

Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 1

Generated on: 7/26/2017 10:12:22 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 - 08/23/2017																
Middle School Lunch Menu	Total	1400														
sloppy joe original recipe	3/8 cup	700	331	74	465	0.40	2.30	27.5	390	2.23	*13	18.11	16.49	20.92	8.04	*0.00
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	350	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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
yogurt bar ms	1 each	300	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80	*0.00
meat/ma/diced ham /cheese/ms	2 oz	180	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	200	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	200	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	150	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	150	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*0.00
goldfish crackers, bulk	1 EACH	180	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	180	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	100	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	200	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
crasins 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
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			710	53	1073	11.76	10.26	707.1	15744	47.41	*47	31.52	103.90	21.47	6.47	*0.00
% of Calories											*26.6%	17.8%	58.5%	27.2%	8.2%	*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.

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 2

Generated on: 7/26/2017 10:12:22 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 - 08/24/2017																
Middle School Lunch Menu	Total	1400														
pizza sticks (2 sticks)^	3 EACH	800	450	45	720	3.00	0.00	0.0	0	0.0	6	30.0	45.0	18.0	9.00	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*
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
cottage cheese	1/4 cup	300	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	0.00
pickle dill spear	2 EACH	300	0	0	280	0.00	0.00	0.0	0	0.0	0	0.0	1.33	0.0	0.00	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
bread:bread/muffin/roll	serving	75	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
crisins 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
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			658	47	1250	7.78	3.57	429.3	10913	15.85	*35	35.46	84.40	22.96	8.85	*0.12
% of Calories											*21.5%	21.6%	51.3%	31.4%	12.1%	*0.2%
Nutrient Guideline			600-700		1360											<10.00

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 3

Generated on: 7/26/2017 10:12:22 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 - 08/25/2017																
Middle School Lunch Menu	Total	1400														
chicken patty (4ozGold) s/w corn^	1 EACH	900	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	850	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	500	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	250	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03	0.03	*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
meat/ma/diced ham /cheese/ms	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
romaine lettuce^	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
vegetables fresh/sal/bar	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*
cottage cheese	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
bread:bread/muffin/roll	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
goldfish crackers, bulk	serv	75	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*0.00
salad toppings ms	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
margarine cup^	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
dressing variety Ra/Fr/Ital^	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
craisins ocean spray	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
yogurt bar ms	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
pb&j sandwich	1 each	200	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80	*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
	1 EACH	900	123	17	77	0.77	0.49	5.8	362	0.0	*9	1.49	15.47	6.61	3.01	*0.09
Weighted Daily Average			692	65	1000	9.46	8.27	654.7	10830	37.65	*43	33.52	105.11	17.81	4.53	*0.06
% of Calories											*25.0%	19.4%	60.7%	23.2%	5.9%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 4

Generated on: 7/26/2017 10:12:22 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)
Mon - 08/28/2017																
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
meat/meat alt.-potatobar	1 each	550	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
meat/ma/diced ham /cheese/ms	2 oz	180	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	200	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	200	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	150	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	0.00
goldfish crackers, bulk	1 EACH	180	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 hs	.5 ounce	180	47	0	86	0.50	0.42	3.3	0	0.0	*0	1.51	4.54	3.01	0.25	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	200	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
Weighted Daily Average			642	58	1298	10.09	5.10	602.4	8004	29.75	*38	31.89	94.88	17.30	6.24	*0.07
% of Calories											*23.8%	19.9%	59.1%	24.3%	8.8%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 5

Generated on: 7/26/2017 10:12:22 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)
Tue - 08/29/2017																
Middle School Lunch Menu	Total	1400														
corn dog, mini [^]	6 EACH	800	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	650	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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
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
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
hamburger on a bun [^]	1 each	300	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	100	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	100	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
sugar cookies [^]	1 EACH	800	119	17	109	0.74	0.42	3.0	1088	0.0	*7	1.74	15.23	5.71	2.36	*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			615	51	953	7.64	3.51	475.2	4362	29.75	*38	22.06	83.63	21.92	6.18	*0.11
% of Calories											*24.7%	14.4%	54.4%	32.1%	9.1%	*0.2%
Nutrient Guideline			600-700		1360											<10.00

