

# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 1

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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)
Wed - 11/01/2017															
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
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
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
hoagie sub sandwich^	1 each	200	282	46	770	3.00	2.51	309.7	161	0.9	*4	15.19	31.97	11.08	4.08
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
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
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
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
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
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
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
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
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
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			621	48	1011	7.29	4.24	655.3	2263	21.87	*25	30.17	74.11	24.38	7.73
% of Calories											*16.2%	19.4%	47.7%	35.3%	11.2%
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)
Thu - 11/02/2017															
K-5 3 week cycle	Total	2600													
chicken, popcorn^	4 oz	1200	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
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
breakfast sandwich^	1 each	900	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
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

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

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			560	66	1089	6.10	4.28	547.9	3196	38.36	*31	28.94	70.07	18.53	5.37
% of Calories											*21.8%	20.7%	50.0%	29.8%	8.6%
Nutrient Guideline			550-650		1230										<10.00

Fri - 11/03/2017															
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
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
french fries^	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
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
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
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
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
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
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
Weighted Daily Average			589	45	904	8.03	3.75	526.7	2557	63.93	*27	23.01	85.10	17.15	5.07
% of Calories											*18.4%	15.6%	57.8%	26.2%	7.7%
Nutrient Guideline			550-650		1230										<10.00

Mon - 11/06/2017															
K-5 3 week cycle	Total	2600													
hamburger on a bun^	1 each	1500	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
grilled cheese: 4 sl^	1 EACH	400	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
baked beans^	1/2 cup	1100	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
pickle slices^	2 EACH	500	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			558	42	1205	7.98	4.72	628.3	2373	25.96	*35	29.35	79.02	15.83	6.00
% of Calories											*24.9%	21.1%	56.7%	25.5%	9.7%
Nutrient Guideline			550-650		1230										<10.00

Tue - 11/07/2017															
K-5 3 week cycle	Total	2600													
chicken noodle soup^	8 oz	1100	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73
cracker, saltine^	2 EACH	1100	120	0	300	2.00	0.72	0.0	0	0.0	0	2.0	22.0	3.0	0.00
pigs in a blanket^	1 each	1000	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	800	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	700	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2350	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
peas and carrots^	1/2 cup	2200	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
veggie cup^	1/2 cup	1200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	2200	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	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
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
mustard^	1 TSP	200	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average			533	43	1227	5.47	2.85	483.0	4403	61.84	*42	22.36	77.19	15.72	5.54
% of Calories											*31.7%	16.8%	57.9%	26.5%	9.3%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/08/2017															
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
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
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
milk vty half pints^	1 each	2000	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato wedge	2 EACH	1900	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
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
Weighted Daily Average			647	71	1147	7.40	4.40	452.3	2154	32.35	*36	23.75	90.15	22.14	5.64
% of Calories											*22.4%	14.7%	55.7%	30.8%	7.8%
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/09/2017															
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
lasagna w/beef crumbles^	1 EACH	700	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
garlic bread stick ^	1 EACH	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
tomatoes, cherry	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
sweet potato waffle fries^	1/2 cup	600	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
fresh fruit salad^	1/2 cup	1200	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
oatmeal scotchies w/lq egg	1 each	2000	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97
dressing variety Ra/Fr/Ital^	2 tbsp	900	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
Weighted Daily Average			645	48	939	6.31	4.31	555.7	3480	30.31	*32	29.00	85.24	21.91	6.93
% of Calories											*19.9%	18.0%	52.9%	30.6%	9.7%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/10/2017															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Mon - 11/13/2017															
K-5 3 week cycle	Total	2500													
pizza 5" cheese ^	1 each	1500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
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
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
Weighted Daily Average			565	31	997	6.83	3.60	609.3	2755	28.80	*31	23.50	80.53	16.83	5.68
% of Calories											*21.9%	16.6%	57.0%	26.8%	9.1%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/14/2017															
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
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
Lion Cub Meal^	1 Each	650	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
milk vty half pints^	1 each	1800	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
tartar sauce^	2 tbsp	300	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average			650	115	1032	6.46	3.16	464.9	2346	28.35	*36	22.70	94.73	20.45	4.91
% of Calories											*22.3%	14.0%	58.3%	28.3%	6.8%
Nutrient Guideline			550-650		1230										<10.00

