.4%	25.6%	9.0%	*0.1%
Nutrient Guideline			550-650		1230									<10.00		

<b>Tue - 05/15/2018</b>																
K-5 3 week cycle	Total	2600														
f toast st w/ egg omelet	2 EACH	1200	350	195	470	2.00	1.44	120.0	400	0.0	10	14.0	39.0	15.0	4.00	0.00
fish sw^	1 EACH	500	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50	0.00
Lion Cub Meal^	1 Each	400	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potatoes,smiley^	4 oz	1600	158	0	218	2.43	0.44	0.0	0	2.91	0	2.43	24.26	5.46	0.61	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
grapes, red seedless^	1/2 cup	1500	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10	0.00
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	900	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
syrup, pancake^	2 tbsp	1100	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
tartar sauce^	2 tbsp	250	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00
Weighted Daily Average			614	112	894	5.42	2.61	455.1	2033	22.30	*31	21.60	91.24	18.38	4.58	*0.00
% of Calories											*20.0%	14.1%	59.5%	27.0%	6.7%	*0.0%
Nutrient Guideline			550-650		1230									<10.00		

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/16/2018																
K-5 3 week cycle	Total	2600														
chicken strips^	4 EACH	1200	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36	0.00
rolls, hot^	1.0 oz	1000	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05	*0.00
sunb& jelly sw/ cheese st ^	1 EACH	140	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27	0.00
Lion Cub Meal^	1 Each	400	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1600	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
baked beans^	1/2 CUP	650	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
apple, sliced w caramel^	1 EACH	2340	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup^	EACH	150	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
dressing honey mustard^	2 TBSP	150	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
margarine cup^	1 each	1500	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
Weighted Daily Average			603	42	1030	6.19	2.94	424.5	2060	186.58	*42	22.85	85.36	18.91	4.48	*0.00
% of Calories											*28.1%	15.2%	56.7%	28.2%	6.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018																
K-5 3 week cycle	Total	2600														
chicken patty,breaded sw <sup>^</sup>	1 each	1000	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
spagh sauce w/ beef crum <sup>^</sup>	4 oz	1100	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69	0.00
rotini,whole grain,dry <sup>^</sup>	1/2 cup	1100	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23	0.00
garlic bread stick <sup>^</sup>	1 EACH	1100	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
Lion Cub Meal <sup>^</sup>	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
romaine lettuce <sup>^</sup>	1/2 cup	900	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04	*N/A*
cherry tomato <sup>^</sup>	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
fresh fruit salad <sup>^</sup>	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04	0.00
dressing variety Ra/Fr/Ital <sup>^</sup>	2 tbsp	1200	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
ketchup <sup>^</sup>	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices <sup>^</sup>	2 EACH	300	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light) <sup>^</sup>	1 TBSP	150	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
Weighted Daily Average			561	41	859	6.68	4.41	587.7	6137	36.34	*28	29.04	82.30	14.14	3.74	*0.00
% of Calories											*20.1%	20.7%	58.6%	22.7%	6.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/18/2018																
K-5 3 week cycle	Total	2600														
hot dog with bun <sup>^</sup>	1 each	1500	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
chicken teriyaki <sup>^</sup>	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00	*N/A*
brown rice Imusda <sup>^</sup>	1/2 cup	500	116	0	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24	0.00
Lion Cub Meal <sup>^</sup>	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
vegetables stir fry	1/2 cup	900	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
mandarin oranges <sup>^</sup>	1/2 cup	1500	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	450	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	225	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
sweet & sour sauce <sup>^</sup>	1 TBSP	75	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00	0.00
soy sauce <sup>^</sup>	1/2 oz	75	10	0	1240	0.00	0.00	0.0	0	0.0	1	1.0	1.0	0.0	0.00	0.00
fortune cookie	1 each	2340	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00	0.00

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			614	47	1122	4.95	3.59	614.9	3147	39.35	*36 *23.6%	24.71 16.1%	89.52 58.4%	18.18 26.7%	6.97 10.2%	*0.29 *0.4%
Nutrient Guideline			550-650		1230											<10.00

