

Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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)
Wed - 02/01/2017																
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 - 02/02/2017																
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)^	1 each	1200	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
breakfast sandwich^	1 each	800	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

Feb 1, 2017 thru Mar 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			527	64	1034	5.73	4.05	509.3	3038	34.59	*29	27.26	66.97	17.34	4.95	*0.00
% of Calories											*21.8%	20.7%	50.8%	29.6%	8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/03/2017																
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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	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 - 02/06/2017																
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 - 02/07/2017																
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 Elementary Lunch

Portion Values - Detailed

	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)
Wed - 02/08/2017																
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
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(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			675	72	1195	7.59	4.14	489.9	2184	32.00	*38	24.86	94.01	22.87	5.80	*0.00
% of Calories											*22.4%	14.7%	55.7%	30.5%	7.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 02/09/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken noodle soup^	8 oz	1200	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73	*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
garlic bread stick (17)	1 EACH	2000	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(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
lettuce with romaine	1/2 cup	900	7	0	2	0.54	0.39	11.5	1344	3.08	*0	0.51	1.26	0.1	0.01	*0.00
tomatoes, cherry (sk)	1/2 cup	900	13	0	4	0.89	0.20	7.5	621	9.46	*N/A*	0.66	2.92	0.15	0.02	*N/A*
peas and carrots^	1/2 cup	1000	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00	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
oatmeal scotchies w/lq egg (17)	1 each	2470	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97	*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			588	45	1060	5.64	3.46	541.1	3452	36.60	*33	26.08	77.61	20.46	7.04	*0.00
% of Calories											*22.6%	17.8%	52.8%	31.3%	10.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Elementary Lunch

Portion Values - Detailed

	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)
Fri - 02/10/2017																
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 - 02/13/2017																
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
beef, hot shredded SW(17)	4 oz	400	324	67	590	3.00	3.65	200.0	0	0.0	4	29.56	31.0	9.18	3.08	0.00
Lion Cub Meal(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 w/lq egg (17)	1 each	2470	128	11	80	0.90	0.54	5.0	366	0.0	*9	1.57	16.25	6.76	2.70	*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

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

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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 % of Calories			668	45	926	6.50	4.47	678.5	3073	26.69	*41 *24.7%	28.39 17.0%	93.26 55.9%	20.40 27.5%	6.85 9.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 02/14/2017																
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 tbs	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 tbs	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 tbs	500	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00
Weighted Daily Average % of Calories			704	126	1144	6.78	3.63	535.7	2487	28.79	*39 *22.4%	25.86 14.7%	102.99 58.5%	21.22 27.1%	5.02 6.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/15/2017																
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 - 02/16/2017																
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
garlic bread stick (17)	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(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	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
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 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

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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			512	35	923	6.23	3.98	512.2	5659	29.53	*34	23.17	71.28	16.64	5.51	*0.19
% of Calories											*26.6%	18.1%	55.7%	29.3%	9.7%	*0.3%
Nutrient Guideline			550-650		1230											<10.00

Fri - 02/17/2017																
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

Mon - 02/20/2017																
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

Tue - 02/21/2017																
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
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

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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			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	

Wed - 02/22/2017																
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	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	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	

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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)
Thu - 02/23/2017																
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) [^]	1 each	1200	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
breakfast sandwich [^]	1 each	800	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
Weighted Daily Average			527	64	1034	5.73	4.05	509.3	3038	34.59	*29	27.26	66.97	17.34	4.95	*0.00
% of Calories											*21.8%	20.7%	50.8%	29.6%	8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/24/2017																
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

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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)
Weighted Daily Average % of Calories			697	61	1004	8.88	4.04	540.0	3220	59.00	*33 *18.8%	24.58 14.1%	98.71 56.7%	22.47 29.0%	7.31 9.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/27/2017																
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 % of Calories			584	50	1238	7.32	3.69	640.4	4400	24.98	*30 *20.6%	27.09 18.5%	75.31 51.5%	20.83 32.1%	7.79 12.0%	*0.23 *0.4%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 02/28/2017																
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

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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)
Weighted Daily Average % of Calories			594	48	1310	6.83	4.21	540.6	2936	38.41	*43 *29.0%	28.47 19.2%	88.31 59.4%	15.63 23.7%	4.91 7.4%	*0.15 *0.2%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/01/2017																
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
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(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
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 % of Calories			675	72	1195	7.59	4.14	489.9	2184	32.00	*38 *22.4%	24.86 14.7%	94.01 55.7%	22.87 30.5%	5.80 7.7%	*0.00 *0.00
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/02/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken noodle soup^	8 oz	1200	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73	*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
garlic bread stick (17)	1 EACH	2000	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(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
lettuce with romaine	1/2 cup	900	7	0	2	0.54	0.39	11.5	1344	3.08	*0	0.51	1.26	0.1	0.01	*0.00
tomatoes, cherry (sk)	1/2 cup	900	13	0	4	0.89	0.20	7.5	621	9.46	*N/A*	0.66	2.92	0.15	0.02	*N/A*
peas and carrots^	1/2 cup	1000	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00	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
oatmeal scotchies w/lq egg (17)	1 each	2470	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97	*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

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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			588	45	1060	5.64	3.46	541.1	3452	36.60	*33	26.08	77.61	20.46	7.04	*0.00
% of Calories											*22.6%	17.8%	52.8%	31.3%	10.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/03/2017																
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

