

Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 1

Generated on: 10/4/2018 12:45:16 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 10/15/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 900 | | | | | | | | | | | | | |
| chicken parmesan w/ spaghetti | 1 each | 900 | 312 | 48 | 594 | 3.69 | 2.31 | 135.2 | 99 | 0.0 | *4 | 23.05 | 29.41 | 11.37 | 3.39 |
| breadstick^ | 2 oz | 800 | 160 | 0 | 200 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 6.0 | 29.0 | 2.0 | 0.00 |
| green beans,steamed^ | 1/2 cup | 600 | 28 | 0 | 0 | 2.80 | 0.67 | 18.7 | 187 | 4.48 | 2 | 0.93 | 5.6 | 0.0 | 0.00 |
| lettuce & tomato | 1/2 cup | 500 | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| peaches sliced | 1/2 cup | 250 | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| fruit, fresh, variety | 1/2 CUP | 200 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 |
| juice cup variety | 4 oz | 50 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1235 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 75 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| salad bar ms | 1 EACH | 10 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 5 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| ketchup^ | 1 tbsp | 25 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 TSP | 10 | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| dressing ranch light^ | 2 tbsp | 250 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| Weighted Daily Average | | | 660 | 61 | 1110 | 9.12 | 3.76 | 484.5 | 1405 | 10.51 | *29 | 38.91 | 87.47 | 17.04 | 4.71 |
| % of Calories | | | | | | | | | | | *17.7% | 23.6% | 53.0% | 23.3% | 6.4% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|---------------------------------|------------|------|-----|-----|------|-------|------|-------|-------|-------|-----|-------|-------|-------|------|
| Tue - 10/16/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| f toast st w/ egg omelet | 3 EACH | 825 | 525 | 293 | 705 | 3.00 | 2.16 | 180.0 | 600 | 0.0 | 15 | 21.0 | 58.5 | 22.5 | 6.00 |
| potato triangles | 2 EACH | 825 | 178 | 0 | 391 | 2.67 | 0.68 | 10.3 | 0 | 4.7 | 0 | 0.89 | 23.11 | 8.89 | 1.33 |
| fresh veggie mix | 1/2 cup | 500 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| melon mix (3) | 1/2 cup | 400 | 27 | 0 | 9 | 0.56 | 0.16 | 5.8 | 1041 | 16.62 | 6 | 0.53 | 6.6 | 0.13 | 0.03 |
| fruit, fresh, variety | 1 CUP | 450 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 150 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 700 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| syrup, pancake^ | 2 TBSP | 600 | 50 | 0 | 55 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 13.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1100 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 200 | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc | 100 | 8 | 0 | 3 | 0.54 | 0.13 | 4.9 | 358 | 5.62 | 1 | 0.4 | 1.7 | 0.09 | 0.01 |
| pickle slices^ | 2 EACH | 50 | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| salad bar ms | 1 EACH | 5 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 25 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |

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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Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 | | | 601 | 181 | 933 | 5.62 | 2.96 | 341.8 | 1913 | 28.28 | *31 | 21.61 | 81.83 | 21.11 | 5.21 |
| % of Calories | | | | | | | | | | | *20.8% | 14.4% | 54.5% | 31.6% | 7.8% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Wed - 10/17/2018 | | | | | | | | | | | | | | | |
|-----------------------------|---------|------|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| nachos bf crumb filling | 3 oz | 950 | 256 | 61 | 734 | 0.22 | 1.40 | 328.8 | 716 | 0.18 | *2 | 19.52 | 4.04 | 18.02 | 10.14 |
| tortilla chips, 2 oz pkg^ | 2 oz | 950 | 270 | 0 | 210 | 3.00 | 0.72 | 80.0 | 100 | 0.0 | 0 | 4.0 | 38.0 | 14.0 | 2.00 |
| corn^ | 1/2 cup | 650 | 62 | 0 | 4 | 1.78 | 0.32 | 35.6 | 89 | 2.13 | 2 | 0.89 | 15.12 | 0.44 | 0.00 |
| lettuce & tomato | 1/2 cup | 600 | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| strawberries fresh^ | 1/2 cup | 700 | 29 | 0 | 1 | 1.81 | 0.37 | 14.5 | 11 | 53.34 | 4 | 0.61 | 6.97 | 0.27 | 0.01 |
| fruit, fresh, variety | 1 CUP | 500 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 150 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| salsa bulk | 1/4 cup | 450 | 20 | 0 | 140 | 0.00 | 0.72 | 40.0 | 1000 | 12.0 | 2 | 0.0 | 4.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| sandwich bar ms | 1 each | 175 | 490 | 29 | 811 | 7.58 | 3.02 | 279.3 | 3896 | 49.24 | *34 | 19.65 | 72.9 | 15.77 | 4.59 |
| salad bar ms | 1 EACH | 50 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 25 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| sour cream, pouch | 1 each | 400 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| mayo(salad dressing light)^ | 1 TBSP | 20 | 30 | 5 | 130 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 2.0 | 0.00 |
| mustard^ | 1 TSP | 20 | 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 | | | 604 | 51 | 951 | 6.51 | 3.32 | 605.3 | 3490 | 55.54 | *27 | 26.78 | 72.63 | 25.78 | 9.42 |
| % of Calories | | | | | | | | | | | *17.7% | 17.7% | 48.1% | 38.4% | 14.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <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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| | 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 - 10/18/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 800 | | | | | | | | | | | | | |
| chicken patty,breaded sw^ | 1 each | 800 | 340 | 43 | 620 | 4.12 | 3.63 | 228.8 | 98 | 0.0 | 5 | 24.13 | 43.37 | 8.63 | 1.35 |
| corn^ | 1/2 cup | 500 | 62 | 0 | 4 | 1.78 | 0.32 | 35.6 | 89 | 2.13 | 2 | 0.89 | 15.12 | 0.44 | 0.00 |
| fresh veggie mix | 1/2 cup | 500 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| lettuce and tomato | 1 each | 500 | 6 | 0 | 2 | 0.44 | 0.37 | 10.8 | 1005 | 2.56 | *0 | 0.47 | 1.05 | 0.08 | 0.01 |
| mandarin oranges^ | 1/2 cup | 500 | 90 | 0 | 10 | 1.00 | 0.36 | 20.0 | 1250 | 27.0 | 22 | 1.0 | 23.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1/2 CUP | 50 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 |
| 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 |
| dressing ranch light^ | 2 TBSP | 250 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| ketchup^ | 1 tbsp | 200 | 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 |
| milk vty half pints^ | 1 each | 1235 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| CHOCOLATE CHIP COOKIES | 1 EACH | 1 | 123 | 17 | 77 | 0.81 | 0.46 | 6.0 | 363 | 0.0 | *7 | 1.48 | 15.58 | 6.5 | 2.95 |
| Weighted Daily Average | | | 600 | 54 | 1025 | 7.06 | 5.35 | 630.6 | 3326 | 34.81 | *40 | 35.54 | 92.74 | 11.43 | 2.11 |
| % of Calories | | | | | | | | | | | *26.9% | 23.7% | 61.9% | 17.2% | 3.2% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|------|-----|----|------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| Fri - 10/19/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| chicken patty (4ozGold) s/w | 1 EACH | 950 | 379 | 63 | 690 | 4.22 | 3.72 | 230.6 | 59 | 0.0 | 6 | 28.28 | 45.79 | 9.8 | 1.47 |
| 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 |
| tomato fresh sliced | 1/4 cup | 600 | 5 | 0 | 1 | 0.32 | 0.07 | 2.7 | 225 | 3.7 | 1 | 0.24 | 1.05 | 0.05 | 0.01 |
| lettuce,shredded^ | 1/2 cup | 600 | 5 | 0 | 4 | 0.43 | 0.15 | 6.5 | 181 | 1.01 | *N/A* | 0.32 | 1.07 | 0.05 | 0.01 |
| grapes, red seedless^ | 1/2 cup | 700 | 61 | 0 | 2 | 0.82 | 0.26 | 12.7 | 91 | 3.63 | 15 | 0.57 | 15.56 | 0.32 | 0.10 |
| fruit, fresh, variety | 1/2 CUP | 400 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 |
| juice cup variety | 4 oz | 250 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| quesadilla chicken | 1 each | 400 | 266 | 34 | 436 | 5.64 | 4.04 | 264.6 | 394 | 11.56 | *3 | 19.14 | 36.5 | 5.04 | 2.00 |
| lettuce and tomato | 1 each | 100 | 6 | 0 | 2 | 0.44 | 0.37 | 10.8 | 1005 | 2.56 | *0 | 0.47 | 1.05 | 0.08 | 0.01 |
| salsa cup^ | 2 oz | 100 | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 100 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| salad bar ms | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| 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 |
| 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 |

