

Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 1

Generated on: 8/4/2017 1:15:52 PM

	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 - 08/23/2017																
K-5 3 week cycle	Total	2600														
chicken strips^	4 EACH	1600	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	1600	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	450	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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	800	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	800	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	0.03	*0.00
apple, sliced w caramel^	1 EACH	1900	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	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
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	100	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	1000	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			648	51	1228	6.65	3.87	477.7	2086	154.84	*47	28.39	87.57	20.76	4.59	*0.00
% of Calories											*28.8%	17.5%	54.0%	28.8%	6.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 08/24/2017																
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	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	650	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	0.14	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	*1	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	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^	2 EACH	600	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 2

Generated on: 8/4/2017 1:15:52 PM

	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 % of Calories			551	43	935	7.32	4.99	555.3	6208	38.78	*32 *23.1%	29.87 21.7%	77.78 56.5%	14.76 24.1%	3.64 6.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 08/25/2017																
K-5 3 week cycle	Total	2600														
hot dog with bun^	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^	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^	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^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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^	1 tbs	700	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
sweet & sour sauce^	1 TBSP	100	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	100	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	2000	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 % of Calories			563	45	1153	4.92	3.73	548.7	2997	38.27	*39 *27.8%	23.54 16.7%	79.95 56.8%	17.41 27.8%	6.45 10.3%	*0.29 *0.5%
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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Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 3

Generated on: 8/4/2017 1:15:52 PM

	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)
Mon - 08/28/2017																
K-5 3 week cycle	Total	2600														
pizza sticks (2 sticks)^	2 EACH	1400	300	30	480	2.00	0.00	0.0	0	0.0	4	20.0	30.0	12.0	6.00	0.00
beef, hot shredded SW^	3 oz	600	243	50	442	2.25	2.73	150.0	0	0.0	3	22.17	23.25	6.88	2.31	0.00
Lion Cub Meal^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	2470	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			612	59	963	6.07	3.16	443.4	3279	31.45	*38	29.82	81.67	19.57	8.06	*0.00
% of Calories											*25.1%	19.5%	53.4%	28.8%	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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/29/2017																
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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			573	39	1159	5.66	2.70	548.0	2364	55.35	*30	20.50	77.62	18.83	6.27	*0.00
% of Calories											*21.0%	14.3%	54.2%	29.6%	9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 4

Generated on: 8/4/2017 1:15:52 PM

	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 - 08/30/2017																
K-5 3 week cycle	Total	2600														
taco meat w/ beef crumbles [^]	3 oz	1800	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	1800	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	335	59	981	3.00	2.54	387.7	297	0.9	*4	18.33	32.2	15.51	6.87	0.00
Lion Cub Meal [^]	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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
Weighted Daily Average			624	49	1022	7.22	4.22	660.7	2224	21.07	*25	30.36	73.90	24.71	7.94	*0.00
% of Calories											*15.8%	19.4%	47.3%	35.6%	11.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 08/31/2017																
K-5 3 week cycle	Total	2600														
chicken, popcorn [^]	4 oz	1300	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	1300	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	650	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	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	700	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	600	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

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 5

Generated on: 8/4/2017 1:15:52 PM

	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 % of Calories			560	61	1117	5.91	4.24	537.3	3095	35.83	*30 *21.4%	28.75 20.5%	70.07 50.1%	18.59 29.9%	5.22 8.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 09/01/2017																
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	267	31	565	0.87	1.57	223.1	427	0.0	2	12.06	33.63	9.23	5.05	0.00
Lion Cub Meal^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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^	1/2 cup	1800	178	0	44	2.22	0.80	0.0	0	8.0	0	4.44	31.11	3.33	0.00	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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
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	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 % of Calories			581	45	896	7.68	3.62	522.3	2172	58.75	*26 *17.8%	22.73 15.6%	83.74 57.6%	16.99 26.3%	5.06 7.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/04/2017																
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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230											<10.00

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 6

Generated on: 8/4/2017 1:15:52 PM

	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 - 09/05/2017																
K-5 3 week cycle	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	700	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	500	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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	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	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	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
mayo(salad dressing light) [^]	1 TBSP	200	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			562	45	1225	6.45	4.06	528.5	2777	36.23	*42	27.54	84.77	13.99	4.36	*0.13
% of Calories											*30.2%	19.6%	60.3%	22.4%	7.0%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/06/2017																
K-5 3 week cycle	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	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	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 [^]	1 Each	500	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	2000	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	*1	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	1100	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			649	70	1143	7.18	4.37	479.4	2026	29.62	*37	24.24	90.84	21.81	5.50	*0.00
% of Calories											*22.9%	14.9%	56.0%	30.2%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 7

