

Linn-Mar Community Schools

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 1

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/02/2018																
Middle School Lunch Menu	Total	1400														
chicken parmesan w/ spaghetti	1 each	700	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39	0.00
breadstick^	1 oz	700	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00	0.00
green beans,steamed^	1/2 cup	500	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00	0.00
carrots, baby crunchy	1/2 cup	500	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02	0.00
mixed fruit cocktail	1/2 cup	500	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00	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	*0.00
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	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	0.00
margarine cup^	1 EACH	1000	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
potato bar	serving	300	586	35	772	10.46	4.33	162.3	3489	81.32	*34	17.72	101.76	13.6	4.35	*0.17
salad bar ms	1 EACH	150	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			692	47	978	10.65	4.72	544.1	10096	49.26	*36	31.51	103.52	18.09	4.81	*0.04
% of Calories											*20.9%	18.2%	59.9%	23.5%	6.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 04/03/2018																
Middle School Lunch Menu	Total	1400														
french toast stk	3 Each	650	360	0	390	3.00	1.08	60.0	0	0.0	15	9.0	57.0	10.5	1.50	0.00
sausage turkey link	2 EACH	500	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00	0.00
potato triangles	2 EACH	960	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33	0.00
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
strawberries frozen	1/2 cup	400	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00	0.00
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	*0.00
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	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	0.00
ketchup^	1 tbsp	700	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
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	0.00
milk vty half pints^	1 each	1100	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.50
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	0.00
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	0.00
salad bar ms	1 EACH	75	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 2

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			693	38	1021	7.43	3.21	431.8	3039	47.67	*40	22.75	106.56	20.67	4.34	*0.07
% of Calories											*23.0%	13.1%	61.5%	26.8%	5.6%	*0.1%
Nutrient Guideline			600-700		1360											<10.00

Wed - 04/04/2018																
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	0.00
lettuce,shredded^	1 cup	500	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	200	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
broccoli, steamed	1/2 cup	400	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	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	*0.00
grapes, red seedless^	1/2 cup	300	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10	0.00
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	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	0.00
salsa cup^	2 oz	350	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
yogurt bar ms	1 each	100	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79	*0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			680	59	1014	7.93	5.51	660.2	7695	36.27	*23	32.36	79.96	26.16	7.96	*0.00
% of Calories											*13.8%	19.0%	47.1%	34.7%	10.5%	*0.0%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 3

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/05/2018																
Middle School Lunch Menu	Total	1400														
philly beef w/bun	EACH	900	438	68	731	4.00	4.15	457.0	177	0.0	*6	32.67	43.75	13.88	6.81	0.00
roasted peppers and onion	1/2 cup	300	16	0	2	0.88	0.14	8.9	86	20.62	*1	0.51	3.75	0.07	0.03	*0.00
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	0.00
cuke, red pepper, tomato cup	1 EACH	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01	*0.00
mixed fruit cocktail	1/2 cup	500	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00	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	*0.00
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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
hot dog with bun^	1 each	300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			696	65	1196	7.92	5.49	756.5	4118	26.29	*31	39.11	96.41	18.44	7.71	*0.11
% of Calories											*17.9%	22.5%	55.4%	23.8%	10.0%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/06/2018																
Middle School Lunch Menu	Total	1400														
pizza cheese 16"	1 EACH	650	309	30	539	3.00	2.69	449.2	399	5.99	4	19.97	28.95	12.98	7.99	0.00
pizza pepperoni 16"	1 EACH	650	340	35	730	3.00	2.70	400.0	300	6.0	4	20.0	29.0	17.0	9.00	0.00
romaine lettuce^	1 cup	700	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
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	*0.00
melon mix (3)	1/2 cup	500	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03	0.00
veggie cup^	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	0.00
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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
salad bar ms	1 EACH	90	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
dressing variety Ra/Fr/Ital^	2 tbsp	100	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
sandwich bar ms	1 each	150	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07	*0.00
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	0.00
Weighted Daily Average			672	47	1087	9.41	5.70	876.2	15096	48.76	*27	35.77	86.70	22.29	10.37	*0.00
% of Calories											*16.3%	21.3%	51.6%	29.8%	13.9%	*0.0%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/09/2018																
Middle School Lunch Menu	Total	1400														
pork tenderloin s/w	1 each	700	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50	0.00
baked beans^	1/2 CUP	450	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00	0.00
carrots, baby crunchy	1/2 cup	500	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02	0.00
pear sliced in juice	1/2 cup	500	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00	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	*0.00
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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	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	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	0.00
potato bar	serving	80	586	35	772	10.46	4.33	162.3	3489	81.32	*34	17.72	101.76	13.6	4.35	*0.17
salad bar ms	1 EACH	200	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			695	64	1151	11.22	5.61	602.0	10921	39.42	*39	29.01	105.94	19.13	4.97	*0.01
% of Calories											*22.3%	16.7%	61.0%	24.8%	6.4%	*0.0%
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)	Tr-Fat ¹ (g)
Tue - 04/10/2018																
Middle School Lunch Menu	Total	1400														
nachos bf crumb filling	3 oz	800	256	61	734	0.22	1.40	328.8	716	0.18	*2	19.52	4.04	18.02	10.14	0.00
tortilla chips, 2 oz pkg^	2 oz	800	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00	0.00
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	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	*0.00
mixed fruit cocktail	1/2 cup	500	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00	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	*0.00
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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
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	0.50
salad bar ms	1 EACH	75	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			684	57	1033	6.22	4.20	730.3	3992	36.74	*25	32.92	84.45	26.63	9.78	*0.18
% of Calories											*14.6%	19.3%	49.4%	35.0%	12.9%	*0.2%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 5

