

Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Mon - 04/03/2017																
Linn-Mar Elementary Lunch	Total	2600														
pizza, personal pan (17)	1 each	1500	300	10	430	3.00	2.70	350.0	500	0.0	10	17.0	36.0	9.0	2.50	0.00
pork, pulled, unsauced SW(17)	3 oz	400	262	51	417	3.00	2.72	200.0	0	0.0	4	24.87	31.0	4.55	0.64	0.00
Lion Cub Meal(16)	1 Each	700	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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
choc chip cookies usda^	1 each	2470	130	12	85	0.90	0.50	4.0	366	0.0	*9	1.62	16.62	6.78	2.62	*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(16)	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
pickle slices^	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
BBQ sauce, PC cup	1 EACH	180	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			663	43	927	6.50	4.29	677.5	3080	26.69	*42	27.72	94.24	19.71	6.40	*0.00
% of Calories											*25.2%	16.7%	56.9%	26.8%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/04/2017																
Linn-Mar Elementary Lunch	Total	2600														
f toast st w/ egg omelet (17)	2 sticks	1200	350	205	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	700	340	45	500	5.00	3.24	200.0	0	0.0	4	20.0	51.0	7.0	0.50	0.00
Lion Cub Meal(16)	1 Each	700	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
potatoes,smiley^	4 oz	1800	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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	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(16)	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
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
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			704	126	1144	6.78	3.63	535.7	2487	28.79	*39	25.86	102.99	21.22	5.02	*0.00
% of Calories											*22.4%	14.7%	58.5%	27.1%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Wed - 04/05/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken strips^	4 EACH	1800	245	45	511	2.67	2.67	26.7	112	116.0	0	20.0	17.33	10.67	2.67	0.00
rolls, hot^	1.0 oz	1800	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 (17)	1 EACH	200	488	15	566	7.54	2.72	297.7	284	0.0	17	20.2	57.43	22.17	5.27	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
baked beans^	1/2 CUP	900	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
apple, sliced w caramel^	1 EACH	2340	144	5	130	3.00	0.00	0.0	110	0.0	22	0.0	27.0	4.0	1.50	0.50
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(16)	1 tbsp	1500	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	300	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00	0.00
dressing honey mustard^	2 TBSP	300	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			737	58	1425	9.81	4.93	488.3	2647	104.34	*51	31.13	102.94	23.05	6.46	*0.45
% of Calories											*27.9%	16.9%	55.9%	28.2%	7.9%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 04/06/2017																
Linn-Mar Elementary Lunch	Total	2600														
hot dog with bun^	1 each	1000	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
spagh sauce w/ beef crum.	4 oz	1100	129	19	291	2.50	1.75	31.7	464	3.73	5	10.02	9.58	5.29	1.92	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
breadstick^	1 oz	1100	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
Lion Cub Meal(16)	1 Each	500	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	0.04	*N/A*
cherry tomato^	1/8 cup	1	2	0	1	0.15	0.03	1.2	103	1.7	0	0.11	0.48	0.02	0.00	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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 tbsps	1200	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
ketchup(16)	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

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Weighted Daily Average			491	35	928	6.41	3.63	508.0	5937	34.76	*30	23.00	66.19	15.89	5.53	*0.19
% of Calories											*24.5%	18.7%	53.9%	29.1%	10.1%	*0.4%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/07/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken patty,breaded sw [^]	1 each	1500	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
chicken teriyaki [^]	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	*N/A*	15.0	9.0	3.5	1.00	*N/A*
brown rice lmusda [^]	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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 [^]	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
mandarin oranges [^]	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 [^]	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(16)	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 [^]	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