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|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | | 604 | 62 | 1187 | 9.27 | 6.35 | 542.0 | 5578 | 25.55 | *38 | 37.23 | 92.02 | 11.64 | 2.63 |
| % of Calories | | | | | | | | | | | *25.1% | 24.7% | 61.0% | 17.4% | 3.9% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Mon - 10/22/2018 | | | | | | | | | | | | | | | |
|---------------------------|---------|------|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| pizza sticks (3 sticks) ^ | 3 EACH | 900 | 465 | 60 | 885 | 4.50 | 0.00 | 0.0 | 0 | 0.0 | 12 | 27.0 | 46.5 | 19.5 | 10.50 |
| marinara sauce cup^ | 2 oz | 900 | 32 | 0 | 184 | 0.80 | 0.57 | 16.0 | 240 | 4.79 | 3 | 0.8 | 5.59 | 0.8 | 0.00 |
| lettuce & tomato | 1/2 cup | 600 | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| fresh veggie mix | 1/2 cup | 600 | 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 | 700 | 65 | 0 | 0 | 0.82 | 0.29 | 16.4 | 82 | 9.81 | 16 | 0.82 | 17.99 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 300 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1100 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 400 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| baked beans^ | 1/2 cup | 200 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 |
| salad bar ms | EACH | 75 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 45 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| ketchup^ | 1 tbsp | 250 | 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 | | | 600 | 55 | 1191 | 7.50 | 2.69 | 306.0 | 3738 | 31.68 | *37 | 30.17 | 79.12 | 20.13 | 9.43 |
| % of Calories | | | | | | | | | | | *25.0% | 20.1% | 52.7% | 30.2% | 14.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Tue - 10/23/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| crisпитos w/ cheese sauce | 1 EACH | 800 | 659 | 81 | 1174 | 6.00 | 3.60 | 303.1 | 1927 | 0.0 | 3 | 31.69 | 48.2 | 36.79 | 11.06 |
| lettuce,shredded^ | 1 cup | 600 | 10 | 0 | 7 | 0.86 | 0.30 | 13.0 | 361 | 2.02 | *N/A* | 0.65 | 2.14 | 0.1 | 0.01 |
| tomato fresh diced^ | 1/8 cup | 400 | 4 | 0 | 1 | 0.27 | 0.06 | 2.3 | 187 | 3.08 | 1 | 0.2 | 0.88 | 0.05 | 0.01 |
| tator tots^ | 9 each | 800 | 166 | 0 | 398 | 2.21 | 0.40 | 0.0 | 0 | 3.98 | 0 | 2.21 | 21.02 | 7.74 | 1.11 |
| fruit, fresh, variety | 1 CUP | 200 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| Kiwi and grapes | 1/2 cup | 550 | 77 | 0 | 3 | 2.68 | 0.37 | 32.2 | 112 | 72.01 | *7 | 1.15 | 18.99 | 0.55 | 0.07 |
| juice cup variety | 4 oz | 100 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| salsa cup^ | 2 oz | 400 | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 250 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 900 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 100 | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| corn^ | 1/2 cup | 100 | 62 | 0 | 4 | 1.78 | 0.32 | 35.6 | 89 | 2.13 | 2 | 0.89 | 15.12 | 0.44 | 0.00 |
| salad bar ms | 1 EACH | 15 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 20 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| mustard^ | 1 TSP | 10 | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 50 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 615 | 52 | 1060 | 7.20 | 3.41 | 376.8 | 2168 | 40.39 | *16 | 26.43 | 65.48 | 27.43 | 7.58 |
| % of Calories | | | | | | | | | | | *10.6% | 17.2% | 42.6% | 40.2% | 11.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 10/24/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| chicken strips^ | 4 EACH | 950 | 271 | 46 | 566 | 1.47 | 2.00 | 32.2 | 130 | 0.61 | 2 | 21.15 | 16.75 | 12.93 | 1.36 |
| bread italian MS HS | slice | 500 | 141 | 0 | 151 | 2.39 | 1.64 | 32.3 | 160 | 1.9 | *2 | 4.79 | 27.29 | 1.72 | 0.40 |
| french fries^ | 1/2 cup | 800 | 180 | 0 | 45 | 2.25 | 0.81 | 0.0 | 0 | 8.08 | 0 | 4.49 | 31.43 | 3.37 | 0.00 |
| fresh veggie mix | 1/2 cup | 500 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| fruit, fresh, variety | 1/2 CUP | 300 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 |
| mandarin oranges^ | 1/2 cup | 700 | 90 | 0 | 10 | 1.00 | 0.36 | 20.0 | 1250 | 27.0 | 22 | 1.0 | 23.0 | 0.0 | 0.00 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| salad bar ms | 1 EACH | 50 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| sandwich bar ms | 1 each | 150 | 490 | 29 | 811 | 7.58 | 3.02 | 279.3 | 3896 | 49.24 | *34 | 19.65 | 72.9 | 15.77 | 4.59 |
| pb&j sandwich | 1 EACH | 100 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| margarine cup^ | 1 each | 575 | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| bbq sauce | 2 TBSP | 250 | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 0.0 | 0.00 |
| honey dijon mustard dressing | 2 TBSP | 250 | 50 | 0 | 240 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 600 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |

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

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 | | | 601 | 40 | 922 | 5.94 | 4.01 | 315.9 | 3919 | 42.08 | *35 | 28.91 | 85.15 | 16.35 | 2.29 |
| % of Calories | | | | | | | | | | | *23.5% | 19.2% | 56.7% | 24.5% | 3.4% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Thu - 10/25/2018 | | | | | | | | | | | | | | | |
|---------------------------|---------|------|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| pork tenderloin s/w | 1 each | 950 | 430 | 90 | 580 | 5.00 | 3.60 | 240.0 | 100 | 0.0 | 5 | 20.0 | 46.0 | 19.0 | 4.50 |
| 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 |
| cuke, peppers, carrot mix | 1 EACH | 500 | 7 | 0 | 4 | 0.41 | 0.15 | 5.7 | 416 | 9.13 | *1 | 0.32 | 1.83 | 0.08 | 0.01 |
| mixed fruit cocktail | 1/2 cup | 600 | 60 | 0 | 10 | 0.00 | 0.00 | 0.0 | 200 | 1.2 | 11 | 0.0 | 17.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 500 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt bar ms | 1 each | 300 | 286 | 2 | 226 | 3.97 | 1.59 | 357.0 | 2772 | 35.84 | *24 | 7.19 | 58.35 | 3.13 | 0.47 |
| salad bar ms | 1 EACH | 75 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 40 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| ketchup^ | 1 tbs | 800 | 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 |
| 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 |
| Weighted Daily Average | | | 602 | 68 | 993 | 8.37 | 4.78 | 509.5 | 3752 | 31.33 | *41 | 25.90 | 93.96 | 15.81 | 3.88 |
| % of Calories | | | | | | | | | | | *27.0% | 17.2% | 62.4% | 23.6% | 5.8% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Fri - 10/26/2018 | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| Middle School Lunch Menu | 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 | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Mon - 10/29/2018 | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|
| Middle School Lunch Menu | 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

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Tue - 10/30/2018 | | | | | | | | | | | | | | | |
|-----------------------------|---------|------|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| chicken teriyaki^ | 4 EACH | 950 | 130 | 35 | 560 | 0.00 | 1.44 | 40.0 | 100 | 0.0 | 6 | 15.0 | 9.0 | 3.5 | 1.00 |
| brown rice,chicken flavored | 1/2 cup | 950 | 71 | 0 | 166 | 0.63 | 0.27 | 5.0 | 0 | 0.0 | *0 | 1.58 | 14.16 | 0.95 | 0.15 |
| rolls, hot^ | 1.5 oz | 900 | 154 | 9 | 175 | 1.72 | 1.44 | 50.9 | 339 | 2.61 | *3 | 3.77 | 21.86 | 5.87 | 1.58 |
| vegetables stir fry | 1/2 cup | 700 | 17 | 0 | 13 | 1.00 | 0.18 | 10.0 | 500 | 0.6 | 1 | 0.0 | 3.0 | 0.0 | 0.00 |
| fresh veggie mix | 1/2 cup | 700 | 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 | 700 | 65 | 0 | 0 | 0.82 | 0.29 | 16.4 | 82 | 9.81 | 16 | 0.82 | 17.99 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 600 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 250 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 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 |
| dressing ranch light^ | 2 TBSP | 250 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 500 | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| green beans,steamed^ | 1/2 cup | 300 | 28 | 0 | 0 | 2.80 | 0.67 | 18.7 | 187 | 4.48 | 2 | 0.93 | 5.6 | 0.0 | 0.00 |
| salad bar ms | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| ketchup^ | 1 tbsp | 200 | 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 | 400 | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| soy sauce | .5 oz | 150 | 5 | 0 | 620 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.5 | 0.5 | 0.0 | 0.00 |
| Weighted Daily Average | | | 603 | 52 | 1238 | 7.77 | 5.66 | 456.1 | 6780 | 45.41 | *39 | 30.97 | 85.53 | 16.31 | 4.17 |
| % of Calories | | | | | | | | | | | *25.8% | 20.5% | 56.7% | 24.3% | 6.2% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 - 10/31/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 600 | | | | | | | | | | | | | |
| chicken patty/hot /spicy sw | sandwich | 800 | 330 | 24 | 572 | 4.34 | 4.22 | 248.8 | 242 | 0.18 | 5 | 20.59 | 45.31 | 8.06 | 1.23 |
| LETTUCE &TOMATO:1 leaf,2 slice | 1 lf,2 slc | 150 | 8 | 0 | 3 | 0.54 | 0.13 | 4.9 | 358 | 5.62 | 1 | 0.4 | 1.7 | 0.09 | 0.01 |
| baked beans^ | 1/2 cup | 300 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 |
| fresh veggie mix | 1/2 cup | 150 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| strawberries fresh^ | 1/2 cup | 350 | 29 | 0 | 1 | 1.81 | 0.37 | 14.5 | 11 | 53.34 | 4 | 0.61 | 6.97 | 0.27 | 0.01 |
| fruit, fresh, variety | 1 CUP | 150 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 75 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 100 | 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 |
| milk vty half pints^ | 1 each | 600 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| sandwich bar ms | 1 each | 10 | 490 | 29 | 811 | 7.58 | 3.02 | 279.3 | 3896 | 49.24 | *34 | 19.65 | 72.9 | 15.77 | 4.59 |
| salad bar ms | 1 EACH | 5 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 5 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | | 666 | 37 | 1222 | 10.88 | 7.69 | 609.7 | 1821 | 50.67 | *35 | 38.72 | 105.55 | 12.23 | 2.19 |
| % of Calories | | | | | | | | | | | *21.0% | 23.3% | 63.4% | 16.5% | 3.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <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 - 11/01/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 320 | | | | | | | | | | | | | |
| pizza crunchers^ | 4 piece serving | 400 | 420 | 30 | 790 | 5.00 | 2.15 | 426.0 | 480 | 1.87 | 3 | 20.0 | 41.0 | 20.0 | 9.00 |
| broccoli, steamed | 1/2 cup | 200 | 26 | 0 | 22 | 2.80 | 0.56 | 47.0 | 930 | 36.9 | *N/A* | 2.85 | 4.93 | 0.1 | 0.02 |
| cuke, peppers, carrot mix | 1 EACH | 50 | 7 | 0 | 4 | 0.41 | 0.15 | 5.7 | 416 | 9.13 | *1 | 0.32 | 1.83 | 0.08 | 0.01 |
| peaches sliced | 1/2 cup | 100 | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 50 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 20 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 50 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 250 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt bar ms | 1 each | 25 | 286 | 2 | 226 | 3.97 | 1.59 | 357.0 | 2772 | 35.84 | *24 | 7.19 | 58.35 | 3.13 | 0.47 |
| salad bar ms | 1 EACH | 5 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 each | 5 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | | 679 | 44 | 1187 | 9.06 | 3.76 | 779.3 | 2554 | 38.08 | *21 | 32.78 | 78.44 | 27.12 | 11.80 |
| % of Calories | | | | | | | | | | | *12.2% | 19.3% | 46.2% | 36.0% | 15.6% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 - 11/02/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| CORN DOG:Turkey Jumbo State F | 1 EACH | 950 | 270 | 35 | 930 | 0.00 | 1.08 | 0.0 | 0 | 0.0 | *N/A* | 10.0 | 30.01 | 12.0 | 3.00 |
| sweet potato fries^ | 4 oz | 900 | 200 | 0 | 250 | 2.00 | 0.36 | 20.0 | 3000 | 6.0 | 8 | 1.0 | 26.0 | 10.0 | 1.50 |
| fresh veggie mix | 1/2 cup | 600 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| melon mix (3) | 1/2 cup | 600 | 27 | 0 | 9 | 0.56 | 0.16 | 5.8 | 1041 | 16.62 | 6 | 0.53 | 6.6 | 0.13 | 0.03 |
| fruit, fresh, variety | 1 CUP | 600 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 800 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 TSP | 250 | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| quesadilla chicken | 1 each | 400 | 266 | 34 | 436 | 5.64 | 4.04 | 264.6 | 394 | 11.56 | *3 | 19.14 | 36.5 | 5.04 | 2.00 |
| lettuce & tomato | 1/2 cup | 300 | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| salsa cup^ | 2 oz | 300 | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 300 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| salad bar ms | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | | 600 | 43 | 1289 | 6.41 | 4.16 | 393.3 | 8493 | 50.32 | *32 | 23.00 | 84.14 | 19.56 | 4.62 |
| % of Calories | | | | | | | | | | | *21.1% | 15.3% | 56.1% | 29.4% | 6.9% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|--------------------------|---------|------|-----|----|------|-------|------|-------|-------|-------|-------|-------|-------|-------|-------|
| Mon - 11/05/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 2600 | | | | | | | | | | | | | |
| mac & cheese (scratch) | 1 cup | 1200 | 520 | 82 | 1367 | 2.91 | 1.43 | 613.8 | 1265 | 0.53 | *5 | 27.27 | 33.07 | 32.02 | 19.02 |
| breadstick^ | 2 oz | 1200 | 160 | 0 | 200 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 6.0 | 29.0 | 2.0 | 0.00 |
| broccoli, steamed | 1/2 cup | 900 | 26 | 0 | 22 | 2.80 | 0.56 | 47.0 | 930 | 36.9 | *N/A* | 2.85 | 4.93 | 0.1 | 0.02 |
| 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 |
| orange, fresh slices^ | 1/2 cup | 900 | 46 | 0 | 0 | 2.36 | 0.10 | 39.3 | 221 | 52.27 | 9 | 0.92 | 11.54 | 0.12 | 0.01 |
| fruit, fresh, variety | 1 CUP | 900 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 300 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1200 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| 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 |
| hot dog with bun^ | 1 each | 600 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| baked beans^ | 1/2 cup | 500 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 |
| salad bar ms | 1 EACH | 250 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 75 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| ketchup^ | 1 tbsp | 200 | 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 |