Mon - 05/21/2018																
K-5 3 week cycle	Total	2600														
pizza sticks (2 sticks)^	2 EACH	1200	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00	0.00
beef, hot shredded SW^	4 oz	500	324	67	590	3.00	3.65	200.0	0	0.0	4	29.56	31.0	9.18	3.08	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
green beans,steamed^	1/2 cup	900	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
pineapple chunks^	1/2 cup	1100	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	180	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	90	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
pickle slices^	2 EACH	450	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
marinara sauce cup^	2 oz	600	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00	0.00
sugar cookies^	1 EACH	1800	119	17	109	0.74	0.42	3.0	1088	0.0	*7	1.74	15.23	5.71	2.36	*0.00
Weighted Daily Average % of Calories			563	58	893	5.81	2.65	419.7	2829	27.61	*30 *21.3%	26.46 18.8%	75.96 53.9%	17.65 28.2%	7.60 12.1%	*0.00 *0.0%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/22/2018																
K-5 3 week cycle	Total	2600														
pancakes^	2 EACH	1200	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32	0.00
smokies^	3 EACH	1200	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00	0.00
mac & cheese^	6 oz	800	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
tator tots^	9 each	1600	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
orange, fresh slices^	1/2 cup	1500	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
syryp_pancake^	2 tbsp	1200	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			632	42	1178	5.73	2.58	616.1	2525	56.42	*27	22.35	88.20	19.78	6.84	*0.00
% of Calories											*17.4%	14.1%	55.8%	28.2%	9.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/23/2018																
K-5 3 week cycle	Total	2600														
taco meat w/ beef crumbles^	3 oz	1300	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50	0.00
tortilla chips, 2 oz pkg^	2 oz	1300	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00	0.00
cheese cheddar shredded^	1 oz	1440	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29	0.00
hoagie sub sandwich^	1 each	200	285	46	758	3.00	2.45	318.0	136	0.9	*4	16.38	31.23	11.18	4.29	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
ref beansw/salsa &cheese^	4 oz	900	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52	0.00
lettuce,shredded^	1/2 cup	900	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01	*N/A*
tomato fresh diced^	1/8 cup	900	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
pear 1/2 ^	1/2s	1500	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	0.0	0.00	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	500	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
ketchup^	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light)^	1 TBSP	50	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
salsa cup^	2 oz	500	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00	0.00
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