Wed - 11/15/2017															
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
rolls, hot^	1.0 oz	1400	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	480	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple, sliced w caramel^	1 EACH	1800	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50
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
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
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
BBQ sauce, PC cup^	EACH	150	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	80	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
margarine cup^	1 each	1300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
Weighted Daily Average			648	51	1192	7.03	3.99	475.1	2432	153.36	*45	28.49	86.24	21.22	4.75
% of Calories											*27.7%	17.6%	53.3%	29.5%	6.6%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/16/2017															
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
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
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
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
cherry tomato^	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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
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
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
Weighted Daily Average			558	44	937	7.42	5.09	558.7	6189	38.46	*33	30.58	78.78	14.81	3.58
% of Calories											*23.3%	21.9%	56.5%	23.9%	5.8%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/17/2017															
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
chicken teriyaki^	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
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
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
fortune cookie	1 each	2340	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
Weighted Daily Average			556	44	1104	4.95	3.73	547.4	3035	39.08	*40	22.91	79.17	17.24	6.41
% of Calories											*28.5%	16.5%	57.0%	27.9%	10.4%
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)
Mon - 11/20/2017															
K-5 3 week cycle	Total	2600													
pizza sticks (2 sticks)^	2 EACH	1400	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
chili w/ beef crumbles.	8 oz	600	220	17	1023	8.59	3.71	83.1	1073	9.3	*3	14.28	30.25	4.56	1.46
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
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
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
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
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
choc chip cookies w/lq egg	1 each	2100	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			640	49	1147	8.60	3.28	397.5	3022	28.56	*40	26.55	86.45	21.91	9.18
% of Calories											*24.8%	16.6%	54.0%	30.8%	12.9%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 11/21/2017</b>															
K-5 3 week cycle	Total	2600													
turkey gravy over potatoes^	4 oz	2600	179	30	821	1.00	0.72	21.1	0	3.6	*1	12.0	20.81	4.28	1.08
rolls, hot w/ lq egg^	1.5 oz	2600	152	9	172	1.72	1.47	51.7	339	2.61	*3	3.73	21.58	5.85	1.64
milk vty half pints^	each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
corn^	1/2 cup	1200	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	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
ice cream cup vanilla	1 each	2470	140	30	45	0.00	0.00	80.0	300	6.0	13	2.0	16.0	7.0	4.50
margarine cup^	1 each	1300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
Weighted Daily Average			631	73	1185	4.01	3.03	442.5	1267	16.07	*39	25.57	87.94	18.92	7.50
% of Calories											*24.7%	16.2%	55.7%	27.0%	10.7%
Nutrient Guideline			550-650		1230										<10.00

<b>Wed - 11/22/2017</b>															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

<b>Thu - 11/23/2017</b>															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

<b>Fri - 11/24/2017</b>															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 11/27/2017</b>															
K-5 3 week cycle	Total	2600													
hamburger on a bun^	1 each	1300	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
grilled cheese: 4 sl^	1 EACH	500	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	600	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2250	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
veggie cup^	1/2 cup	1100	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced^	1/2 cup	2200	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
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
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
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
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
Weighted Daily Average			547	42	1200	7.63	4.29	622.2	2439	27.17	*34	27.67	76.62	16.36	6.25
% of Calories											*25.1%	20.2%	56.0%	26.9%	10.3%
Nutrient Guideline			550-650		1230										<10.00

<b>Tue - 11/28/2017</b>															
K-5 3 week cycle	Total	2600													
chicken noodle soup^	8 oz	1300	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73
cracker, saltine^	2 EACH	1100	120	0	300	2.00	0.72	0.0	0	0.0	0	2.0	22.0	3.0	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
Lion Cub Meal^	1 Each	650	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	600	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	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
peas and carrots^	1/2 cup	2200	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
veggie cup^	1/2 cup	2200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	2200	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	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
ketchup^	1 tbsp	780	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average			507	42	1212	5.52	2.89	460.6	4876	66.00	*42	21.85	74.65	14.22	4.74
% of Calories											*32.8%	17.2%	58.9%	25.2%	8.4%
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