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

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 | | | 595 | 56 | 1314 | 9.26 | 3.43 | 548.1 | 8834 | 55.09 | *24 | 27.29 | 72.29 | 23.99 | 11.34 |
| % of Calories | | | | | | | | | | | *16.4% | 18.3% | 48.6% | 36.3% | 17.2% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Tue - 11/06/2018 | | | | | | | | | | | | | | | |
|-------------------------------|---------|------|---------|----|------|-------|------|-------|-------|--------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| chicken, popcorn^ | 4 oz | 950 | 237 | 0 | 511 | 1.45 | 2.77 | 73.6 | 126 | 0.05 | 2 | 17.91 | 18.45 | 9.64 | 0.53 |
| rolls, hot^ | 2 oz | 950 | 205 | 12 | 234 | 2.30 | 1.92 | 67.9 | 452 | 3.48 | *4 | 5.03 | 29.14 | 7.83 | 2.10 |
| MASHED POTATOES:scr/butter*mi | 1/2 CUP | 900 | 101 | 8 | 191 | 1.23 | 0.25 | 43.6 | 147 | 15.16 | *2 | 2.58 | 16.65 | 2.86 | 1.80 |
| gravy, chicken^ | 1 oz | 800 | 10 | 0 | 115 | 0.00 | 0.00 | 0.6 | 0 | 0.0 | *0 | 0.0 | 2.08 | 0.0 | 0.00 |
| fresh veggie mix | 1/2 cup | 400 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| dressing ranch light^ | 2 TBSP | 250 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| Kiwi and grapes | 1 each | 600 | 154 | 0 | 6 | 5.37 | 0.74 | 64.4 | 224 | 144.02 | *15 | 2.31 | 37.97 | 1.11 | 0.15 |
| fruit, fresh, variety | 1 CUP | 500 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 150 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 500 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| bbq sauce | 2 TBSP | 300 | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 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 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 200 | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| corn^ | 1/2 cup | 200 | 62 | 0 | 4 | 1.78 | 0.32 | 35.6 | 89 | 2.13 | 2 | 0.89 | 15.12 | 0.44 | 0.00 |
| salad bar ms | 1 EACH | 25 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 20 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | | 653 | 25 | 1129 | 8.13 | 5.10 | 423.9 | 2549 | 97.02 | *31 | 28.00 | 93.97 | 19.35 | 4.10 |
| % of Calories | | | | | | | | | | | *19.3% | 17.1% | 57.5% | 26.7% | 5.6% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 - 11/07/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| spagh sauce w/ beef crum^ | 4 oz | 1000 | 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 | 1000 | 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 | 1000 | 90 | 0 | 95 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 3.0 | 15.0 | 3.0 | 0.00 |
| lettuce and tomato | 1 each | 600 | 6 | 0 | 2 | 0.44 | 0.37 | 10.8 | 1005 | 2.56 | *0 | 0.47 | 1.05 | 0.08 | 0.01 |
| fresh veggie mix | 1/2 cup | 600 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| pear sliced in juice | 1/2 cup | 700 | 76 | 0 | 10 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 12 | 0.0 | 19.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 600 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 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 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| sandwich bar ms | 1 each | 300 | 490 | 29 | 811 | 7.58 | 3.02 | 279.3 | 3896 | 49.24 | *34 | 19.65 | 72.9 | 15.77 | 4.59 |
| salad bar ms | 1 EACH | 250 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 75 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | | 604 | 39 | 884 | 10.12 | 5.44 | 424.1 | 10539 | 56.20 | *40 | 26.15 | 87.99 | 18.39 | 4.10 |
| % of Calories | | | | | | | | | | | *26.3% | 17.3% | 58.3% | 27.4% | 6.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|-----|----|------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| Thu - 11/08/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 600 | | | | | | | | | | | | | |
| taco meat w/ beef crumbles^ | 3 oz | 500 | 135 | 30 | 211 | 0.66 | 2.18 | 24.7 | 467 | 2.59 | *2 | 12.83 | 5.27 | 7.04 | 2.50 |
| cheese cheddar shredded^ | 1 oz | 400 | 80 | 16 | 206 | 0.00 | 0.04 | 257.0 | 179 | 0.0 | *N/A* | 7.71 | 0.57 | 5.19 | 3.29 |
| tortilla-2 or taco shells 2 | serving | 500 | 120 | 0 | 105 | 2.67 | 0.24 | 46.7 | 0 | 0.0 | *0 | 2.67 | 19.67 | 4.0 | 1.17 |
| refried beans w/salsa | 1/2 cup | 200 | 138 | 0 | 325 | 5.09 | 2.77 | 72.5 | 1303 | 15.64 | 8 | 7.12 | 25.57 | 1.02 | 0.00 |
| lettuce,shredded^ | 1 cup | 270 | 10 | 0 | 7 | 0.86 | 0.30 | 13.0 | 361 | 2.02 | *N/A* | 0.65 | 2.14 | 0.1 | 0.01 |
| tomato fresh diced^ | 1/4 cup | 270 | 8 | 0 | 2 | 0.54 | 0.12 | 4.5 | 375 | 6.17 | 1 | 0.4 | 1.75 | 0.09 | 0.01 |
| vegetables fresh/sal/bar/hs | 1 cup | 270 | 37 | 0 | 33 | 2.44 | 0.54 | 28.4 | 3249 | 25.65 | *2 | 1.7 | 7.61 | 0.2 | 0.05 |
| cuke, peppers, carrot mix | 1 EACH | 1 | 7 | 0 | 4 | 0.41 | 0.15 | 5.7 | 416 | 9.13 | *1 | 0.32 | 1.83 | 0.08 | 0.01 |
| grapes, red seedless^ | 1/2 cup | 500 | 61 | 0 | 2 | 0.82 | 0.26 | 12.7 | 91 | 3.63 | 15 | 0.57 | 15.56 | 0.32 | 0.10 |
| fruit, fresh, variety | 1 CUP | 271 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 50 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| salsa cup^ | 2 oz | 50 | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 50 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 100 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 810 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt bar ms | 1 each | 100 | 286 | 2 | 226 | 3.97 | 1.59 | 357.0 | 2772 | 35.84 | *24 | 7.19 | 58.35 | 3.13 | 0.47 |