Generated on: 8/4/2017 1:15:52 PM

	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 - 09/07/2017																
K-5 3 week cycle	Total	2600														
yogurt parfaits,fruit&granola^	4 oz	1200	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	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^	1 Each	500	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	0.14	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	*1	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
muffin, choc chip, scratch^	2 oz	2470	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	1100	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			642	37	790	7.54	3.82	668.5	6405	43.65	*54	23.82	104.08	16.83	6.21	*0.01
% of Calories											*33.7%	14.8%	64.8%	23.6%	8.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00
Fri - 09/08/2017																
K-5 3 week cycle	Total	2600														
chicken nuggets^	5 each	1500	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83	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
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
Lion Cub Meal^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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^	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

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 8

Generated on: 8/4/2017 1:15:52 PM

	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 % of Calories			619	56	1274	5.30	3.43	461.3	2449	25.85	*31 *19.8%	29.39 19.0%	81.85 52.9%	21.01 30.5%	4.78 6.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/11/2017																
K-5 3 week cycle	Total	2500														
pizza, personal pan ^	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
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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
Day 1	SERVING	0	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 % of Calories			552	31	889	5.55	3.58	668.5	2815	27.82	*33 *24.1%	24.64 17.9%	77.85 56.4%	15.62 25.5%	5.08 8.3%	*0.08 *0.1%
Nutrient Guideline			550-650		1230											<10.00

Tue - 09/12/2017																
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	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	500	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	1100	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	1100	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	200	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 9

Generated on: 8/4/2017 1:15:52 PM

	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			644	114	1008	6.00	3.08	508.6	2176	24.34	*38	23.49	94.66	19.44	4.62	*0.00
% of Calories											*23.6%	14.6%	58.8%	27.2%	6.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/13/2017																
K-5 3 week cycle	Total	2600														
chicken strips^	4 EACH	1600	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	1600	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	200	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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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	800	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	800	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	0.03	*0.00
apple, sliced w caramel^	1 EACH	1600	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	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	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
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			642	50	1248	6.44	3.86	472.8	2056	132.32	*45	28.50	85.62	20.93	4.42	*0.00
% of Calories											*27.9%	17.7%	53.3%	29.3%	6.2%	*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

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 10

Generated on: 8/4/2017 1:15:52 PM

	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 - 09/14/2017																
K-5 3 week cycle	Total	2600														
chicken patty,breaded sw [^]	1 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
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	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	0.14	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	*1	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	1100	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	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
Weighted Daily Average			557	44	961	7.35	5.07	558.1	6144	37.66	*32	30.52	78.75	14.79	3.58	*0.00
% of Calories											*23.0%	21.9%	56.5%	23.9%	5.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/15/2017																
K-5 3 week cycle	Total	2600														
hot dog with bun [^]	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 [^]	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 Imusda [^]	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 [^]	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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 [^]	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	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 [^]	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
fortune cookie	1 each	2600	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

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 11

Generated on: 8/4/2017 1:15:52 PM

	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 % of Calories			568	45	1134	4.92	3.82	548.7	2997	38.27	*40 *27.9%	23.53 16.6%	81.07 57.1%	17.41 27.6%	6.45 10.2%	*0.29 *0.5%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/18/2017																
K-5 3 week cycle	Total	2600														
pizza sticks (2 sticks)^	2 EACH	1400	300	30	480	2.00	0.00	0.0	0	0.0	4	20.0	30.0	12.0	6.00	0.00
beef, hot shredded SW^	3 oz	600	243	50	442	2.25	2.73	150.0	0	0.0	3	22.17	23.25	6.88	2.31	0.00
Lion Cub Meal^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	2470	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			612	59	963	6.07	3.16	443.4	3279	31.45	*38 *25.1%	29.82 19.5%	81.67 53.4%	19.57 28.8%	8.06 11.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 12