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
sweet & sour sauce [^]	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	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
Weighted Daily Average			548	49	1013	5.60	4.24	563.5	3043	38.19	*36	29.33	80.77	12.52	3.15	*0.00
% of Calories											*26.5%	21.4%	59.0%	20.6%	5.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Mon - 04/10/2017																
Linn-Mar Elementary Lunch	Total	2600														
pizza sticks (2 sticks)(17)	2 EACH	1400	300	30	480	2.00	2.16	400.0	200	0.0	4	20.0	30.0	12.0	6.00	0.00
beef, hot shredded SW(17)	4 oz	600	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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
marinara sauce cup^	2 oz	1000	40	0	458	0.00	0.54	9.9	497	5.97	*N/A*	0.0	5.97	1.49	0.00	*N/A*
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(16)	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
Weighted Daily Average			523	47	1000	5.31	4.13	665.3	2467	31.86	*31	29.61	69.68	14.96	5.99	*0.00
% of Calories											*23.8%	22.7%	53.3%	25.8%	10.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/11/2017																
Linn-Mar Elementary Lunch	Total	2600														
pancakes^	2 EACH	1200	136	6	349	3.24	1.75	38.8	23	0.0	5	3.24	27.18	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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(16)	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			575	39	1228	6.93	2.71	548.1	2378	55.27	*32	20.84	81.71	18.84	6.28	*0.00
% of Calories											*22.6%	14.5%	56.8%	29.5%	9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Wed - 04/12/2017																
Linn-Mar Elementary Lunch	Total	2600														
taco meat w/ beef crumbles^	3 oz	1800	129	28	427	0.66	2.09	23.7	462	2.59	*1	13.15	4.22	6.68	2.84	0.00
tortilla chips, 2 oz pkg^	2 oz	1800	270	0	220	4.00	1.44	40.0	0	0.0	0	4.0	37.0	14.0	1.50	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
ham & cheese SW boat (17)	1 each	200	238	33	660	3.00	2.18	158.0	161	0.6	*5	15.11	26.23	7.92	3.79	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
ref beansw/salsa &cheese^	4 oz	900	104	4	233	3.21	1.62	105.7	679	7.58	*4	6.53	15.53	2.01	0.87	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	1500	48	0	8	1.59	0.00	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	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
ketchup(16)	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	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
Weighted Daily Average			615	46	1066	7.33	4.70	614.8	2192	21.61	*25	30.59	73.01	23.77	7.41	*0.00
% of Calories											*16.5%	19.9%	47.5%	34.8%	10.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 04/13/2017																
Linn-Mar Elementary Lunch	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)^	2 each	1200	260	0	370	4.00	1.44	80.0	520	0.0	4	8.0	32.0	13.0	5.00	0.00
breakfast sandwich^	1 each	800	278	159	626	3.00	2.55	198.0	336	0.0	*1	17.14	24.23	12.93	4.79	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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(16)	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	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

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Weighted Daily Average			587	64	1119	6.65	4.38	527.8	3158	34.59	*30	29.10	74.35	20.34	6.10	*0.00
% of Calories											*20.2%	19.8%	50.6%	31.2%	9.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 04/14/2017																
Linn-Mar Elementary Lunch	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 (17)	serving	500	259	31	584	3.00	1.80	243.1	427	1.2	2	12.69	32.2	9.29	5.05	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
french fries^simplot	1/2 cup	1800	180	0	45	2.25	0.74	15.9	0	8.14	0	4.5	31.5	3.38	0.00	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*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
sugar cookies^	1 EACH	2470	119	17	109	0.74	0.42	3.0	1088	0.0	*7	1.74	15.23	5.71	2.36	*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(16)	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	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			697	61	1004	8.88	4.04	540.0	3220	59.00	*33	24.58	98.71	22.47	7.31	*0.00
% of Calories											*18.8%	14.1%	56.7%	29.0%	9.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Mon - 04/17/2017																
Linn-Mar Elementary Lunch	Total	2600														
hamburger on a bun^	1 each	1200	300	35	500	4.00	3.24	220.0	0	1.2	5	19.0	33.0	11.0	3.50	0.50