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/29/2017															
K-5 3 week cycle	Total	2600													
pizza crunchers^	4 piece serving	1300	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
ham/cheese w pretzel roll^	1 each	480	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	480	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato wedge	2 EACH	1400	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
Weighted Daily Average			618	38	1146	7.06	3.48	625.6	2385	32.41	*30	24.51	81.50	22.38	8.08
% of Calories											*19.5%	15.9%	52.7%	32.6%	11.8%
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/30/2017															
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
lasagna w/beef crumbles^	1 EACH	700	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
garlic bread stick ^	1 EACH	700	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	480	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
tomatoes, cherry	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
sweet potato waffle fries^	1/2 cup	650	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
fresh fruit salad^	1/2 cup	1400	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
oatmeal scotchies w/lq egg	1 each	2000	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97
dressing variety Ra/Fr/Ital^	2 tbsp	600	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
Weighted Daily Average			648	48	910	6.38	4.31	577.6	3591	32.01	*34	29.16	86.50	21.63	6.93
% of Calories											*20.7%	18.0%	53.4%	30.0%	9.6%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/01/2017															
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
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
b&b half sandwich( whlgrain)^	1 each	1400	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	480	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
applesauce	1/2 CUP	1500	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
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
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
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
BBQ sauce, PC cup^	EACH	450	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	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
Weighted Daily Average			603	56	1224	6.45	3.41	453.5	2335	26.35	*30	29.14	78.71	20.82	4.67
% of Calories											*19.9%	19.3%	52.2%	31.1%	7.0%
Nutrient Guideline			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/04/2017															
K-5 3 week cycle	Total	2500													
pizza 5" cheese ^	1 each	1500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
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
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
Weighted Daily Average			565	31	997	6.83	3.60	609.3	2755	28.80	*31	23.50	80.53	16.83	5.68
% of Calories											*21.9%	16.6%	57.0%	26.8%	9.1%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/05/2017															
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
fish sw^	1 EACH	660	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	450	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
ketchup^	1 tbsp	675	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	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
tartar sauce^	2 tbsp	50	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average			648	115	977	6.44	3.25	504.3	2325	27.32	*37	24.01	95.05	19.67	4.79
% of Calories											*22.8%	14.8%	58.6%	27.3%	6.6%
Nutrient Guideline			550-650		1230										<10.00

Wed - 12/06/2017															
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
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
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	450	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
baked beans^	1/2 CUP	850	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
veggie cup^	1/2 cup	800	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple, sliced w caramel^	1 EACH	1800	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50
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
ketchup^	1 tbsp	625	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	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
BBQ sauce, PC cup^	EACH	150	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	120	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	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

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

Page 14

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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)
Weighted Daily Average			640	49	1179	7.02	3.94	471.1	2270	151.87	*45	27.80	86.41	20.63	4.74
% of Calories											*28.1%	17.4%	54.0%	29.0%	6.7%
Nutrient Guideline			550-650		1230										<10.00