Generated on: 8/4/2017 1:15:53 PM

	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 - 09/19/2017																
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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			573	39	1159	5.66	2.70	548.0	2364	55.35	*30	20.50	77.62	18.83	6.27	*0.00
% of Calories											*21.0%	14.3%	54.2%	29.6%	9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/20/2017																
K-5 3 week cycle	Total	2600														
taco meat w/ beef crumbles^	3 oz	1800	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	1800	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	335	59	981	3.00	2.54	387.7	297	0.9	*4	18.33	32.2	15.51	6.87	0.00
Lion Cub Meal^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 13

Generated on: 8/4/2017 1:15:53 PM

	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			624	49	1022	7.22	4.22	660.7	2224	21.07	*25	30.36	73.90	24.71	7.94	*0.00
% of Calories											*15.8%	19.4%	47.3%	35.6%	11.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/21/2017																
K-5 3 week cycle	Total	2600														
chicken, popcorn^	4 oz	1300	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	1300	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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	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	1100	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
Weighted Daily Average			554	61	1116	5.79	4.17	531.3	3034	34.70	*30	28.48	69.60	18.29	5.10	*0.00
% of Calories											*21.8%	20.6%	50.2%	29.7%	8.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 14

Generated on: 8/4/2017 1:15:53 PM

	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 - 09/22/2017																
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 [^]	1 serving	500	267	31	565	0.87	1.57	223.1	427	0.0	2	12.06	33.63	9.23	5.05	0.00
Lion Cub Meal [^]	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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 [^]	1/2 cup	1800	178	0	44	2.22	0.80	0.0	0	8.0	0	4.44	31.11	3.33	0.00	0.00
veggie cup [^]	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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
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 tbspc	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 [^]	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 [^]	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			581	45	896	7.68	3.62	522.3	2172	58.75	*26	22.73	83.74	16.99	5.06	*0.00
% of Calories											*17.8%	15.6%	57.6%	26.3%	7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/25/2017																
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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 [^]	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	*1	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	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 tbspc	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			592	48	1227	6.56	3.81	647.3	3393	26.58	*30	27.40	74.11	21.97	8.08	*0.23
% of Calories											*20.1%	18.5%	50.1%	33.4%	12.3%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 15

Generated on: 8/4/2017 1:15:53 PM

	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 - 09/26/2017																
K-5 3 week cycle	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 [^]	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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 [^]	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			592	48	1310	6.76	4.20	540.5	2922	38.49	*43	28.43	87.81	15.62	4.90	*0.15
% of Calories											*29.0%	19.2%	59.3%	23.7%	7.4%	*0.2%
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 - 09/27/2017																
K-5 3 week cycle	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	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	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 [^]	1 Each	500	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	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	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
syrup, pancake [^]	2 tbsp	1300	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			647	70	1131	7.27	4.39	479.7	2022	29.77	*36	24.26	90.09	21.91	5.52	*0.00
% of Calories											*22.5%	15.0%	55.7%	30.5%	7.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 16

Generated on: 8/4/2017 1:15:53 PM

	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 - 09/28/2017																
K-5 3 week cycle	Total	2600														
yogurt parfaits,fruit&granola^	4 oz	1200	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	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^	1 Each	500	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	0.14	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	*1	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
muffin,choc chip, scratch^	2 oz	2470	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			644	37	801	7.54	3.82	668.5	6405	43.65	*54	23.82	104.32	16.96	6.23	*0.01
% of Calories											*33.7%	14.8%	64.8%	23.7%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/29/2017																
K-5 3 week cycle	Total	2600														
chicken nuggets^	5 each	1500	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83	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
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
Lion Cub Meal^	1 Each	500	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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^	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	600	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	150	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

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 17

Generated on: 8/4/2017 1:15:53 PM

	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 % of Calories			601	55	1223	5.05	3.31	449.4	2298	23.59	*30 *19.8%	28.85 19.2%	79.20 52.7%	20.41 30.6%	4.54 6.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/02/2017																
K-5 3 week cycle	Total	2500														
pizza, personal pan ^	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
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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
Day 1	SERVING	0	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 % of Calories			552	31	889	5.55	3.58	668.5	2815	27.82	*33 *24.1%	24.64 17.9%	77.85 56.4%	15.62 25.5%	5.08 8.3%	*0.08 *0.1%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/03/2017																
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	700	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	700	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	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	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