grilled cheese: 4 sl (17)	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
sweet potato waffle fries (16)	4 OZ	900	173	0	294	4.00	0.48	26.7	6003	1.6	8	1.33	28.02	6.67	0.67	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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	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(16)	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			584	50	1238	7.32	3.69	640.4	4400	24.98	*30	27.09	75.31	20.83	7.79	*0.23
% of Calories											*20.6%	18.5%	51.5%	32.1%	12.0%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/18/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken patty,breaded sw^	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^	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
baked beans^	1/2 CUP	900	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
mandarin oranges^	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^	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(16)	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^	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)^	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^	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			594	48	1310	6.83	4.21	540.6	2936	38.41	*43	28.47	88.31	15.63	4.91	*0.15
% of Calories											*29.0%	19.2%	59.4%	23.7%	7.4%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Wed - 04/19/2017																
Linn-Mar Elementary Lunch	Total	2600														
waffle sticks^	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^	2 each	1500	120	60	160	0.00	0.72	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
ham/cheese w pretzel roll (17)	1 each	500	265	43	480	3.00	2.36	98.0	136	0.9	*2	15.6	29.23	9.17	4.54	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
banana,small^	1 each	1500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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(16)	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
syrop. 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			689	72	1196	8.63	4.12	483.3	2175	31.41	*35	25.03	96.95	23.06	5.86	*0.00
% of Calories											*20.6%	14.5%	56.3%	30.1%	7.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 04/20/2017																
Linn-Mar Elementary Lunch	Total	2600														
yogurt parfaits,fruit&granola^	4 oz	1200	306	5	130	4.22	1.00	187.8	273	21.19	*42	8.57	66.08	2.37	0.75	0.00
lasagna w/beef crumbles^	1 EACH	800	277	31	474	3.35	1.67	372.9	683	4.81	*8	18.09	28.49	10.61	5.61	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	0.04	*N/A*
cherry tomato^	1/8 cup	900	2	0	1	0.15	0.03	1.2	103	1.7	0	0.11	0.48	0.02	0.00	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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
muffin,choc chip, scratch^	2 oz	2470	178	12	216	1.92	1.12	81.0	518	0.05	*14	3.16	27.98	7.01	2.38	*0.00
dressing variety Ra/Fr/Ital^	2 tbsp	1200	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
Weighted Daily Average			660	37	830	8.27	4.08	704.5	6714	47.36	*59	24.83	105.84	17.66	6.51	*0.00
% of Calories											*35.9%	15.0%	64.1%	24.1%	8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Fri - 04/21/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken nuggets^	5 each	1500	184	33	380	2.00	2.00	20.0	79	87.0	0	15.0	13.0	8.0	2.00	0.00
b&b half sandwich(whlgrain)^	1 each	1500	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
turkey & cheese SW boat (17)	1 each	500	210	25	720	4.00	1.80	80.0	20	0.0	4	19.0	33.0	2.5	0.00	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
mixed fruit cocktail^	1/2 cup	1500	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	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(16)	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	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
mayo(salad dressing light)^	1 TBSP	25	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			565	40	1313	5.79	3.66	469.8	2422	75.51	*31	27.30	82.70	15.63	4.69	*0.00
% of Calories											*22.2%	19.3%	58.6%	24.9%	7.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/24/2017																
Linn-Mar Elementary Lunch	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, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Tue - 04/25/2017																
Linn-Mar Elementary Lunch	Total	2600														
f toast st w/ egg omelet (17)	2 sticks	1200	350	205	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	700	340	45	500	5.00	3.24	200.0	0	0.0	4	20.0	51.0	7.0	0.50	0.00
Lion Cub Meal(16)	1 Each	700	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