| salad bar ms | 1 EACH | 15 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 10 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 | | | 608 | 45 | 817 | 9.19 | 4.92 | 678.5 | 4976 | 51.38 | *45 | 32.81 | 86.70 | 16.46 | 6.23 |
| % of Calories | | | | | | | | | | | *29.4% | 21.6% | 57.0% | 24.4% | 9.2% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Fri - 11/09/2018 | | | | | | | | | | | | | | | |
|-----------------------------|---------|------|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| pizza cheese 8" stuffed | 1 EACH | 500 | 310 | 30 | 410 | 4.00 | 2.70 | 400.1 | 500 | 18.0 | *N/A* | 21.0 | 30.0 | 11.0 | 6.00 |
| pizza pepperoni 8"stuff/cr | 1 EACH | 500 | 350 | 40 | 640 | 4.00 | 2.70 | 300.0 | 750 | 21.0 | *N/A* | 21.0 | 30.0 | 16.0 | 7.00 |
| peas | 1/2 cup | 500 | 53 | 0 | 0 | 3.00 | 1.08 | 15.0 | 300 | 6.75 | *N/A* | 3.0 | 9.75 | 0.0 | 0.00 |
| fresh veggie mix | 1/2 cup | 500 | 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 | 350 | 90 | 0 | 10 | 1.00 | 0.36 | 20.0 | 1250 | 27.0 | 22 | 1.0 | 23.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1/2 CUP | 250 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 tbsp | 200 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 900 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| potato bar | serving | 150 | 510 | 35 | 758 | 9.60 | 4.21 | 158.2 | 3256 | 68.83 | *17 | 17.5 | 82.07 | 13.6 | 4.34 |
| salad bar ms | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| brownie, choc, goldmedal MS | 1 each | 1200 | 150 | 0 | 140 | 1.00 | 1.08 | 0.3 | 0 | 0.0 | *0 | 2.0 | 27.0 | 4.5 | 1.00 |
| Weighted Daily Average | | | 604 | 38 | 840 | 8.21 | 5.38 | 493.8 | 6761 | 52.73 | *20 | 27.23 | 83.26 | 18.80 | 6.94 |
| % of Calories | | | | | | | | | | | *13.5% | 18.0% | 55.2% | 28.0% | 10.4% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 11/12/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| chicken parmesan w/ spaghetti | 1 each | 1000 | 312 | 48 | 594 | 3.69 | 2.31 | 135.2 | 99 | 0.0 | *4 | 23.05 | 29.41 | 11.37 | 3.39 |
| garlic bread stick ^ | 1 EACH | 1000 | 90 | 0 | 95 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 3.0 | 15.0 | 3.0 | 0.00 |
| green beans,steamed^ | 1/2 cup | 600 | 28 | 0 | 0 | 2.80 | 0.67 | 18.7 | 187 | 4.48 | 2 | 0.93 | 5.6 | 0.0 | 0.00 |
| romaine lettuce^ | 1/2 cup | 600 | 19 | 0 | 9 | 2.38 | 1.10 | 37.4 | 9877 | 4.54 | *N/A* | 1.39 | 3.73 | 0.34 | 0.04 |
| peaches sliced | 1/2 cup | 600 | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 400 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 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 |
| milk vty half pints^ | 1 each | 1100 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 400 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| salad bar ms | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| ketchup^ | 1 tbsp | 100 | 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 |
| dressing/Ran/Ital/Frn/HnMus | 2 TBSP | 400 | 53 | 2 | 285 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.5 | 2.38 | 0.25 |
| Weighted Daily Average | | | 602 | 54 | 1062 | 8.65 | 5.06 | 422.9 | 9641 | 26.15 | *27 | 31.30 | 76.09 | 20.68 | 5.48 |
| % of Calories | | | | | | | | | | | *18.0% | 20.8% | 50.5% | 30.9% | 8.2% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|---------------------------------|------------|------|-----|-----|------|-------|------|-------|-------|-------|-----|-------|-------|-------|------|
| Tue - 11/13/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| f toast st w/ egg omelet | 3 EACH | 825 | 525 | 293 | 705 | 3.00 | 2.16 | 180.0 | 600 | 0.0 | 15 | 21.0 | 58.5 | 22.5 | 6.00 |
| potato triangles | 2 EACH | 825 | 178 | 0 | 391 | 2.67 | 0.68 | 10.3 | 0 | 4.7 | 0 | 0.89 | 23.11 | 8.89 | 1.33 |
| fresh veggie mix | 1/2 cup | 500 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| strawberries fresh^ | 1/2 cup | 400 | 29 | 0 | 1 | 1.81 | 0.37 | 14.5 | 11 | 53.34 | 4 | 0.61 | 6.97 | 0.27 | 0.01 |
| fruit, fresh, variety | 1 CUP | 450 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 50 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 700 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| syrup, pancake^ | 2 TBSP | 900 | 50 | 0 | 55 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 7 | 0.0 | 13.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1100 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hamburger on a bun^ | 1 each | 200 | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc | 100 | 8 | 0 | 3 | 0.54 | 0.13 | 4.9 | 358 | 5.62 | 1 | 0.4 | 1.7 | 0.09 | 0.01 |
| pickle slices^ | 2 EACH | 50 | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| corn^ | 1/2 cup | 100 | 62 | 0 | 4 | 1.78 | 0.32 | 35.6 | 89 | 2.13 | 2 | 0.89 | 15.12 | 0.44 | 0.00 |
| salad bar ms | 1 EACH | 5 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 5 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |

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

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 | | | 608 | 181 | 938 | 6.05 | 3.02 | 345.9 | 1625 | 38.11 | *31 | 21.52 | 84.26 | 20.95 | 5.17 |
| % of Calories | | | | | | | | | | | *20.6% | 14.2% | 55.5% | 31.0% | 7.7% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Wed - 11/14/2018 | | | | | | | | | | | | | | | |
|-----------------------------|---------|------|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| nachos bf crumb filling | 3 oz | 950 | 256 | 61 | 734 | 0.22 | 1.40 | 328.8 | 716 | 0.18 | *2 | 19.52 | 4.04 | 18.02 | 10.14 |
| tortilla chips, 2 oz pkg^ | 2 oz | 950 | 270 | 0 | 210 | 3.00 | 0.72 | 80.0 | 100 | 0.0 | 0 | 4.0 | 38.0 | 14.0 | 2.00 |
| corn^ | 1/2 cup | 650 | 62 | 0 | 4 | 1.78 | 0.32 | 35.6 | 89 | 2.13 | 2 | 0.89 | 15.12 | 0.44 | 0.00 |
| lettuce & tomato | 1/2 cup | 600 | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| melon mix (3) | 1/2 cup | 700 | 27 | 0 | 9 | 0.56 | 0.16 | 5.8 | 1041 | 16.62 | 6 | 0.53 | 6.6 | 0.13 | 0.03 |
| fruit, fresh, variety | 1 CUP | 500 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 150 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| salsa bulk | 1/4 cup | 450 | 20 | 0 | 140 | 0.00 | 0.72 | 40.0 | 1000 | 12.0 | 2 | 0.0 | 4.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| sandwich bar ms | 1 each | 175 | 490 | 29 | 811 | 7.58 | 3.02 | 279.3 | 3896 | 49.24 | *34 | 19.65 | 72.9 | 15.77 | 4.59 |
| salad bar ms | 1 EACH | 50 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 25 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| sour cream, pouch | 1 each | 400 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| mayo(salad dressing light)^ | 1 TBSP | 20 | 30 | 5 | 130 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 3.0 | 2.0 | 0.00 |
| mustard^ | 1 TSP | 20 | 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 | | | 602 | 51 | 955 | 5.88 | 3.22 | 601.0 | 4005 | 37.18 | *27 | 26.74 | 72.45 | 25.71 | 9.42 |
| % of Calories | | | | | | | | | | | *18.2% | 17.8% | 48.1% | 38.4% | 14.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 - 11/15/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| fish sw^ | 1 EACH | 950 | 340 | 35 | 440 | 5.00 | 2.52 | 220.0 | 0 | 0.0 | 5 | 18.0 | 47.0 | 10.0 | 1.50 |
| LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc | 950 | 8 | 0 | 3 | 0.54 | 0.13 | 4.9 | 358 | 5.62 | 1 | 0.4 | 1.7 | 0.09 | 0.01 |
| cheese american | 1 slice | 800 | 53 | 14 | 211 | 0.00 | 0.03 | 78.0 | 136 | 0.0 | *N/A* | 3.14 | 0.23 | 4.43 | 2.79 |
| pea pods crunchy | 1/2 cup | 800 | 36 | 0 | 0 | 1.82 | 0.66 | 36.4 | 182 | 8.2 | 3 | 1.82 | 6.38 | 0.0 | 0.00 |
| cuke, peppers, carrot mix | 1 EACH | 800 | 7 | 0 | 4 | 0.41 | 0.15 | 5.7 | 416 | 9.13 | *1 | 0.32 | 1.83 | 0.08 | 0.01 |
| mandarin oranges^ | 1/2 cup | 800 | 90 | 0 | 10 | 1.00 | 0.36 | 20.0 | 1250 | 27.0 | 22 | 1.0 | 23.0 | 0.0 | 0.00 |
| fruit, fresh, variety | 1/2 CUP | 500 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt bar ms | 1 each | 350 | 286 | 2 | 226 | 3.97 | 1.59 | 357.0 | 2772 | 35.84 | *24 | 7.19 | 58.35 | 3.13 | 0.47 |
| salad bar ms | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 70 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| tartar sauce^ | 2 tbsp | 400 | 100 | 5 | 300 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.0 | 7.0 | 1.00 |
| Weighted Daily Average | | | 602 | 43 | 811 | 8.57 | 4.44 | 597.9 | 7083 | 56.43 | *43 | 26.75 | 91.47 | 15.78 | 4.07 |
| % of Calories | | | | | | | | | | | *28.4% | 17.8% | 60.8% | 23.6% | 6.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|------|-----|----|------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| Fri - 11/16/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| chicken patty (4ozGold) s/w | 1 EACH | 950 | 379 | 63 | 690 | 4.22 | 3.72 | 230.6 | 59 | 0.0 | 6 | 28.28 | 45.79 | 9.8 | 1.47 |
| 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 |
| tomato fresh sliced | 1/4 cup | 600 | 5 | 0 | 1 | 0.32 | 0.07 | 2.7 | 225 | 3.7 | 1 | 0.24 | 1.05 | 0.05 | 0.01 |
| lettuce,shredded^ | 1/2 cup | 600 | 5 | 0 | 4 | 0.43 | 0.15 | 6.5 | 181 | 1.01 | *N/A* | 0.32 | 1.07 | 0.05 | 0.01 |
| grapes, red seedless^ | 1/2 cup | 700 | 61 | 0 | 2 | 0.82 | 0.26 | 12.7 | 91 | 3.63 | 15 | 0.57 | 15.56 | 0.32 | 0.10 |
| fruit, fresh, variety | 1/2 CUP | 400 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 |
| juice cup variety | 4 oz | 250 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| quesadilla chicken | 1 each | 400 | 266 | 34 | 436 | 5.64 | 4.04 | 264.6 | 394 | 11.56 | *3 | 19.14 | 36.5 | 5.04 | 2.00 |
| lettuce and tomato | 1 each | 100 | 6 | 0 | 2 | 0.44 | 0.37 | 10.8 | 1005 | 2.56 | *0 | 0.47 | 1.05 | 0.08 | 0.01 |
| salsa cup^ | 2 oz | 100 | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 100 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| salad bar ms | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| 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 |
| 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 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | | 604 | 62 | 1187 | 9.27 | 6.35 | 542.0 | 5578 | 25.55 | *38 | 37.23 | 92.02 | 11.64 | 2.63 |
| % of Calories | | | | | | | | | | | *25.1% | 24.7% | 61.0% | 17.4% | 3.9% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Mon - 11/19/2018 | | | | | | | | | | | | | | | |
|---------------------------|---------|------|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| pizza sticks (3 sticks) ^ | 3 EACH | 900 | 465 | 60 | 885 | 4.50 | 0.00 | 0.0 | 0 | 0.0 | 12 | 27.0 | 46.5 | 19.5 | 10.50 |
| marinara sauce cup^ | 2 oz | 900 | 32 | 0 | 184 | 0.80 | 0.57 | 16.0 | 240 | 4.79 | 3 | 0.8 | 5.59 | 0.8 | 0.00 |
| lettuce & tomato | 1/2 cup | 600 | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| fresh veggie mix | 1/2 cup | 600 | 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 | 700 | 65 | 0 | 0 | 0.82 | 0.29 | 16.4 | 82 | 9.81 | 16 | 0.82 | 17.99 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 300 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1100 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 400 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| baked beans^ | 1/2 cup | 200 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 |
| salad bar ms | EACH | 75 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 45 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| ketchup^ | 1 tbsp | 250 | 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 | | | 600 | 55 | 1191 | 7.50 | 2.69 | 306.0 | 3738 | 31.68 | *37 | 30.17 | 79.12 | 20.13 | 9.43 |
| % of Calories | | | | | | | | | | | *25.0% | 20.1% | 52.7% | 30.2% | 14.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 - 11/20/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| chicken strips^ | 4 EACH | 1100 | 271 | 46 | 566 | 1.47 | 2.00 | 32.2 | 130 | 0.61 | 2 | 21.15 | 16.75 | 12.93 | 1.36 |
| rolls, hot^ | 1.5 oz | 850 | 154 | 9 | 175 | 1.72 | 1.44 | 50.9 | 339 | 2.61 | *3 | 3.77 | 21.86 | 5.87 | 1.58 |
| MASHED POTATOES:scr/butter*mi | 1/2 CUP | 1000 | 101 | 8 | 191 | 1.23 | 0.25 | 43.6 | 147 | 15.16 | *2 | 2.58 | 16.65 | 2.86 | 1.80 |
| gravy, chicken^ | 1 oz | 500 | 10 | 0 | 115 | 0.00 | 0.00 | 0.6 | 0 | 0.0 | *0 | 0.0 | 2.08 | 0.0 | 0.00 |
| fresh veggie mix | 1/2 cup | 1 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| fruit, fresh, variety | 1/2 CUP | 400 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 |
| peaches sliced | 1/2 cup | 700 | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| margarine cup^ | 1 each | 575 | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| bbq sauce | 2 TBSP | 250 | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 0.0 | 0.00 |
| honey dijon mustard dressing | 2 TBSP | 250 | 50 | 0 | 240 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 600 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| hamburger on a bun^ | 1 each | 200 | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc | 100 | 8 | 0 | 3 | 0.54 | 0.13 | 4.9 | 358 | 5.62 | 1 | 0.4 | 1.7 | 0.09 | 0.01 |
| corn^ | 1/2 cup | 100 | 62 | 0 | 4 | 1.78 | 0.32 | 35.6 | 89 | 2.13 | 2 | 0.89 | 15.12 | 0.44 | 0.00 |
| salad bar ms | 1 EACH | 50 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 2 EACH | 100 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 26 | 20.0 | 70.0 | 32.0 | 5.00 |
| Weighted Daily Average | | | 639 | 58 | 1188 | 5.22 | 4.18 | 365.2 | 2688 | 25.83 | *30 | 31.75 | 79.46 | 21.83 | 4.71 |
| % of Calories | | | | | | | | | | | *18.8% | 19.9% | 49.7% | 30.7% | 6.6% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| Wed - 11/21/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | 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 | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|
| Thu - 11/22/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | 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 |