Thu - 12/07/2017															
K-5 3 week cycle	Total	2600													
chicken patty,breaded sw^	1 each	1250	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
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
rotini,whole grain,dry^	1/2 cup	1150	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
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
Lion Cub Meal^	1 Each	650	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
cherry tomato^	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
mustard^	1 TSP	80	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	650	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Weighted Daily Average			560	44	950	7.49	5.09	560.5	6263	39.66	*33	30.42	79.04	14.97	3.68
% of Calories											*23.3%	21.7%	56.5%	24.1%	5.9%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/08/2017															
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
chicken teriyaki^	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
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
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
fortune cookie	1 each	2340	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
Weighted Daily Average			556	44	1104	4.95	3.73	547.4	3035	39.08	*40	22.91	79.17	17.24	6.41
% of Calories											*28.5%	16.5%	57.0%	27.9%	10.4%
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)
Mon - 12/11/2017															
K-5 3 week cycle	Total	2600													
pizza sticks (2 sticks)^	2 EACH	1400	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
chili w/ beef crumbles.	8 oz	600	220	17	1023	8.59	3.71	83.1	1073	9.3	*3	14.28	30.25	4.56	1.46
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
veggie cup^	3/4 cup	980	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
spiced apples,warmed	1/2 cup	1200	79	0	11	1.58	0.01	1.4	46	0.0	18	0.01	19.7	0.01	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
dressing ranch light^	2 TBSP	700	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
choc chip cookies w/lq egg	1 each	2100	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			643	49	1156	8.67	3.40	409.2	3148	30.72	*38	27.08	85.69	22.34	9.40
% of Calories											*23.6%	16.9%	53.3%	31.3%	13.2%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 12/12/2017</b>															
K-5 3 week cycle	Total	2600													
pancake on a stick	1 each	1200	200	20	380	1.00	1.08	20.0	0	0.0	7	6.0	19.0	11.0	3.00
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
syrup, pancake^	2 tbsp	1000	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average			556	36	1104	5.90	2.32	530.6	2402	56.15	*33	20.51	75.97	19.10	6.13
% of Calories											*23.9%	14.7%	54.6%	30.9%	9.9%
Nutrient Guideline			550-650		1230										<10.00
<b>Wed - 12/13/2017</b>															
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
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
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
hoagie sub sandwich^	1 each	200	282	46	770	3.00	2.51	309.7	161	0.9	*4	15.19	31.97	11.08	4.08
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
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
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
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
dressing variety Ra/Fr/Ital^	2 tbsps	500	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
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
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
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
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
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			621	48	1011	7.29	4.24	655.3	2263	21.87	*25	30.17	74.11	24.38	7.73
% of Calories											*16.2%	19.4%	47.7%	35.3%	11.2%
Nutrient Guideline			550-650		1230										<10.00

Thu - 12/14/2017															
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
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
breakfast sandwich^	1 each	820	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
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
Weighted Daily Average			550	61	1061	5.88	4.21	533.5	3043	35.97	*30	28.67	68.50	18.15	5.10
% of Calories											*21.9%	20.9%	49.9%	29.7%	8.4%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/15/2017															
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
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
french fries^	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
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
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
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
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
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
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
Weighted Daily Average			589	45	904	8.03	3.75	526.7	2557	63.93	*27	23.01	85.10	17.15	5.07
% of Calories											*18.4%	15.6%	57.8%	26.2%	7.7%
Nutrient Guideline			550-650		1230										<10.00

Mon - 12/18/2017															
K-5 3 week cycle	Total	2600													
hamburger on a bun^	1 each	1500	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
grilled cheese: 4 sl^	1 EACH	680	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	350	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
veggie cup^	1/2 cup	950	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
dressing ranch light^	2 TBSP	870	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	650	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	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
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
Weighted Daily Average			567	47	1229	7.78	4.62	631.2	2349	25.33	*31	30.09	75.48	18.14	7.30
% of Calories											*21.8%	21.2%	53.3%	28.8%	11.6%
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

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/19/2017															
K-5 3 week cycle	Total	2600													
chicken noodle soup^	8 oz	1300	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73
cracker, saltine^	2 EACH	1100	120	0	300	2.00	0.72	0.0	0	0.0	0	2.0	22.0	3.0	0.00
pigs in a blanket^	1 each	600	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	750	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	600	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	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
peas and carrots^	1/2 cup	2200	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
veggie cup^	1/2 cup	2200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	2200	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	1250	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
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
Weighted Daily Average			511	41	1224	5.67	2.99	472.7	5034	68.39	*42	21.71	76.18	14.02	4.49
% of Calories											*33.0%	17.0%	59.6%	24.7%	7.9%
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/20/2017															
K-5 3 week cycle	Total	2600													
pizza crunchers^	4 piece serving	1100	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
ham/cheese w pretzel roll^	1 each	480	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	350	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
Weighted Daily Average			631	36	1180	7.37	3.52	592.0	2358	33.51	*30	23.36	83.77	23.19	7.75
% of Calories											*18.7%	14.8%	53.1%	33.1%	11.1%
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