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

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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 - 03/06/2017																
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
beef, hot shredded SW(17)	4 oz	400	324	67	590	3.00	3.65	200.0	0	0.0	4	29.56	31.0	9.18	3.08	0.00
Lion Cub Meal(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 w/lq egg (17)	1 each	2470	128	11	80	0.90	0.54	5.0	366	0.0	*9	1.57	16.25	6.76	2.70	*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
Weighted Daily Average			668	45	926	6.50	4.47	678.5	3073	26.69	*41	28.39	93.26	20.40	6.85	*0.00
% of Calories											*24.7%	17.0%	55.9%	27.5%	9.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/07/2017																
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	

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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 - 03/08/2017																
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 - 03/09/2017																
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
garlic bread stick (17)	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(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	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
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

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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			496	35	926	6.25	3.94	508.4	5973	35.35	*30	23.04	66.56	16.74	5.53	*0.19
% of Calories											*23.9%	18.6%	53.7%	30.4%	10.0%	*0.3%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/10/2017																
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
pickle slices [^]	2 EACH	750	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			548	49	1039	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 - 03/13/2017																
Linn-Mar Elementary Lunch	Total	1														
Spring break	1 each	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

Feb 1, 2017 thru Mar 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 - 03/14/2017																
Linn-Mar Elementary Lunch	Total	1														
Spring break	1 each	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

Wed - 03/15/2017																
Linn-Mar Elementary Lunch	Total	1														
Spring break	1 each	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

Thu - 03/16/2017																
Linn-Mar Elementary Lunch	Total	1														
Spring break	1 each	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 - 03/17/2017																
Linn-Mar Elementary Lunch	Total	1														
Spring break	1 each	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

Feb 1, 2017 thru Mar 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 - 03/20/2017																
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
chili w/ beef crumbles.	8 oz	600	216	16	1145	8.59	3.66	82.5	1070	9.3	*2	14.46	29.65	4.35	1.65	0.00
b&b whole sandwich(whlgrain).	1 each	600	260	0	370	4.00	1.44	80.0	520	0.0	4	8.0	32.0	13.0	5.00	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	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
veggie cup^	3/4 cup	1000	27	0	29	1.96	0.84	29.2	2718	29.35	*2	1.48	5.38	0.2	0.04	*0.00
spiced apples,warmed^	1/2 cup	1500	79	0	11	1.58	0.01	1.4	46	0.0	18	0.01	19.7	0.01	0.00	0.00
marinara sauce cup^	2 oz	980	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
Weighted Daily Average			558	35	1192	7.24	4.17	645.3	3086	30.52	*32	27.37	76.10	16.86	6.83	*0.00
% of Calories											*22.9%	19.6%	54.6%	27.2%	11.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/21/2017																
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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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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 - 03/22/2017																
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 - 03/23/2017																
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)^	1 each	1200	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50	0.00
breakfast sandwich^	1 each	800	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

Feb 1, 2017 thru Mar 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			527	64	1034	5.73	4.05	509.3	3038	34.59	*29	27.26	66.97	17.34	4.95	*0.00
% of Calories											*21.8%	20.7%	50.8%	29.6%	8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/24/2017																
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

Feb 1, 2017 thru Mar 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 - 03/27/2017																
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 - 03/28/2017																
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

Feb 1, 2017 thru Mar 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017																
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
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(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			675	72	1195	7.59	4.14	489.9	2184	32.00	*38	24.86	94.01	22.87	5.80	*0.00
% of Calories											*22.4%	14.7%	55.7%	30.5%	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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017																
Linn-Mar Elementary Lunch	Total	2600														
chicken noodle soup^	8 oz	1200	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73	*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
garlic bread stick (17)	1 EACH	2000	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(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
lettuce with romaine	1/2 cup	900	7	0	2	0.54	0.39	11.5	1344	3.08	*0	0.51	1.26	0.1	0.01	*0.00
tomatoes, cherry (sk)	1/2 cup	900	13	0	4	0.89	0.20	7.5	621	9.46	*N/A*	0.66	2.92	0.15	0.02	*N/A*
peas and carrots^	1/2 cup	1000	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00	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
oatmeal scotchies w/lq egg (17)	1 each	2470	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97	*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			588	45	1060	5.64	3.46	541.1	3452	36.60	*33	26.08	77.61	20.46	7.04	*0.00
% of Calories											*22.6%	17.8%	52.8%	31.3%	10.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

Linn-Mar Community Schools

Feb 1, 2017 thru Mar 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/31/2017																
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

Weighted Average			613	55	1139	7.00	4.00	551.4	3087	41.61	*35 *51.0%	26.76 17.5%	84.11 54.9%	19.75 29.0%	6.15 9.0%	*0.07 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	613		550 - 650	100%				
Cholesterol (mg)	55							
Sodium (mg)	1139		1230					
Fiber (g)	7.00							
Iron (mg)	4.00							
Calcium (mg)	551.4							
Vitamin A (IU)	3087							
Sugars (g)	35	22.68%			Missing			
Vitamin C (mg)	41.61							
Protein (g)	26.76	17.47%						
Carbohydrate (g)	84.11	54.89%						
Total Fat (g)	19.75	29.00%						
Saturated Fat (g)	6.15	9.03%	<10.00%					
Trans Fat ¹ (g)	0.07	0.10%			Missing			

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.