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 6

Generated on: 7/26/2017 10:12:22 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 - 08/30/2017																
Middle School Lunch Menu	Total	1400														
chicken teriyaki^	4 EACH	900	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	900	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
yogurt bar ms	1 each	300	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80	*0.00
meat/ma/diced ham /cheese/ms	2 oz	180	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	200	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	200	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	150	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	150	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*0.00
goldfish crackers, bulk	1 EACH	180	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	180	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	100	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	200	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
Weighted Daily Average			710	42	1207	11.43	10.16	660.8	16270	51.79	*43	32.03	111.75	17.18	4.04	*0.00
% of Calories											*24.5%	18.0%	63.0%	21.8%	5.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 7

Generated on: 7/26/2017 10:12:22 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 - 08/31/2017																
Middle School Lunch Menu	Total	1400														
taco meat w/ beef crumbles^	3 OZ	800	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50	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
tortilla 6" whole grain	2 EACH	800	140	0	210	4.00	0.00	80.0	0	0.0	0	4.0	26.0	4.0	1.00	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
milk vty half pints^	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
peas	1/2 cup	300	53	0	0	3.00	1.08	15.0	300	6.75	*N/A*	3.0	9.75	0.0	0.00	0.00
cottage cheese	1/4 cup	300	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	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
bread:bread/muffin/roll	serving	75	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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	500	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
Weighted Daily Average			610	53	1213	9.87	4.41	668.0	3312	45.57	*28	33.30	74.26	22.19	8.38	*0.18
% of Calories											*18.1%	21.8%	48.7%	32.7%	12.4%	*0.3%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 8

Generated on: 7/26/2017 10:12:22 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 - 09/01/2017																
Middle School Lunch Menu	Total	1400														
chicken, popcorn^	4 oz	1000	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	1100	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	*1	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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	745	34	1219	11.57	3.63	377.9	4327	76.4	*45	28.71	115.21	21.85	6.08	*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			662	27	1115	7.41	5.26	479.6	3464	61.00	*28	30.18	87.06	22.01	4.70	*0.07
% of Calories											*17.1%	18.2%	52.6%	29.9%	6.4%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 09/04/2017																
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	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 9

Generated on: 7/26/2017 10:12:22 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 - 09/05/2017																
Middle School Lunch Menu	Total	1400														
waffle, Aunt Jemima WG	2 piece	900	200	0	520	3.00	2.70	0.0	3000	0.0	3	4.0	33.0	7.0	1.00	0.00
sausage turkey link	2 EACH	750	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	975	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
ketchup^	1 tbsp	950	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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	90	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
crisins 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
lettuce,shredded^	1 cup	300	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01	*N/A*
hamburger on a bun^	1 each	1	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			625	44	1195	7.55	4.12	362.7	4219	46.57	*42	20.34	94.58	20.43	4.00	*0.00
% of Calories											*27.0%	13.0%	60.5%	29.4%	5.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 10

Generated on: 7/26/2017 10:12:22 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 - 09/06/2017																
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
celery sticks^	1/2 cup	400	10	0	52	1.04	0.13	25.9	291	2.01	1	0.45	1.92	0.11	0.03	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
peanut butter smuckers cup	1 EACH	200	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
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
milk vty half pints^	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
yogurt bar ms	1 each	100	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80	*0.00
cottage cheese	1/4 cup	80	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	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
bread:bread/muffin/roll	serving	75	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*0.00
goldfish crackers, bulk	1 EACH	50	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	50	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	20	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	50	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
sugar cookies w/ lq egg	1 EACH	800	117	17	103	0.74	0.48	4.5	1088	0.0	*7	1.7	14.72	5.69	2.48	*0.00
Weighted Daily Average			708	67	1092	8.01	5.78	585.1	7977	23.08	*31	31.70	77.27	30.84	9.38	*0.00
% of Calories											*17.5%	17.9%	43.7%	39.2%	11.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 11

Generated on: 7/26/2017 10:12:23 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 - 09/07/2017																
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
meat/ma/diced ham /cheese/ms	2 oz	180	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	200	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	200	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	150	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	150	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*0.00
goldfish crackers, bulk	1 EACH	180	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	180	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	100	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	200	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
Weighted Daily Average			678	66	1276	8.06	5.65	703.3	3999	20.10	*34	38.85	88.81	19.98	7.91	*0.11
% of Calories											*20.1%	22.9%	52.4%	26.5%	10.5%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 12