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 12/21/2017															
K-5 3 week cycle	Total	2600													
turkey gravy over potatoes^	4 oz	2600	179	30	821	1.00	0.72	21.1	0	3.6	*1	12.0	20.81	4.28	1.08
rolls, hot w/ lq egg^	1.5 oz	2600	152	9	172	1.72	1.47	51.7	339	2.61	*3	3.73	21.58	5.85	1.64
milk vty half pints^	each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
corn^	1/2 cup	1200	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	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
ice cream cup vanilla	1 each	2470	140	30	45	0.00	0.00	80.0	300	6.0	13	2.0	16.0	7.0	4.50
margarine cup^	1 each	1300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
Weighted Daily Average			631	73	1185	4.01	3.03	442.5	1267	16.07	*39	25.57	87.94	18.92	7.50
% of Calories											*24.7%	16.2%	55.7%	27.0%	10.7%
Nutrient Guideline			550-650		1230										<10.00

Fri - 12/22/2017															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Mon - 12/25/2017															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Tue - 12/26/2017															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 12/27/2017															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Thu - 12/28/2017															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Fri - 12/29/2017															
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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Mon - 01/01/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Tue - 01/02/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Wed - 01/03/2018															
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
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
sunb& jelly sw/ cheese st ^	1 EACH	175	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	350	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
baked beans^	1/2 CUP	865	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple, sliced w caramel^	1 EACH	1800	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50
dressing ranch light^	2 TBSP	850	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
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
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
BBQ sauce, PC cup^	EACH	300	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	130	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
margarine cup^	1 each	900	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
Weighted Daily Average			650	51	1220	7.06	4.03	466.2	2284	151.28	*46	28.67	87.43	20.97	4.67
% of Calories											*28.1%	17.6%	53.8%	29.0%	6.5%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/04/2018															
K-5 3 week cycle	Total	2600													
chicken patty,breaded sw^	1 each	1200	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
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
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
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
Lion Cub Meal^	1 Each	650	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
cherry tomato^	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	1100	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1400	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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
pickle slices^	2 EACH	480	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Weighted Daily Average			551	43	933	7.41	5.02	556.3	6308	39.67	*32	29.94	77.80	14.77	3.64
% of Calories											*23.4%	21.7%	56.4%	24.1%	6.0%
Nutrient Guideline			550-650		1230										<10.00

Fri - 01/05/2018															
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
chicken teriyaki^	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
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
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
fortune cookie	1 each	2340	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			556	44	1104	4.95	3.73	547.4	3035	39.08	*40	22.91	79.17	17.24	6.41
% of Calories											*28.5%	16.5%	57.0%	27.9%	10.4%
Nutrient Guideline			550-650		1230										<10.00

Mon - 01/08/2018															
K-5 3 week cycle	Total	2600													
pizza sticks (2 sticks)^	2 EACH	1400	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
chili w/ beef crumbles.	8 oz	600	220	17	1023	8.59	3.71	83.1	1073	9.3	*3	14.28	30.25	4.56	1.46
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
spiced apples,warmed	1/2 cup	1300	79	0	11	1.58	0.01	1.4	46	0.0	18	0.01	19.7	0.01	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
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
choc chip cookies w/lq egg	1 each	2100	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			649	50	1170	8.74	3.41	409.5	3171	30.95	*39	27.09	86.76	22.52	9.42
% of Calories											*23.8%	16.7%	53.5%	31.2%	13.1%
Nutrient Guideline			550-650		1230										<10.00

Tue - 01/09/2018															
K-5 3 week cycle	Total	2600													
pancake on a stick	1 each	1200	200	20	380	1.00	1.08	20.0	0	0.0	7	6.0	19.0	11.0	3.00
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
syru, 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

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			560	36	1108	5.90	2.32	530.6	2402	56.15	*34	20.51	76.97	19.10	6.13
% of Calories											*24.1%	14.6%	55.0%	30.7%	9.8%
Nutrient Guideline			550-650		1230										<10.00