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/11/2018																
Middle School Lunch Menu	Total	1400														
spaghetti meat sauce	1/2 cup	750	205	37	142	0.96	1.05	13.3	0	0.85	6	9.82	9.48	13.85	4.87	0.63
rotini, whole grain, dry [^]	1/2 cup	700	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23	0.00
garlic bread stick [^]	1 EACH	600	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
romaine lettuce [^]	1 cup	500	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
celery sticks [^]	1/2 cup	500	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	0.00
peanut butter smuckers cup	1 EACH	350	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	15.0	2.50	0.00
grapes, red seedless [^]	1/2 cup	350	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10	0.00
fruit, fresh, variety	1 CUP	350	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05	*0.00
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	0.00
dressing ranch light [^]	2 TBSP	500	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints [^]	1 each	1200	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
yogurt bar ms	1 each	350	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79	*0.00
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			688	37	707	12.35	10.67	705.1	24588	57.69	*34	27.81	99.42	23.09	5.70	*0.34
% of Calories											*19.8%	16.2%	57.8%	30.2%	7.5%	*0.4%
Nutrient Guideline			600-700		1360											<10.00

Thu - 04/12/2018																
Middle School Lunch Menu	Total	1400														
Chick, mand.org/ br rice	1 serving	900	266	40	283	1.05	1.17	8.7	0	1.2	*10	13.4	42.36	4.35	0.74	0.00
egg roll, chick/veg, whlgr	1 EACH	750	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00	0.00
fortune cookie	1 each	700	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00	0.00
pea pods crunchy	1/2 cup	500	36	0	0	1.82	0.66	36.4	182	8.2	3	1.82	6.38	0.0	0.00	0.00
cuke, red pepper, tomato cup	1 EACH	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01	*0.00
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	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	*0.00
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	0.00
milk vty half pints [^]	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
hot dog with bun [^]	1 each	300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			643	62	875	6.72	4.38	493.1	4781	37.56	*36	30.68	99.44	14.68	4.33	*0.11
% of Calories											*22.2%	19.1%	61.8%	20.5%	6.1%	*0.1%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 6