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

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Fri - 11/23/2018 | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|
| Middle School Lunch Menu | 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 | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

| Mon - 11/26/2018 | | | | | | | | | | | | | | | |
|---------------------------|---------|------|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| las roll up w/ meat sauce | 1 EACH | 950 | 275 | 36 | 465 | 1.66 | 0.95 | 107.6 | 100 | 0.5 | *4 | 13.68 | 25.56 | 12.31 | 5.37 |
| breadstick^ | 1 oz | 950 | 80 | 0 | 100 | 1.50 | 0.00 | 0.0 | 0 | 0.0 | 1 | 3.0 | 14.5 | 1.0 | 0.00 |
| lettuce & tomato | 1/2 cup | 600 | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| carrots, sunshine | 1/2 CUP | 600 | 26 | 0 | 45 | 2.25 | 0.54 | 15.0 | 1313 | 1.8 | 3 | 0.75 | 5.25 | 0.0 | 0.00 |
| peaches sliced | 1/2 cup | 600 | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 500 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 250 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 tbsp | 650 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| hot dog with bun^ | 1 each | 450 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 |
| baked beans^ | 1/2 cup | 300 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 |
| salad bar ms | 1 EACH | 100 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| cheese parmesan grated | 2 TSP | 150 | 23 | 3 | 73 | 0.00 | 0.00 | 66.7 | 0 | 0.0 | 0 | 2.0 | 0.0 | 1.67 | 1.00 |
| ketchup^ | 1 tbsp | 150 | 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 |
| Weighted Daily Average | | | 603 | 48 | 1166 | 7.32 | 3.31 | 421.4 | 4367 | 23.74 | *33 | 25.76 | 82.10 | 19.47 | 7.07 |
| % of Calories | | | | | | | | | | | *22.2% | 17.1% | 54.5% | 29.1% | 10.6% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 - 11/27/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| chicken teriyaki^ | 4 EACH | 950 | 130 | 35 | 560 | 0.00 | 1.44 | 40.0 | 100 | 0.0 | 6 | 15.0 | 9.0 | 3.5 | 1.00 |
| brown rice,chicken flavored rolls, hot^ | 1/2 cup | 950 | 71 | 0 | 166 | 0.63 | 0.27 | 5.0 | 0 | 0.0 | *0 | 1.58 | 14.16 | 0.95 | 0.15 |
| vegetables stir fry | 1.5 oz | 900 | 154 | 9 | 175 | 1.72 | 1.44 | 50.9 | 339 | 2.61 | *3 | 3.77 | 21.86 | 5.87 | 1.58 |
| fresh veggie mix | 1/2 cup | 700 | 17 | 0 | 13 | 1.00 | 0.18 | 10.0 | 500 | 0.6 | 1 | 0.0 | 3.0 | 0.0 | 0.00 |
| pineapple chunks^ | 1/2 cup | 700 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| fruit, fresh, variety | 1/2 cup | 700 | 65 | 0 | 0 | 0.82 | 0.29 | 16.4 | 82 | 9.81 | 16 | 0.82 | 17.99 | 0.0 | 0.00 |
| juice cup variety | 1 CUP | 600 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| margarine cup^ | 4 oz | 250 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 1 each | 900 | 20 | 0 | 30 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 0 | 0.0 | 0.0 | 2.0 | 0.00 |
| milk vty half pints^ | 2 TBSP | 250 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| hamburger on a bun^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| green beans,steamed^ | 1 each | 500 | 300 | 30 | 510 | 4.00 | 3.60 | 240.0 | 100 | 1.2 | 5 | 20.0 | 33.0 | 11.0 | 3.50 |
| salad bar ms | 1/2 cup | 300 | 28 | 0 | 0 | 2.80 | 0.67 | 18.7 | 187 | 4.48 | 2 | 0.93 | 5.6 | 0.0 | 0.00 |
| pb&j sandwich | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| ketchup^ | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| mustard^ | 1 tbsp | 200 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| pickle slices^ | 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 |
| soy sauce | 2 EACH | 400 | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| | .5 oz | 150 | 5 | 0 | 620 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.5 | 0.5 | 0.0 | 0.00 |
| Weighted Daily Average | | | 603 | 52 | 1238 | 7.77 | 5.66 | 456.1 | 6780 | 45.41 | *39 | 30.97 | 85.53 | 16.31 | 4.17 |
| % of Calories | | | | | | | | | | | *25.8% | 20.5% | 56.7% | 24.3% | 6.2% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 - 11/28/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 600 | | | | | | | | | | | | | |
| chicken patty/hot /spicy sw | 1 sandwich | 750 | 330 | 24 | 572 | 4.34 | 4.22 | 248.8 | 242 | 0.18 | 5 | 20.59 | 45.31 | 8.06 | 1.23 |
| baked beans^ | 1/2 cup | 300 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 |
| fresh veggie mix | 1/2 cup | 150 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc | 150 | 8 | 0 | 3 | 0.54 | 0.13 | 4.9 | 358 | 5.62 | 1 | 0.4 | 1.7 | 0.09 | 0.01 |
| strawberries fresh^ | 1/2 cup | 350 | 29 | 0 | 1 | 1.81 | 0.37 | 14.5 | 11 | 53.34 | 4 | 0.61 | 6.97 | 0.27 | 0.01 |
| fruit, fresh, variety | 1 CUP | 150 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 75 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 100 | 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 |
| milk vty half pints^ | 1 each | 600 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| sandwich bar ms | 1 each | 10 | 490 | 29 | 811 | 7.58 | 3.02 | 279.3 | 3896 | 49.24 | *34 | 19.65 | 72.9 | 15.77 | 4.59 |
| salad bar ms | 1 EACH | 5 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 5 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | | 638 | 35 | 1174 | 10.52 | 7.34 | 589.0 | 1801 | 50.65 | *35 | 37.00 | 101.77 | 11.56 | 2.08 |
| % of Calories | | | | | | | | | | | *21.7% | 23.2% | 63.8% | 16.3% | 2.9% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <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 - 11/29/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 320 | | | | | | | | | | | | | |
| pizza crunchers^ | 4 piece serving | 400 | 420 | 30 | 790 | 5.00 | 2.15 | 426.0 | 480 | 1.87 | 3 | 20.0 | 41.0 | 20.0 | 9.00 |
| broccoli, steamed | 1/2 cup | 200 | 26 | 0 | 22 | 2.80 | 0.56 | 47.0 | 930 | 36.9 | *N/A* | 2.85 | 4.93 | 0.1 | 0.02 |
| cuke, peppers, carrot mix | 1 EACH | 50 | 7 | 0 | 4 | 0.41 | 0.15 | 5.7 | 416 | 9.13 | *1 | 0.32 | 1.83 | 0.08 | 0.01 |
| peaches sliced | 1/2 cup | 100 | 49 | 0 | 10 | 0.00 | 0.00 | 0.0 | 295 | 1.18 | 10 | 0.0 | 11.81 | 0.0 | 0.00 |
| fruit, fresh, variety | 1 CUP | 50 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 20 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| dressing ranch light^ | 2 TBSP | 50 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 |
| milk vty half pints^ | 1 each | 250 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| yogurt bar ms | 1 each | 25 | 286 | 2 | 226 | 3.97 | 1.59 | 357.0 | 2772 | 35.84 | *24 | 7.19 | 58.35 | 3.13 | 0.47 |
| salad bar ms | 1 EACH | 5 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 each | 5 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | | 679 | 44 | 1187 | 9.06 | 3.76 | 779.3 | 2554 | 38.08 | *21 | 32.78 | 78.44 | 27.12 | 11.80 |
| % of Calories | | | | | | | | | | | *12.2% | 19.3% | 46.2% | 36.0% | 15.6% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Oct 15, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