Wed - 01/10/2018															
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
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
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
hoagie sub sandwich^	1 each	200	282	46	770	3.00	2.51	309.7	161	0.9	*4	15.19	31.97	11.08	4.08
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
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
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
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
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
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
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
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
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
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			621	48	1011	7.29	4.24	655.3	2263	21.87	*25	30.17	74.11	24.38	7.73
% of Calories											*16.2%	19.4%	47.7%	35.3%	11.2%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/11/2018															
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
b&b half sandwich( whlgrain)^	1 each	1400	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
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
Weighted Daily Average			549	60	1061	5.94	4.22	521.9	3048	35.94	*30	28.57	68.22	18.30	5.16
% of Calories											*21.5%	20.8%	49.7%	30.0%	8.5%
Nutrient Guideline			550-650		1230										<10.00

Fri - 01/12/2018															
K-5 3 week cycle	Total	2600													
corn dog, mini^	6 each	1500	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
french fries^	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
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
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
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
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
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
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
Weighted Daily Average			589	45	904	8.03	3.75	526.7	2557	63.93	*27	23.01	85.10	17.15	5.07
% of Calories											*18.4%	15.6%	57.8%	26.2%	7.7%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/15/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00

Tue - 01/16/2018															
K-5 3 week cycle	Total	2600													
chicken noodle soup^	8 oz	1300	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73
cracker, saltine^	2 EACH	1100	120	0	300	2.00	0.72	0.0	0	0.0	0	2.0	22.0	3.0	0.00
pigs in a blanket^	1 each	900	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
peas and carrots^	1/2 cup	2400	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
veggie cup^	1/2 cup	2400	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	2600	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	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
ketchup^	1 tbsp	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average			521	42	1229	5.72	2.95	448.1	5200	71.30	*45	22.05	77.49	14.54	4.89
% of Calories											*34.2%	16.9%	59.5%	25.1%	8.5%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/17/2018															
K-5 3 week cycle	Total	2600													
pizza crunchers^	4 piece serving	1200	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
potato wedge	2 EACH	1800	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
Weighted Daily Average			642	38	1230	7.18	3.49	637.4	2419	33.16	*32	24.16	85.48	23.29	7.90
% of Calories											*19.9%	15.1%	53.3%	32.7%	11.1%
Nutrient Guideline			550-650		1230										<10.00

Thu - 01/18/2018															
K-5 3 week cycle	Total	2600													
chicken patty,breaded sw^	1 each	1200	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
lasagna w/beef crumbles^	1 EACH	700	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
garlic bread stick ^	1 EACH	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	350	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
tomatoes, cherry	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
sweet potato waffle fries^	1/2 cup	700	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
fresh fruit salad^	1/2 cup	1400	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
oatmeal scotchies w/lq egg	1 each	1800	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97
dressing variety Ra/Fr/Ital^	2 tbsp	800	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
Weighted Daily Average			644	47	931	6.38	4.31	562.3	3607	32.09	*33	29.00	85.82	21.62	6.75
% of Calories											*20.3%	18.0%	53.3%	30.2%	9.4%
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

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/19/2018															
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
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
b&b half sandwich( whlgrain)^	1 each	2000	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
applesauce	1/2 CUP	1500	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
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
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
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
BBQ sauce, PC cup^	EACH	400	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	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
Weighted Daily Average			613	54	1206	6.65	3.46	457.6	2251	23.94	*30	29.66	80.01	21.38	4.98
% of Calories											*19.7%	19.3%	52.2%	31.4%	7.3%
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)
Mon - 01/22/2018															
K-5 3 week cycle	Total	2500													
pizza 5" cheese ^	1 each	1500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
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
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
Weighted Daily Average			565	31	997	6.83	3.60	609.3	2755	28.80	*31	23.50	80.53	16.83	5.68
% of Calories											*21.9%	16.6%	57.0%	26.8%	9.1%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/23/2018															
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
fish sw^	1 EACH	500	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
syrup, pancake^	2 tbsp	1100	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
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
Weighted Daily Average			625	112	959	6.13	3.07	473.4	2313	27.26	*36	22.54	91.24	19.25	4.72
% of Calories											*23.1%	14.4%	58.4%	27.7%	6.8%
Nutrient Guideline			550-650		1230										<10.00