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 18

Generated on: 8/4/2017 1:15:53 PM

	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			701	119	1128	6.70	3.43	541.0	2469	28.85	*39	25.27	101.32	22.01	5.29	*0.00
% of Calories											*22.5%	14.4%	57.8%	28.2%	6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/04/2017																
K-5 3 week cycle	Total	2600														
chicken strips^	4 EACH	1500	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	1500	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	200	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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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	800	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	*1	1.02	3.74	0.14	0.03	*0.00
apple, sliced w caramel^	1 EACH	1900	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	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	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	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			649	49	1256	6.67	3.79	476.4	2204	155.17	*48	27.67	88.32	20.81	4.50	*0.00
% of Calories											*29.5%	17.1%	54.4%	28.9%	6.2%	*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

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 19

Generated on: 8/4/2017 1:15:53 PM

	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 - 10/05/2017																
K-5 3 week cycle	Total	2600														
chicken patty,breaded sw [^]	1 each	1400	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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	0.14	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	*1	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	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 [^]	1 TSP	75	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	400	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
Weighted Daily Average			557	45	952	7.26	5.09	554.9	6007	35.40	*32	30.91	78.82	14.52	3.39	*0.00
% of Calories											*23.1%	22.2%	56.6%	23.5%	5.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/06/2017																
K-5 3 week cycle	Total	2600														
hot dog with bun [^]	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 [^]	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 Imusda [^]	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 [^]	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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 [^]	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
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
fortune cookie	1 each	1600	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

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 20

Generated on: 8/4/2017 1:15:53 PM

	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 % of Calories			557	45	1125	4.92	3.68	548.7	2985	38.27	*38 *27.5%	23.53 16.9%	78.47 56.3%	17.41 28.1%	6.45 10.4%	*0.29 *0.5%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/09/2017																
K-5 3 week cycle	Total	2600														
pizza sticks (2 sticks)^	2 EACH	1400	300	30	480	2.00	0.00	0.0	0	0.0	4	20.0	30.0	12.0	6.00	0.00
beef, hot shredded SW^	3 oz	600	243	50	442	2.25	2.73	150.0	0	0.0	3	22.17	23.25	6.88	2.31	0.00
Lion Cub Meal^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	2470	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			612	59	963	6.07	3.16	443.4	3279	31.45	*38 *25.1%	29.82 19.5%	81.67 53.4%	19.57 28.8%	8.06 11.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 21

Generated on: 8/4/2017 1:15:53 PM

	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 - 10/10/2017																
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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			573	39	1159	5.66	2.70	548.0	2364	55.35	*30	20.50	77.62	18.83	6.27	*0.00
% of Calories											*21.0%	14.3%	54.2%	29.6%	9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/11/2017																
K-5 3 week cycle	Total	2600														
taco meat w/ beef crumbles^	3 oz	1800	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	1800	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	335	59	981	3.00	2.54	387.7	297	0.9	*4	18.33	32.2	15.51	6.87	0.00
Lion Cub Meal^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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

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

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 22

Generated on: 8/4/2017 1:15:53 PM

	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			624	49	1022	7.22	4.22	660.7	2224	21.07	*25	30.36	73.90	24.71	7.94	*0.00
% of Calories											*15.8%	19.4%	47.3%	35.6%	11.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/12/2017																
K-5 3 week cycle	Total	2600														
chicken, popcorn^	4 oz	1600	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	1600	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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	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
Weighted Daily Average			583	60	1130	6.19	4.58	532.9	3053	34.68	*29	30.89	71.15	19.81	5.41	*0.00
% of Calories											*19.9%	21.2%	48.8%	30.6%	8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 23

Generated on: 8/4/2017 1:15:53 PM

	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 - 10/13/2017																
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 [^]	500	500	267	31	565	0.87	1.57	223.1	427	0.0	2	12.06	33.63	9.23	5.05	0.00
Lion Cub Meal [^]	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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 [^]	1/2 cup	1800	178	0	44	2.22	0.80	0.0	0	8.0	0	4.44	31.11	3.33	0.00	0.00
veggie cup [^]	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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
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	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			581	45	896	7.68	3.62	522.3	2172	58.75	*26	22.73	83.74	16.99	5.06	*0.00
% of Calories											*17.8%	15.6%	57.6%	26.3%	7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/16/2017																
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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 [^]	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	*1	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	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	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			592	48	1227	6.56	3.81	647.3	3393	26.58	*30	27.40	74.11	21.97	8.08	*0.23
% of Calories											*20.1%	18.5%	50.1%	33.4%	12.3%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 24