potatoes,smiley^	4 oz	1800	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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	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(16)	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
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
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			704	126	1144	6.78	3.63	535.7	2487	28.79	*39	25.86	102.99	21.22	5.02	*0.00
% of Calories											*22.4%	14.7%	58.5%	27.1%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/26/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken strips^	4 EACH	1800	245	45	511	2.67	2.67	26.7	112	116.0	0	20.0	17.33	10.67	2.67	0.00
rolls, hot^	1.0 oz	1800	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 (17)	1 EACH	200	488	15	566	7.54	2.72	297.7	284	0.0	17	20.2	57.43	22.17	5.27	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
baked beans^	1/2 CUP	900	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
apple, sliced w caramel^	1 EACH	2340	144	5	130	3.00	0.00	0.0	110	0.0	22	0.0	27.0	4.0	1.50	0.50
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(16)	1 tbsp	1500	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	300	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00	0.00
dressing honey mustard^	2 TBSP	300	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			737	58	1425	9.81	4.93	488.3	2647	104.34	*51	31.13	102.94	23.05	6.46	*0.45
% of Calories											*27.9%	16.9%	55.9%	28.2%	7.9%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Thu - 04/27/2017																
Linn-Mar Elementary Lunch	Total	2600														
hot dog with bun^	1 each	1000	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
spagh sauce w/ beef crum.	4 oz	1100	129	19	291	2.50	1.75	31.7	464	3.73	5	10.02	9.58	5.29	1.92	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
breadstick^	1 oz	1100	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
Lion Cub Meal(16)	1 Each	500	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	0.04	*N/A*
cherry tomato^	1/8 cup	1	2	0	1	0.15	0.03	1.2	103	1.7	0	0.11	0.48	0.02	0.00	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
ketchup(16)	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
Weighted Daily Average			491	35	928	6.41	3.63	508.0	5937	34.76	*30	23.00	66.19	15.89	5.53	*0.19
% of Calories											*24.5%	18.7%	53.9%	29.1%	10.1%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Fri - 04/28/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken patty,breaded sw^	1 each	1500	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
chicken teriyaki^	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	*N/A*	15.0	9.0	3.5	1.00	*N/A*
brown rice lmsuda^	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
mandarin oranges^	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^	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(16)	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^	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
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
sweet & sour sauce^	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	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
Weighted Daily Average			548	49	1013	5.60	4.24	563.5	3043	38.19	*36	29.33	80.77	12.52	3.15	*0.00
% of Calories											*26.5%	21.4%	59.0%	20.6%	5.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/01/2017																
Linn-Mar Elementary Lunch	Total	2600														
pizza sticks (2 sticks)(17)	2 EACH	1400	300	30	480	2.00	2.16	400.0	200	0.0	4	20.0	30.0	12.0	6.00	0.00
beef, hot shredded SW(17)	4 oz	600	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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
marinara sauce cup^	2 oz	1000	40	0	458	0.00	0.54	9.9	497	5.97	*N/A*	0.0	5.97	1.49	0.00	*N/A*
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(16)	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

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Weighted Daily Average			523	47	1000	5.31	4.13	665.3	2467	31.86	*31	29.61	69.68	14.96	5.99	*0.00
% of Calories											*23.8%	22.7%	53.3%	25.8%	10.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 05/02/2017																
Linn-Mar Elementary Lunch	Total	2600														
pancakes^	2 EACH	1200	136	6	349	3.24	1.75	38.8	23	0.0	5	3.24	27.18	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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(16)	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
syrap, 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			575	39	1228	6.93	2.71	548.1	2378	55.27	*32	20.84	81.71	18.84	6.28	*0.00