Generated on: 7/26/2017 10:12:23 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 - 09/08/2017																
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	*1	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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	150	745	34	1219	11.57	3.63	377.9	4327	76.4	*45	28.71	115.21	21.85	6.08	*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			604	45	1048	8.78	5.45	796.4	13742	40.93	*29	33.67	73.88	21.32	9.92	*0.00
% of Calories											*19.4%	22.3%	48.9%	31.8%	14.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 13

Generated on: 7/26/2017 10:12:23 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 - 09/11/2017																
Middle School Lunch Menu	Total	1400														
pork tenderloin s/w	1 each	900	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
meat/ma/diced ham /cheese/ms	2 oz	180	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14	0.00
potato bar (ms)	serving	150	721	38	781	14.20	4.98	230.5	3639	94.95	*45	19.06	135.39	14.63	4.69	*0.17
romaine lettuce^	1 cup	200	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	200	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	100	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	150	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*0.00
goldfish crackers, bulk	1 EACH	100	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	100	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	100	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	200	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
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			685	77	1182	10.69	5.28	547.1	7912	28.79	*42	29.07	101.62	19.93	5.17	*0.02
% of Calories											*24.7%	17.0%	59.4%	26.2%	6.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 14

Generated on: 7/26/2017 10:12:23 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)
Tue - 09/12/2017																
Middle School Lunch Menu	Total	1400														
nachos bf crumb filling	3 oz	800	252	60	879	0.22	1.34	328.2	713	0.18	*1	19.73	3.34	17.78	10.37	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
cottage cheese	1/4 cup	300	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	0.00
chips, baked variety	1 each	475	136	0	196	1.67	0.42	31.7	17	0.6	*1	2.08	21.42	4.58	0.67	*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
bread:bread/muffin/roll	serving	75	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
crasins 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
pb&j sandwich	1 EACH	1	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			677	55	1209	6.39	4.18	675.2	3104	31.21	*28	32.86	80.33	27.67	9.88	*0.18
% of Calories											*16.5%	19.4%	47.5%	36.8%	13.1%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 15

Generated on: 7/26/2017 10:12:23 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 - 09/13/2017																
Middle School Lunch Menu	Total	1400														
spaghetti meat sauce	1/2 cup	850	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	750	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23	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
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	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
garlic bread stick [^]	1 EACH	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00	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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
yogurt bar ms	1 each	350	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80	*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
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 hs	.5 ounce	90	47	0	86	0.50	0.42	3.3	0	0.0	*0	1.51	4.54	3.01	0.25	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
crisins 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
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			641	37	683	11.42	10.33	646.7	23227	55.42	*39	26.82	90.53	22.17	5.35	*0.38
% of Calories											*24.2%	16.7%	56.5%	31.1%	7.5%	*0.5%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 16

Generated on: 7/26/2017 10:12:23 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 - 09/14/2017																
Middle School Lunch Menu	Total	1400														
Chick,mand.org/ br rice	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
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
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
baked beans^	1/2 cup	150	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	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
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
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	1/2 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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
crisins 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
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
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			601	62	1001	6.40	4.20	412.8	2715	23.33	*38	29.01	90.48	14.93	3.99	*0.11
% of Calories											*25.3%	19.3%	60.2%	22.4%	6.0%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 17

Generated on: 7/26/2017 10:12:23 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 - 09/15/2017																
Middle School Lunch Menu	Total	1400														
chicken strips^	4 EACH	900	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	1000	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	1000	178	0	44	2.22	0.80	0.0	0	8.0	0	4.44	31.11	3.33	0.00	0.00
veggie cup^	1/2 cup	500	19	0	20	1.35	0.57	19.8	1844	20.1	*1	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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	150	745	34	1219	11.57	3.63	377.9	4327	76.4	*45	28.71	115.21	21.85	6.08	*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			713	45	1086	7.67	4.85	406.9	3454	27.88	*29	34.14	98.17	20.74	3.28	*0.00
% of Calories											*16.2%	19.1%	55.1%	26.2%	4.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 18

Generated on: 7/26/2017 10:12:23 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 - 09/18/2017																
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	510	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*
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
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
meat/meat alt. -potatobar	1 each	550	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	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
corn^	1/4 cup	200	31	0	2	0.89	0.16	17.8	44	1.07	1	0.44	7.56	0.22	0.00	0.00
bread:bread/muffin/roll	serving	540	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
meat/ma/diced ham /cheese/ms	2 oz	110	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	200	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	120	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	120	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	0.00
goldfish crackers, bulk	1 EACH	100	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 hs	.5 ounce	190	47	0	86	0.50	0.42	3.3	0	0.0	*0	1.51	4.54	3.01	0.25	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	200	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
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			631	53	1029	8.58	4.75	630.3	15005	31.57	*32	29.24	86.42	20.41	7.70	*0.07
% of Calories											*20.3%	18.5%	54.7%	29.1%	11.0%	*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