\*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.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			602	45	948	6.59	3.54	703.3	2265	21.64	*21	28.82	76.09	21.28	7.44	*0.00
% of Calories											*14.2%	19.2%	50.6%	31.8%	11.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 05/24/2018																
K-5 3 week cycle	Total	2600														
chicken, popcorn^	4 oz	1200	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53	0.00
b&b half sandwich( whlgrain)^	1 each	1200	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
breakfast sandwich^	1 each	800	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints^	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
mixed veggies, frozen^	1/2 cup	900	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	180	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
dressing honey mustard^	2 TBSP	100	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			588	63	1046	5.73	3.92	583.5	3136	36.21	*26	29.38	76.63	18.37	5.51	*0.00
% of Calories											*17.7%	20.0%	52.2%	28.1%	8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/25/2018																
K-5 3 week cycle	Total	2600														
corn dog, mini <sup>^</sup>	6 each	1500	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52	0.00
pretzel & cheese sauce <sup>^</sup>	serving	500	241	31	565	2.62	1.57	240.5	427	1.05	2	12.06	28.4	9.23	5.05	0.00
Lion Cub Meal <sup>^</sup>	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	2340	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
french fries <sup>^</sup>	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00	0.00
veggie cup <sup>^</sup>	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04	0.00
strawberries fresh <sup>^</sup>	1/2 cup	1500	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
dressing ranch light <sup>^</sup>	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	750	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
BBQ sauce, PC cup <sup>^</sup>	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00	0.00
honey dijon mustard dressing	2 TBSP	50	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			642	48	923	8.36	3.62	597.5	2669	64.41	*24	24.81	94.44	18.09	5.63	*0.00
% of Calories											*14.8%	15.5%	58.9%	25.4%	7.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/28/2018																
K-5 3 week cycle	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	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, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 05/29/2018</b>																
K-5 3 week cycle	Total	2600														
chicken patty,breaded sw <sup>^</sup>	each	1300	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
pigs in a blanket <sup>^</sup>	1 each	800	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00	0.50
Lion Cub Meal <sup>^</sup>	1 Each	400	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
baked beans <sup>^</sup>	1/2 CUP	650	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
veggie cup <sup>^</sup>	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
mandarin oranges <sup>^</sup>	1/2 cup	1100	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	1200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	300	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
mayo(salad dressing light) <sup>^</sup>	1 TBSP	50	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00	0.00
pickle slices <sup>^</sup>	2 EACH	1000	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			550	47	1122	5.81	3.62	496.2	2427	30.17	*31	27.06	80.71	14.43	4.73	*0.15
% of Calories											*22.5%	19.7%	58.7%	23.6%	7.7%	*0.3%
Nutrient Guideline			550-650		1230										<10.00	
<b>Wed - 05/30/2018</b>																
K-5 3 week cycle	Total	2600														
waffle sticks <sup>^</sup>	3 EACH	1500	170	20	250	4.00	1.80	40.0	30	0.0	6	4.0	28.0	5.0	1.00	0.00
sausage turkey patty <sup>^</sup>	2 each	1500	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
ham/cheese w pretzel roll <sup>^</sup>	1 each	500	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52	0.00
Lion Cub Meal <sup>^</sup>	1 Each	400	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23	*0.00
yogurt variety <sup>^</sup>	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00	0.00
milk vty half pints <sup>^</sup>	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potato wedge	2 EACH	1800	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33	0.00
veggie cup <sup>^</sup>	1/2 cup	900	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	0.00
pineapple chunks <sup>^</sup>	1/2 cup	1100	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00	0.00
dressing ranch light <sup>^</sup>	2 TBSP	1000	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup <sup>^</sup>	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard <sup>^</sup>	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
syrup, pancake <sup>^</sup>	2 tbsp	1500	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			624	70	1054	6.60	3.90	430.3	1807	25.16	*28	22.99	87.42	20.90	5.46	*0.00
% of Calories											*18.0%	14.7%	56.0%	30.1%	7.9%	*0.0%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Apr 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/31/2018																
K-5 3 week cycle																
	Total	2600														
	yogurt parfaits,fruit&granola^	4 oz	1100	306	5	130	4.22	1.00	187.8	273	21.19	8.57	66.08	2.37	0.75	0.00
	lasagna w/beef crumbles^	1 EACH	700	296	31	386	1.68	1.45	292.3	234	0.0	16.77	27.56	13.08	6.30	0.00
	Lion Cub Meal^	1 Each	400	386	28	642	6.84	3.31	313.4	3972	62.16	14.28	47.48	15.68	6.23	*0.00
	yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.00	0.00
	milk vty half pints^	1 each	1800	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	*0.00
	romaine lettuce^	1/2 cup	900	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	*N/A*
	cherry tomato^	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
	veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
	fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.00
	muffin, choc chip, scratch^	2 oz	1400	176	13	216	2.03	1.06	81.8	523	0.05	*8	3.13	28.3	6.67	2.20
	dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
	Weighted Daily Average			551	30	648	6.27	2.95	571.3	6035	41.00	*43	20.55	90.62	13.57	5.14
	% of Calories										*31.0%	14.9%	65.8%	22.2%	8.4%	*0.01
	Nutrient Guideline			550-650		1230										<10.00
Weighted Average																
				587	51	992	6.22	3.36	531.6	3060	41.50	*29	24.72	83.07	17.93	5.63
											*44.2%	16.8%	56.6%	27.5%	8.6%	*0.05

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	587		550 - 650	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	992		1230					
Sodium 2 (mg)	992		935				57	Correction Required - Sodium too High
Fiber (g)	6.22							
Iron (mg)	3.36							
Calcium (mg)	531.6							
Vitamin A (IU)	3060							
Sugars (g)	29	19.65%			Missing			
Vitamin C (mg)	41.50							
Protein (g)	24.72	16.84%						
Carbohydrate (g)	83.07	56.60%						
Total Fat (g)	17.93	27.49%						
Saturated Fat (g)	5.63	8.63%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.05	0.07%			Missing			

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