% of Calories											*22.6%	14.5%	56.8%	29.5%	9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Wed - 05/03/2017																
Linn-Mar Elementary Lunch	Total	2600														
taco meat w/ beef crumbles^	3 oz	1800	129	28	427	0.66	2.09	23.7	462	2.59	*1	13.15	4.22	6.68	2.84	0.00
tortilla chips, 2 oz pkg^	2 oz	1800	270	0	220	4.00	1.44	40.0	0	0.0	0	4.0	37.0	14.0	1.50	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
ham & cheese SW boat (17)	1 each	200	238	33	660	3.00	2.18	158.0	161	0.6	*5	15.11	26.23	7.92	3.79	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
ref beansw/salsa &cheese^	4 oz	900	104	4	233	3.21	1.62	105.7	679	7.58	*4	6.53	15.53	2.01	0.87	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	1500	48	0	8	1.59	0.00	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	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
ketchup(16)	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	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
Weighted Daily Average			615	46	1066	7.33	4.70	614.8	2192	21.61	*25	30.59	73.01	23.77	7.41	*0.00
% of Calories											*16.5%	19.9%	47.5%	34.8%	10.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 05/04/2017																
Linn-Mar Elementary Lunch	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)^	2 each	1200	260	0	370	4.00	1.44	80.0	520	0.0	4	8.0	32.0	13.0	5.00	0.00
breakfast sandwich^	1 each	800	278	159	626	3.00	2.55	198.0	336	0.0	*1	17.14	24.23	12.93	4.79	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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(16)	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	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

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

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Weighted Daily Average			587	64	1119	6.65	4.38	527.8	3158	34.59	*30	29.10	74.35	20.34	6.10	*0.00
% of Calories											*20.2%	19.8%	50.6%	31.2%	9.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/05/2017																
Linn-Mar Elementary Lunch	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 (17)	serving	500	259	31	584	3.00	1.80	243.1	427	1.2	2	12.69	32.2	9.29	5.05	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
french fries^simplot	1/2 cup	1800	180	0	45	2.25	0.74	15.9	0	8.14	0	4.5	31.5	3.38	0.00	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*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
sugar cookies^	1 EACH	2470	119	17	109	0.74	0.42	3.0	1088	0.0	*7	1.74	15.23	5.71	2.36	*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(16)	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	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			697	61	1004	8.88	4.04	540.0	3220	59.00	*33	24.58	98.71	22.47	7.31	*0.00
% of Calories											*18.8%	14.1%	56.7%	29.0%	9.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Mon - 05/08/2017																
Linn-Mar Elementary Lunch	Total	2600														
hamburger on a bun^	1 each	1200	300	35	500	4.00	3.24	220.0	0	1.2	5	19.0	33.0	11.0	3.50	0.50
grilled cheese: 4 sl (17)	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
sweet potato waffle fries (16)	4 OZ	900	173	0	294	4.00	0.48	26.7	6003	1.6	8	1.33	28.02	6.67	0.67	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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	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(16)	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			584	50	1238	7.32	3.69	640.4	4400	24.98	*30	27.09	75.31	20.83	7.79	*0.23
% of Calories											*20.6%	18.5%	51.5%	32.1%	12.0%	*0.4%
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 ¹ (g)
Tue - 05/09/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken patty,breaded sw^	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^	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
baked beans^	1/2 CUP	900	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
mandarin oranges^	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^	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(16)	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^	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)^	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^	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			594	48	1310	6.83	4.21	540.6	2936	38.41	*43	28.47	88.31	15.63	4.91	*0.15
% of Calories											*29.0%	19.2%	59.4%	23.7%	7.4%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Wed - 05/10/2017																
Linn-Mar Elementary Lunch	Total	2600														
waffle sticks^	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^	2 each	1500	120	60	160	0.00	0.72	40.0	0	0.0	0	12.0	0.0	8.0	2.00	0.00