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/13/2018																
Middle School Lunch Menu	Total	1400														
chicken strips^	4 EACH	800	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36	0.00
bread italian MS HS	slice	700	141	0	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40	*0.00
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	0.00
veggie cup^	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	0.00
fruit, fresh, variety	1/2 CUP	125	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03	*0.00
applesauce	1/2 CUP	125	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00	0.00
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	0.00
ketchup^	1 tbsp	450	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
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	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	0.00
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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
dressing variety Ra/Fr/Ital^	2 tbsp	100	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
sandwich bar ms	1 each	150	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07	*0.00
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	0.00
Weighted Daily Average			678	43	995	6.61	4.08	459.0	3526	30.17	*25	31.95	95.90	18.78	3.29	*0.00
% of Calories											*15.0%	18.8%	56.6%	24.9%	4.4%	*0.0%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 7

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/16/2018																
Middle School Lunch Menu	Total	1400														
lasagna w/beef crumbles^	1 EACH	600	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30	0.00
garlic bread stick ^	1 EACH	600	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	0.00
romaine lettuce^	1 cup	600	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
peaches sliced	1/2 cup	500	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00	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	*0.00
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	0.00
dressing ranch light^	2 tbsp	400	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
meat/meat alt. -potatobar	1 each	550	100	29	391	0.00	0.66	10.0	83	1.0	*0	6.99	2.83	6.97	2.82	0.17
baked potato	medium	600	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
broccoli, steamed	1/4 cup	200	13	0	11	1.40	0.28	23.5	465	18.45	*N/A*	1.43	2.47	0.05	0.01	0.00
bread:bread/muffin/roll	serving	540	153	6	205	2.22	1.25	58.5	449	1.52	*5	3.81	25.66	4.5	1.31	*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	0.00
margarine cup^	1 each	500	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
cheese sauce, cheddar fz	2 OZ	540	119	31	434	0.00	0.00	223.1	427	0.0	1	7.69	2.2	8.79	5.05	0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			675	53	972	8.23	4.62	680.0	11495	44.09	*27	30.81	94.89	20.80	7.90	*0.07
% of Calories											*15.9%	18.3%	56.3%	27.8%	10.5%	*0.1%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 8

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/17/2018																
Middle School Lunch Menu	Total	1400														
pancakes^	2 EACH	900	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32	0.00
sausage turkey link	2 EACH	800	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00	0.00
potato triangles	2 EACH	1100	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33	0.00
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
strawberries frozen	1/2 cup	500	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00	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	*0.00
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	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	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	0.00
ketchup^	1 tbsp	775	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
hamburger on a bun^	1 each	150	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50	0.50
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	0.00
Weighted Daily Average			666	54	1032	6.37	3.76	473.7	2352	50.05	*37	22.90	98.78	19.01	4.29	*0.05
% of Calories											*22.0%	13.8%	59.3%	25.7%	5.8%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 04/18/2018																
Middle School Lunch Menu	Total	1400														
sloppy joe original recipe	3/8 cup	650	331	74	465	0.40	2.30	27.5	390	2.23	*13	18.11	16.49	20.92	8.04	*1.25
bun,hamburger, whlgr	1 EACH	600	160	0	200	3.00	1.80	200.0	0	0.0	4	7.0	31.0	2.0	0.00	0.00
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	0.00
celery sticks^	1/2 cup	500	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	0.00
pear sliced in juice	1/2 cup	500	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00	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	*0.00
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	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	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	0.00
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	0.00
mustard^	1 TSP	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	1200	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
yogurt bar ms	1 each	250	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79	*0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 9