Wed - 01/24/2018															
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
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
sunb& jelly sw/ cheese st ^	1 EACH	175	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
baked beans^	1/2 CUP	600	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple, sliced w caramel^	1 EACH	1800	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50
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
ketchup^	1 tbsp	680	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	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
BBQ sauce, PC cup^	EACH	300	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	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
margarine cup^	1 each	800	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			632	50	1164	6.69	3.82	465.2	2385	153.43	*44	27.31	84.16	20.91	4.81
% of Calories											*27.8%	17.3%	53.2%	29.8%	6.8%
Nutrient Guideline			550-650		1230										<10.00

Thu - 01/25/2018															
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
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
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
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
cherry tomato^	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	1200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
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
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
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
pickle slices^	2 EACH	500	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Weighted Daily Average			559	44	946	7.52	5.13	560.2	6331	40.01	*33	30.65	79.07	14.82	3.58
% of Calories											*23.4%	21.9%	56.6%	23.8%	5.8%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/26/2018															
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
chicken teriyaki^	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
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
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
fortune cookie	1 each	2340	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
Weighted Daily Average			556	44	1104	4.95	3.73	547.4	3035	39.08	*40	22.91	79.17	17.24	6.41
% of Calories											*28.5%	16.5%	57.0%	27.9%	10.4%
Nutrient Guideline			550-650		1230										<10.00

Mon - 01/29/2018															
K-5 3 week cycle	Total	2600													
pizza sticks (2 sticks)^	2 EACH	1400	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
chili w/ beef crumbles.	8 oz	600	220	17	1023	8.59	3.71	83.1	1073	9.3	*3	14.28	30.25	4.56	1.46
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
spiced apples,warmed	1/2 cup	1000	79	0	11	1.58	0.01	1.4	46	0.0	18	0.01	19.7	0.01	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
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
choc chip cookies w/lq egg	1 each	2100	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			649	50	1183	8.56	3.46	437.0	3212	31.06	*38	27.83	85.96	22.59	9.47
% of Calories											*23.4%	17.2%	53.0%	31.3%	13.1%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 01/30/2018</b>															
K-5 3 week cycle	Total	2600													
pancake on a stick	1 each	1200	200	20	380	1.00	1.08	20.0	0	0.0	7	6.0	19.0	11.0	3.00
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
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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
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
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
Weighted Daily Average			560	36	1108	5.90	2.32	530.6	2402	56.15	*34	20.51	76.97	19.10	6.13
% of Calories											*24.1%	14.6%	55.0%	30.7%	9.8%
Nutrient Guideline			550-650		1230										<10.00

<b>Wed - 01/31/2018</b>															
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
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
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
hoagie sub sandwich^	1 each	200	282	46	770	3.00	2.51	309.7	161	0.9	*4	15.19	31.97	11.08	4.08
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
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
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
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
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
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
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
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
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
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
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
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
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

\*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

Nov 1, 2017 thru Jan 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			621	48	1011	7.29	4.24	655.3	2263	21.87	*25	30.17	74.11	24.38	7.73
% of Calories											*16.2%	19.4%	47.7%	35.3%	11.2%
Nutrient Guideline			550-650		1230										<10.00

Weighted Average			594	51	1088	6.71	3.75	531.5	3045	45.79	*35	26.02	81.15	19.20	6.08
											*52.3%	17.5%	54.6%	29.1%	9.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	594		550 - 650	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	1088		1230					
Sodium 2 (mg)	1088		935				153	Correction Required - Sodium too High
Fiber (g)	6.71							
Iron (mg)	3.75							
Calcium (mg)	531.5							
Vitamin A (IU)	3045							
Sugars (g)	35	23.25%			Missing			
Vitamin C (mg)	45.79							
Protein (g)	26.02	17.51%						
Carbohydrate (g)	81.15	54.61%						
Total Fat (g)	19.20	29.07%						
Saturated Fat (g)	6.08	9.20%	<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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