ham/cheese w pretzel roll (17)	1 each	500	265	43	480	3.00	2.36	98.0	136	0.9	*2	15.6	29.23	9.17	4.54	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
banana,small^	1 each	1500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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(16)	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
syруп. 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			689	72	1196	8.63	4.12	483.3	2175	31.41	*35	25.03	96.95	23.06	5.86	*0.00
% of Calories											*20.6%	14.5%	56.3%	30.1%	7.7%	*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 ¹ (g)
Thu - 05/11/2017																
Linn-Mar Elementary Lunch	Total	2600														
yogurt parfaits,fruit&granola^	4 oz	1200	306	5	130	4.22	1.00	187.8	273	21.19	*42	8.57	66.08	2.37	0.75	0.00
lasagna w/beef crumbles^	1 EACH	800	277	31	474	3.35	1.67	372.9	683	4.81	*8	18.09	28.49	10.61	5.61	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	0.04	*N/A*
cherry tomato^	1/8 cup	900	2	0	1	0.15	0.03	1.2	103	1.7	0	0.11	0.48	0.02	0.00	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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
muffin,choc chip, scratch^	2 oz	2470	178	12	216	1.92	1.12	81.0	518	0.05	*14	3.16	27.98	7.01	2.38	*0.00
dressing variety Ra/Fr/Ital^	2 tbsp	1200	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
Weighted Daily Average			660	37	830	8.27	4.08	704.5	6714	47.36	*59	24.83	105.84	17.66	6.51	*0.00
% of Calories											*35.9%	15.0%	64.1%	24.1%	8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Fri - 05/12/2017																
Linn-Mar Elementary Lunch	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

	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 ¹ (g)
Mon - 05/15/2017																
Linn-Mar Elementary Lunch	Total	2600														
pizza, personal pan (17)	1 each	1500	300	10	430	3.00	2.70	350.0	500	0.0	10	17.0	36.0	9.0	2.50	0.00
pork, pulled, unsauced SW(17)	3 oz	400	262	51	417	3.00	2.72	200.0	0	0.0	4	24.87	31.0	4.55	0.64	0.00
Lion Cub Meal(16)	1 Each	700	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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
choc chip cookies usda^	1 each	2470	130	12	85	0.90	0.50	4.0	366	0.0	*9	1.62	16.62	6.78	2.62	*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(16)	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
pickle slices^	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
BBQ sauce, PC cup	1 EACH	180	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			663	43	927	6.50	4.29	677.5	3080	26.69	*42	27.72	94.24	19.71	6.40	*0.00
% of Calories											*25.2%	16.7%	56.9%	26.8%	8.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Tue - 05/16/2017																
Linn-Mar Elementary Lunch	Total	2600														
f toast st w/ egg omelet (17)	2 sticks	1200	350	205	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	700	340	45	500	5.00	3.24	200.0	0	0.0	4	20.0	51.0	7.0	0.50	0.00
Lion Cub Meal(16)	1 Each	700	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
potatoes,smiley^	4 oz	1800	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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	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(16)	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
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
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			704	126	1144	6.78	3.63	535.7	2487	28.79	*39	25.86	102.99	21.22	5.02	*0.00
% of Calories											*22.4%	14.7%	58.5%	27.1%	6.4%	*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 ¹ (g)
Wed - 05/17/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken strips^	4 EACH	1800	245	45	511	2.67	2.67	26.7	112	116.0	0	20.0	17.33	10.67	2.67	0.00
rolls, hot^	1.0 oz	1800	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 (17)	1 EACH	200	488	15	566	7.54	2.72	297.7	284	0.0	17	20.2	57.43	22.17	5.27	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
baked beans^	1/2 CUP	900	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
apple, sliced w caramel^	1 EACH	2340	144	5	130	3.00	0.00	0.0	110	0.0	22	0.0	27.0	4.0	1.50	0.50
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(16)	1 tbsp	1500	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	300	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	0.00	0.00
dressing honey mustard^	2 TBSP	300	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			737	58	1425	9.81	4.93	488.3	2647	104.34	*51	31.13	102.94	23.05	6.46	*0.45