Generated on: 8/4/2017 1:15:53 PM

	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 - 10/17/2017																
K-5 3 week cycle	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 [^]	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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 [^]	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			592	48	1310	6.76	4.20	540.5	2922	38.49	*43	28.43	87.81	15.62	4.90	*0.15
% of Calories											*29.0%	19.2%	59.3%	23.7%	7.4%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/18/2017																
K-5 3 week cycle	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	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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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			647	69	1150	7.15	4.30	475.5	2021	29.74	*37	23.67	90.68	21.90	5.38	*0.00
% of Calories											*23.0%	14.6%	56.0%	30.5%	7.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 25

Generated on: 8/4/2017 1:15:53 PM

	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 - 10/19/2017																
K-5 3 week cycle	Total	2600														
yogurt parfaits,fruit&granola^	4 oz	1200	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	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^	1 Each	600	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	0.14	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	*1	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
muffin, choc chip, scratch^	2 oz	2470	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			659	38	826	7.79	3.94	680.4	6549	45.91	*55	24.37	106.11	17.56	6.47	*0.01
% of Calories											*33.1%	14.8%	64.4%	24.0%	8.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00
Fri - 10/20/2017																
K-5 3 week cycle	Total	2600														
chicken nuggets^	5 each	1500	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83	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
shrimp poppers^	20 EACH	400	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00	0.00
Lion Cub Meal^	1 Each	500	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	1.02	3.74	0.14	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^	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

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 26

Generated on: 8/4/2017 1:15:53 PM

	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 % of Calories			597	54	1229	4.94	3.25	447.8	2300	23.59	*30 *20.3%	28.50 19.1%	79.26 53.1%	20.14 30.3%	4.50 6.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/23/2017																
K-5 3 week cycle	Total	2500														
pizza, personal pan ^	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
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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
Day 1	SERVING	0	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 % of Calories			552	31	889	5.55	3.58	668.5	2815	27.82	*33 *24.1%	24.64 17.9%	77.85 56.4%	15.62 25.5%	5.08 8.3%	*0.08 *0.1%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/24/2017																
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	700	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	700	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	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	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

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 27

Generated on: 8/4/2017 1:15:53 PM

	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			701	119	1128	6.70	3.43	541.0	2469	28.85	*39	25.27	101.32	22.01	5.29	*0.00
% of Calories											*22.5%	14.4%	57.8%	28.2%	6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/25/2017																
K-5 3 week cycle	Total	2600														
chicken strips^	4 EACH	1500	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	1500	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	200	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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	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	800	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	*1	1.02	3.74	0.14	0.03	*0.00
apple, sliced w caramel^	1 EACH	1900	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	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 tbsps	1100	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	200	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	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	1000	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			641	49	1213	6.67	3.79	476.4	2146	155.17	*47	27.67	87.20	20.42	4.50	*0.00
% of Calories											*29.3%	17.3%	54.5%	28.7%	6.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/26/2017																
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	

Fri - 10/27/2017																
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

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 28

Generated on: 8/4/2017 1:15:53 PM

	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			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

Mon - 10/30/2017																
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

Tue - 10/31/2017																
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	381	28	641	6.53	3.24	310.9	3760	58.67	*7	14.05	46.49	15.63	6.22	*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	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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			573	39	1159	5.66	2.70	548.0	2364	55.35	*30	20.50	77.62	18.83	6.27	*0.00
% of Calories											*21.0%	14.3%	54.2%	29.6%	9.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			603	53	1079	6.42	3.78	547.8	3064	45.91	*36	26.33	83.23	18.98	5.69	*0.04
											*53.4%	17.5%	55.3%	28.4%	8.5%	*0.1%

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Linn-Mar Community Schools

Aug 23, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 29

Generated on: 8/4/2017 1:15:53 PM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	603		550 - 650	100%													
Cholesterol (mg)	53																
Sodium (mg)	1079		1230														
Fiber (g)	6.42																
Iron (mg)	3.78																
Calcium (mg)	547.8																
Vitamin A (IU)	3064																
Sugars (g)	36	23.73%				Missing											
Vitamin C (mg)	45.91																
Protein (g)	26.33	17.48%															
Carbohydrate (g)	83.23	55.26%															
Total Fat (g)	18.98	28.35%															
Saturated Fat (g)	5.69	8.50%		<10.00%													
Trans Fat ¹ (g)	0.04	0.07%				Missing											

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