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			633	47	858	9.60	8.36	667.3	12290	43.74	*39	27.73	97.55	16.86	5.48	*0.58
% of Calories											*24.9%	17.5%	61.6%	24.0%	7.8%	*0.8%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 04/19/2018																
Middle School Lunch Menu	Total	1400														
pizza sticks (2 sticks)^	3 EACH	800	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5	10.50	0.00
romaine lettuce^	1 cup	600	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
cuke, red pepper, tomato cup	1 EACH	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01	*0.00
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	0.00
mixed fruit cocktail	1/2 cup	500	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00	0.00
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	0.00
marinara sauce cup^	2 oz	950	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00	0.00
peanut butter smuckers cup	1 EACH	250	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	15.0	2.50	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
hot dog with bun^	1 each	350	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
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	0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			694	55	1220	8.48	3.41	482.2	11031	19.09	*35	33.75	92.99	23.18	9.75	*0.12
% of Calories											*20.1%	19.4%	53.6%	30.1%	12.6%	*0.2%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/20/2018																
Middle School Lunch Menu	Total	1400														
chicken patty (4ozGold) s/w corn^	1 EACH	700	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47	0.00
tomato fresh sliced	1/2 cup	800	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00	0.00
lettuce,shredded^	1/4 cup	500	5	0	1	0.32	0.07	2.7	225	3.7	1	0.24	1.05	0.05	0.01	0.00
mandarin oranges^	1/2 cup	500	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01	*N/A*
fruit, fresh, variety	1/2 CUP	125	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
juice cup variety	125	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03	*0.00	*0.00
dressing ranch light^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
ketchup^	2 tbsp	400	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
milk vty half pints^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
salad bar ms	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
sandwich bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
pb&j sandwich	1 each	80	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07	*0.00
CHOCOLATE CHIP COOKIES	1 EACH	25	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50	0.00
Weighted Daily Average	1 EACH	900	123	17	77	0.81	0.46	6.0	363	0.0	*7	1.48	15.58	6.5	2.95	*0.10
% of Calories			590	58	862	5.84	3.64	539.7	2997	18.28	*28	28.47	87.39	15.42	4.54	*0.06
Nutrient Guideline			600-700		1360						*19.1%	19.3%	59.3%	23.5%	6.9%	*0.1%

Mon - 04/23/2018																
Middle School Lunch Menu	Total	1400														
bbq pork rib patty sw	1 EACH	600	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50	0.00
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	0.00
carrots, baby crunchy	1/2 cup	500	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23	0.1	0.02	0.00
applesauce	1/2 CUP	500	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00	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	*0.00
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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
meat/meat alt. -potatobar	1 each	550	100	29	391	0.00	0.66	10.0	83	1.0	*0	6.99	2.83	6.97	2.82	0.17
baked potato	medium	600	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
broccoli, steamed	1/4 cup	200	13	0	11	1.40	0.28	23.5	465	18.45	*N/A*	1.43	2.47	0.05	0.01	0.00
bread:bread/muffin/roll	serving	540	153	6	205	2.22	1.25	58.5	449	1.52	*5	3.81	25.66	4.5	1.31	*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	0.00
margarine cup^	1 each	500	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
cheese sauce, cheddar fz	2 OZ	540	119	31	434	0.00	0.00	223.1	427	0.0	1	7.69	2.2	8.79	5.05	0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 11

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			670	55	1210	9.76	4.84	636.3	6657	31.11	*34	32.07	102.80	16.82	6.16	*0.07
% of Calories											*20.4%	19.1%	61.4%	22.6%	8.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 04/24/2018																
Middle School Lunch Menu	Total	1400														
corn dog, mini^	6 EACH	850	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52	0.00
sweet potato fries^	4 oz	600	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50	0.00
broccoli florets crunchy^	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
peaches sliced	1/2 cup	500	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00	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	*0.00
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	0.00
dressing ranch light^	2 tbsp	350	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup^	1 tbsp	850	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
hamburger on a bun^	1 each	450	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50	0.50
corn^	1/2 cup	300	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00	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	0.00
cheese american	1 slice	50	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79	0.00
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	0.00
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	0.00
Weighted Daily Average			645	48	965	8.04	3.68	574.0	3805	33.49	*32	25.02	91.95	20.47	5.60	*0.16
% of Calories											*19.8%	15.5%	57.0%	28.5%	7.8%	*0.2%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 12

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/25/2018																
Middle School Lunch Menu	Total	1400														
chicken teriyaki^	4 EACH	800	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00	*N/A*
brown rice,chicken flavored	1/2 cup	800	94	1	221	0.84	0.36	6.7	0	0.0	*0	2.11	18.87	1.27	0.20	*0.00
bread:scratch variety	serving	1000	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18	*0.00
celery sticks^	1/2 cup	500	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	0.00
mixed veggies, frozen^	1/2 cup	500	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00	0.00
pineapple chunks^	1/2 cup	500	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00	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	*0.00
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	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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
yogurt bar ms	1 each	300	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79	*0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			673	37	1005	10.21	9.33	686.9	14833	52.98	*39	29.53	112.25	13.65	3.41	*0.00
% of Calories											*23.0%	17.6%	66.7%	18.3%	4.6%	*0.0%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 13