% of Calories											*27.9%	16.9%	55.9%	28.2%	7.9%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Thu - 05/18/2017																
Linn-Mar Elementary Lunch	Total	2600														
hot dog with bun^	1 each	1000	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
spagh sauce w/ beef crum.	4 oz	1100	129	19	291	2.50	1.75	31.7	464	3.73	5	10.02	9.58	5.29	1.92	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
breadstick^	1 oz	1100	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
Lion Cub Meal(16)	1 Each	500	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	0.04	*N/A*
cherry tomato^	1/8 cup	1	2	0	1	0.15	0.03	1.2	103	1.7	0	0.11	0.48	0.02	0.00	0.00
veggie cup^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
ketchup(16)	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
Weighted Daily Average			491	35	928	6.41	3.63	508.0	5937	34.76	*30	23.00	66.19	15.89	5.53	*0.19
% of Calories											*24.5%	18.7%	53.9%	29.1%	10.1%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Fri - 05/19/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken patty,breaded sw^	1 each	1500	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35	0.00
chicken teriyaki^	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	*N/A*	15.0	9.0	3.5	1.00	*N/A*
brown rice lmsuda^	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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^	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
mandarin oranges^	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^	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(16)	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^	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
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
sweet & sour sauce^	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	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
Weighted Daily Average			548	49	1013	5.60	4.24	563.5	3043	38.19	*36	29.33	80.77	12.52	3.15	*0.00
% of Calories											*26.5%	21.4%	59.0%	20.6%	5.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/22/2017																
Linn-Mar Elementary Lunch	Total	2600														
pizza sticks (2 sticks)(17)	2 EACH	1400	300	30	480	2.00	2.16	400.0	200	0.0	4	20.0	30.0	12.0	6.00	0.00
beef, hot shredded SW(17)	4 oz	600	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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
marinara sauce cup^	2 oz	1000	40	0	458	0.00	0.54	9.9	497	5.97	*N/A*	0.0	5.97	1.49	0.00	*N/A*
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(16)	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

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Weighted Daily Average			523	47	1000	5.31	4.13	665.3	2467	31.86	*31	29.61	69.68	14.96	5.99	*0.00
% of Calories											*23.8%	22.7%	53.3%	25.8%	10.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 05/23/2017																
Linn-Mar Elementary Lunch	Total	2600														
pancakes^	2 EACH	1200	136	6	349	3.24	1.75	38.8	23	0.0	5	3.24	27.18	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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(16)	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			575	39	1228	6.93	2.71	548.1	2378	55.27	*32	20.84	81.71	18.84	6.28	*0.00
% of Calories											*22.6%	14.5%	56.8%	29.5%	9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Wed - 05/24/2017																
Linn-Mar Elementary Lunch	Total	2600														
taco meat w/ beef crumbles^	3 oz	1800	129	28	427	0.66	2.09	23.7	462	2.59	*1	13.15	4.22	6.68	2.84	0.00
tortilla chips, 2 oz pkg^	2 oz	1800	270	0	220	4.00	1.44	40.0	0	0.0	0	4.0	37.0	14.0	1.50	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
ham & cheese SW boat (17)	1 each	200	238	33	660	3.00	2.18	158.0	161	0.6	*5	15.11	26.23	7.92	3.79	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
ref beansw/salsa &cheese^	4 oz	900	104	4	233	3.21	1.62	105.7	679	7.58	*4	6.53	15.53	2.01	0.87	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	1500	48	0	8	1.59	0.00	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	60	3	248	0.00	0.00	0.0	33	0.0	2	0.0	4.67	4.33	0.50	0.00
ketchup(16)	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	20	0	137	0.00	0.70	0.0	196	4.69	2	0.0	3.91	0.0	0.00	0.00
Weighted Daily Average			615	46	1066	7.33	4.70	614.8	2192	21.61	*25	30.59	73.01	23.77	7.41	*0.00
% of Calories											*16.5%	19.9%	47.5%	34.8%	10.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 05/25/2017																
Linn-Mar Elementary Lunch	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)^	2 each	1200	260	0	370	4.00	1.44	80.0	520	0.0	4	8.0	32.0	13.0	5.00	0.00