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 - 11/30/2018 | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | |
| CORN DOG:Turkey Jumbo State F | 1 EACH | 950 | 270 | 35 | 930 | 0.00 | 1.08 | 0.0 | 0 | 0.0 | *N/A* | 10.0 | 30.01 | 12.0 | 3.00 |
| sweet potato fries^ | 4 oz | 900 | 200 | 0 | 250 | 2.00 | 0.36 | 20.0 | 3000 | 6.0 | 8 | 1.0 | 26.0 | 10.0 | 1.50 |
| fresh veggie mix | 1/2 cup | 600 | 19 | 0 | 20 | 1.35 | 0.57 | 19.8 | 1844 | 20.1 | 2 | 1.02 | 3.74 | 0.14 | 0.03 |
| melon mix (3) | 1/2 cup | 600 | 27 | 0 | 9 | 0.56 | 0.16 | 5.8 | 1041 | 16.62 | 6 | 0.53 | 6.6 | 0.13 | 0.03 |
| fruit, fresh, variety | 1 CUP | 600 | 71 | 0 | 1 | 2.84 | 0.31 | 19.8 | 200 | 33.43 | *12 | 0.88 | 18.08 | 0.31 | 0.05 |
| juice cup variety | 4 oz | 200 | 62 | 0 | 14 | 0.00 | 0.00 | 0.0 | 0 | 11.4 | 13 | 0.5 | 14.5 | 0.0 | 0.00 |
| ketchup^ | 1 tbsp | 800 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 |
| mustard^ | 1 TSP | 250 | 0 | 0 | 60 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 |
| milk vty half pints^ | 1 each | 1300 | 77 | 5 | 110 | 0.00 | 0.45 | 225.0 | 375 | 0.9 | 11 | 6.0 | 12.0 | 0.62 | 0.37 |
| quesadilla chicken | 1 each | 400 | 266 | 34 | 436 | 5.64 | 4.04 | 264.6 | 394 | 11.56 | *3 | 19.14 | 36.5 | 5.04 | 2.00 |
| lettuce & tomato | 1/2 cup | 300 | 4 | 0 | 3 | 0.32 | 0.11 | 4.6 | 144 | 1.07 | *0 | 0.24 | 0.82 | 0.04 | 0.01 |
| salsa cup^ | 2 oz | 300 | 10 | 0 | 70 | 0.00 | 0.36 | 0.0 | 100 | 2.4 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| sour cream, pouch | 1 each | 300 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 |
| salad bar ms | 1 EACH | 150 | 473 | 43 | 1121 | 11.78 | 9.55 | 564.7 | 43202 | 92.3 | *16 | 24.13 | 52.97 | 20.03 | 5.25 |
| pb&j sandwich | 1 EACH | 50 | 310 | 0 | 300 | 4.00 | 1.44 | 60.0 | 0 | 0.0 | 13 | 10.0 | 35.0 | 16.0 | 2.50 |
| Weighted Daily Average | | | 600 | 43 | 1289 | 6.41 | 4.16 | 393.3 | 8493 | 50.32 | *32 | 23.00 | 84.14 | 19.56 | 4.62 |
| % of Calories | | | | | | | | | | | *21.1% | 15.3% | 56.1% | 29.4% | 6.9% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 |
| | | | | | | | | | | | | | | | |
| Weighted Average | | | 616 | 58 | 1089 | 7.93 | 4.51 | 491.3 | 4698 | 41.54 | *33 | 29.78 | 84.50 | 18.99 | 5.78 |
| | | | | | | | | | | | *47.5% | 19.3% | 54.9% | 27.8% | 8.4% |

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Portion Values - Detailed

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| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---------------------------------------|------------|------------|-----------|----------|-----------|-----------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | |
| Calories | 616 | | 600 - 700 | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 58 | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1089 | | 1360 | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1089 | | 1035 | | | | | | 54 | Correction Required - Sodium too High | | | | | | |
| Fiber (g) | 7.93 | | | | | | | | | | | | | | | |
| Iron (mg) | 4.51 | | | | | | | | | | | | | | | |
| Calcium (mg) | 491.3 | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 4698 | | | | | | | | | | | | | | | |
| Sugars (g) | 33 | 21.11% | | | | Missing | | | | | | | | | | |
| Vitamin C (mg) | 41.54 | | | | | | | | | | | | | | | |
| Protein (g) | 29.78 | 19.34% | | | | | | | | | | | | | | |
| Carbohydrate (g) | 84.50 | 54.88% | | | | | | | | | | | | | | |
| Total Fat (g) | 18.99 | 27.75% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.78 | 8.45% | <10.00% | | | | | | | | | | | | | |

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

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.