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/26/2018																
Middle School Lunch Menu	Total	1400														
taco meat w/ beef crumbles^	3 OZ	750	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50	0.00
tortilla 6" whole grain	2 EACH	750	140	0	210	4.00	0.00	80.0	0	0.0	0	4.0	26.0	4.0	1.00	0.00
cheese cheddar shredded^	1 oz	800	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29	0.00
lettuce,shredded^	1 cup	700	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced^	1/8 cup	450	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
ref beansw/salsa &cheese^	4 oz	500	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52	0.00
cuke, red pepper, tomato cup	1 EACH	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01	*0.00
orange, fresh slices^	1/2 cup	500	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01	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	*0.00
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	0.00
dressing ranch light^	2 tbsp	325	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
hot dog with bun^	1 each	500	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
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	0.00
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			691	54	1319	11.06	4.93	758.9	4900	52.51	*29	35.58	93.12	22.28	8.67	*0.18
% of Calories											*17.0%	20.6%	53.9%	29.0%	11.3%	*0.2%
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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 14

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/27/2018																
Middle School Lunch Menu	Total	1400														
chicken, popcorn^	4 oz	900	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53	0.00
rolls, hot^	2 oz	800	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10	*0.00
MASHED POTATOES:scr/butter	1/2 CUP	850	101	8	191	1.23	0.25	43.6	147	15.16	*2	2.58	16.65	2.86	1.80	*0.11
*mil																
gravy, chicken^	1 oz	700	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0	0.00	*0.00
veggie cup^	1/2 cup	400	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03	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	0.00
kiwi, whole^	1 each	500	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39	0.02	*N/A*
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	*0.00
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	0.00
margarine cup^	1 EACH	1000	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
meat/ma/diced ham /cheese/ms	2 oz	90	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14	0.00
romaine lettuce^	1 cup	100	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
vegetables fresh/sal/bar	1/2 cup	100	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02	*0.00
cottage cheese	1/4 cup	75	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	0.00
bread:bread/muffin/roll	serving	75	153	6	205	2.22	1.25	58.5	449	1.52	*5	3.81	25.66	4.5	1.31	*0.00
goldfish crackers, bulk	1 EACH	90	198	7	354	2.84	1.53	56.7	0	0.0	0	4.25	28.35	7.09	1.42	0.00
salad toppings ms	2 oz	90	292	0	373	5.02	2.90	20.0	0	0.0	1	8.04	25.22	20.08	3.52	0.00
margarine cup^	1 each	50	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	100	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
craisins ocean spray	1 pouch	40	110	0	0	3.00	0.00	0.0	0	0.0	24	0.0	28.0	0.0	0.00	0.00
sandwich bar ms	1 each	50	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07	*0.00
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	0.00
Weighted Daily Average			661	28	1048	6.82	4.51	529.6	3474	60.73	*24	29.68	90.23	20.60	4.79	*0.07
% of Calories											*14.5%	18.0%	54.6%	28.1%	6.5%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 04/30/2018																
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	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			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

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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 15

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018																
Middle School Lunch Menu	Total	1400														
french toast stk	3 Each	750	360	0	390	3.00	1.08	60.0	0	0.0	15	9.0	57.0	10.5	1.50	0.00
sausage turkey link	2 EACH	500	120	60	200	0.00	0.72	40.0	0	0.0	*N/A*	12.0	0.0	9.0	2.00	0.00
potato triangles	2 EACH	800	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33	0.00
broccoli florets crunchy [^]	1/2 cup	500	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15	0.12	0.01	0.00
strawberries frozen	1/2 cup	400	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00	0.00
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	*0.00
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	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	0.00
ketchup [^]	1 tbsp	700	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
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	0.00
milk vty half pints [^]	1 each	1100	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*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	0.50
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	0.00
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	0.00
salad bar ms	1 EACH	75	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average			699	38	1004	7.34	3.21	434.9	3039	47.13	*41	23.29	107.99	20.41	4.30	*0.07
% of Calories											*23.5%	13.3%	61.8%	26.3%	5.5%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 05/02/2018																
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	0.00
lettuce,shredded [^]	1 cup	500	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
tomato fresh diced [^]	1/8 cup	200	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01	0.00
broccoli, steamed	1/2 cup	400	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02	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	*0.00
grapes, red seedless [^]	1/2 cup	300	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10	0.00
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	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	0.00
salsa cup [^]	2 oz	350	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00	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	0.00
milk vty half pints [^]	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
yogurt bar ms	1 each	100	673	7	508	21.72	27.98	1102.0	54898	129.39	*40	22.94	131.87	11.94	1.79	*0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 16