breakfast sandwich^	1 each	800	278	159	626	3.00	2.55	198.0	336	0.0	*1	17.14	24.23	12.93	4.79	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	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(16)	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	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

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Weighted Daily Average			587	64	1119	6.65	4.38	527.8	3158	34.59	*30	29.10	74.35	20.34	6.10	*0.00
% of Calories											*20.2%	19.8%	50.6%	31.2%	9.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/26/2017																
Linn-Mar Elementary Lunch	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 (17)	serving	500	259	31	584	3.00	1.80	243.1	427	1.2	2	12.69	32.2	9.29	5.05	0.00
Lion Cub Meal(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
french fries [^] simplot	1/2 cup	1800	180	0	45	2.25	0.74	15.9	0	8.14	0	4.5	31.5	3.38	0.00	0.00
veggie cup [^]	1/2 cup	1000	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*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
sugar cookies [^]	1 EACH	2470	119	17	109	0.74	0.42	3.0	1088	0.0	*7	1.74	15.23	5.71	2.36	*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(16)	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	35	0	340	0.00	0.00	0.0	100	0.0	7	0.0	9.0	0.0	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			697	61	1004	8.88	4.04	540.0	3220	59.00	*33	24.58	98.71	22.47	7.31	*0.00
% of Calories											*18.8%	14.1%	56.7%	29.0%	9.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 05/29/2017																
Linn-Mar Elementary Lunch	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, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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 ¹ (g)
Tue - 05/30/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken patty,breaded sw^	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^	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(16)	1 Each	600	391	28	641	6.92	3.30	311.9	3873	59.21	*8	14.28	48.91	15.69	6.24	*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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
baked beans^	1/2 CUP	900	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	18	0	20	1.30	0.56	19.4	1812	19.57	*1	0.99	3.59	0.13	0.03	*0.00
mandarin oranges^	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^	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(16)	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^	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)^	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^	2 EACH	1000	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
Weighted Daily Average			594	48	1310	6.83	4.21	540.6	2936	38.41	*43	28.47	88.31	15.63	4.91	*0.15
% of Calories											*29.0%	19.2%	59.4%	23.7%	7.4%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/31/2017																
Linn-Mar Elementary Lunch	Total	2600														
hot dog with bun^	1 each	2600	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
veggie cup^	3/4 cup	1170	27	0	29	1.96	0.84	29.2	2718	29.35	*2	1.48	5.38	0.2	0.04	*0.00
applesauce cup,cinn usda(16)	4 oz	2340	50	0	15	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00	0.00
ice cream cup vanilla.	1 each	2340	140	0	45	0.00	0.00	80.0	300	6.0	13	2.0	16.0	7.0	4.50	0.00
dressing ranch light^	2 TBSP	585	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup(16)	1 tbsp	780	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	390	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			618	43	1125	4.78	3.08	555.1	1973	73.69	*42	22.66	78.90	25.15	11.63	*0.50
% of Calories											*27.2%	14.7%	51.1%	36.6%	16.9%	*0.7%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			615	55	1113	7.09	4.02	565.8	3213	43.76	*37	26.92	85.56	19.23	6.10	*0.08
											*53.5%	17.5%	55.7%	28.2%	8.9%	*0.1%

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Linn-Mar Community Schools

Apr 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Linn-Mar Elementary Lunch

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-Fat¹ (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		550 - 650	100%				
Cholesterol (mg)	55							
Sodium (mg)	1113		1230					
Fiber (g)	7.09							
Iron (mg)	4.02							
Calcium (mg)	565.8							
Vitamin A (IU)	3213							
Sugars (g)	37	23.77%			Missing			
Vitamin C (mg)	43.76							
Protein (g)	26.92	17.52%						
Carbohydrate (g)	85.56	55.67%						
Total Fat (g)	19.23	28.16%						
Saturated Fat (g)	6.10	8.93%	<10.00%					
Trans Fat ¹ (g)	0.08	0.12%			Missing			

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