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			680	59	1014	7.93	5.51	660.2	7695	36.27	*23 *13.8%	32.36 19.0%	79.96 47.1%	26.16 34.7%	7.96 10.5%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 05/03/2018																
Middle School Lunch Menu	Total	1400														
philly beef w/bun	EACH	900	438	68	731	4.00	4.15	457.0	177	0.0	*6	32.67	43.75	13.88	6.81	0.00
roasted peppers and onion	1/2 cup	300	16	0	2	0.88	0.14	8.9	86	20.62	*1	0.51	3.75	0.07	0.03	*0.00
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	0.00
cuke, red pepper, tomato cup	1 EACH	500	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01	*0.00
mixed fruit cocktail	1/2 cup	500	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00	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	*0.00
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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
hot dog with bun^	1 each	300	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00	0.50
salad bar ms	1 EACH	100	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
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	0.00
Weighted Daily Average % of Calories			696	65	1196	7.92	5.49	756.5	4118	26.29	*31 *17.9%	39.11 22.5%	96.41 55.4%	18.44 23.8%	7.71 10.0%	*0.11 *0.1%
Nutrient Guideline			600-700		1360											<10.00

Fri - 05/04/2018																
Middle School Lunch Menu	Total	1400														
pizza cheese16"	1 EACH	650	309	30	539	3.00	2.69	449.2	399	5.99	4	19.97	28.95	12.98	7.99	0.00
pizza pepperoni 16"	1 EACH	650	340	35	730	3.00	2.70	400.0	300	6.0	4	20.0	29.0	17.0	9.00	0.00
romaine lettuce^	1 cup	700	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
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	*0.00
melon mix (3)	1/2 cup	500	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03	0.00
veggie cup^	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	0.00
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	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	0.00
milk vty half pints^	1 each	1300	167	10	167	0.00	0.45	375.0	625	1.5	*11	10.0	27.5	1.87	1.12	*0.00
salad bar ms	1 EACH	50	1015	43	1790	27.09	14.86	648.0	43333	139.6	*39	39.77	132.42	41.15	8.92	*0.00
sandwich bar ms	1 each	150	748	34	1218	11.65	3.57	381.1	4317	82.07	*47	28.66	116.72	21.84	6.07	*0.00
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	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

Apr 2, 2018 thru May 4, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 17

Generated on: 3/13/2018 9:53:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			639	46	1015	8.64	5.28	857.6	13858	44.77	*26 *16.3%	34.63 21.7%	82.47 51.6%	20.89 29.4%	10.09 14.2%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Weighted Average			672	51	1032	8.45	5.17	624.8	7933	40.43	*32 *42.6%	30.78 18.3%	95.30 56.7%	20.12 26.9%	6.41 8.6%	*0.10 *0.1%
------------------	--	--	-----	----	------	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	672		600 - 700	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	1032		1360					
Sodium 2 (mg)	1032		1035					
Fiber (g)	8.45							
Iron (mg)	5.17							
Calcium (mg)	624.8							
Vitamin A (IU)	7933							
Sugars (g)	32	18.92%			Missing			
Vitamin C (mg)	40.43							
Protein (g)	30.78	18.32%						
Carbohydrate (g)	95.30	56.71%						
Total Fat (g)	20.12	26.94%						
Saturated Fat (g)	6.41	8.59%	<10.00%					
Trans Fat ¹ (g)	0.10	0.13%			Missing			

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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