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 19

Generated on: 7/26/2017 10:12:23 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 - 09/19/2017																
Middle School Lunch Menu																
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	90	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
crisins 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
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			631	53	1065	6.51	3.92	412.7	2225	46.69	*40	21.93	90.33	19.44	4.12	*0.05
% of Calories											*25.5%	13.9%	57.3%	27.7%	5.9%	*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

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 20

Generated on: 7/26/2017 10:12:23 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 - 09/20/2017																
Middle School Lunch Menu	Total	1400														
sloppy joe original recipe	3/8 cup	700	331	74	465	0.40	2.30	27.5	390	2.23	*13	18.11	16.49	20.92	8.04	*0.00
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	350	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	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
yogurt bar ms	1 each	300	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80	*0.00
meat/ma/diced ham /cheese/ms	2 oz	180	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	200	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	200	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	150	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	150	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*0.00
goldfish crackers, bulk	1 EACH	180	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	180	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	100	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	200	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33	0.00
crasins 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
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			710	53	1073	11.76	10.26	707.1	15744	47.41	*47	31.52	103.90	21.47	6.47	*0.00
% of Calories											*26.6%	17.8%	58.5%	27.2%	8.2%	*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

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 21

Generated on: 7/26/2017 10:12:23 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 - 09/21/2017																
Middle School Lunch Menu	Total	1400														
pizza sticks (2 sticks)^	3 EACH	800	450	45	720	3.00	0.00	0.0	0	0.0	6	30.0	45.0	18.0	9.00	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*
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
cottage cheese	1/4 cup	300	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	0.00
pickle dill spear	2 EACH	300	0	0	280	0.00	0.00	0.0	0	0.0	0	0.0	1.33	0.0	0.00	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
bread:bread/muffin/roll	serving	75	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
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			658	47	1250	7.78	3.57	429.3	10913	15.85	*35	35.46	84.40	22.96	8.85	*0.12
% of Calories											*21.5%	21.6%	51.3%	31.4%	12.1%	*0.2%
Nutrient Guideline			600-700		1360											<10.00

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 22

Generated on: 7/26/2017 10:12:23 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 - 09/22/2017																
Middle School Lunch Menu	Total	1400														
chicken patty (4ozGold) s/w	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
fish sw [^]	1 each	400	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50	0.00
corn [^]	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
tomato fresh sliced	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
lettuce,shredded [^]	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*
mandarin oranges [^]	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
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
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
ketchup [^]	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
tartar sauce [^]	2 tbsp	350	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00
milk vty half pints [^]	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
yogurt bar ms	1 each	200	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80	*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			651	56	1050	9.33	8.02	673.4	10242	28.85	*33	33.33	96.30	16.73	3.06	*0.00
% of Calories											*20.1%	20.5%	59.1%	23.1%	4.2%	*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

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 23

Generated on: 7/26/2017 10:12:23 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 - 09/25/2017																
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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
meat/meat alt. -potatobar	1 each	550	100	32	396	0.00	0.66	20.0	33	1.0	*0	6.49	2.83	7.22	3.07	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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
meat/ma/diced ham /cheese/ms	2 oz	180	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	200	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	200	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	150	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	0.00
goldfish crackers, bulk	1 EACH	180	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 hs	.5 ounce	180	47	0	86	0.50	0.42	3.3	0	0.0	*0	1.51	4.54	3.01	0.25	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	200	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
Weighted Daily Average			642	58	1298	10.09	5.10	602.4	8004	29.75	*38	31.89	94.88	17.30	6.24	*0.07
% of Calories											*23.8%	19.9%	59.1%	24.3%	8.8%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 24

Generated on: 7/26/2017 10:12:23 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)
Tue - 09/26/2017																
Middle School Lunch Menu	Total	1400														
corn dog, mini [^]	6 EACH	800	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
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
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	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	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
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
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
hamburger on a bun [^]	1 each	300	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	100	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	100	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
sugar cookies [^]	1 EACH	800	119	17	109	0.74	0.42	3.0	1088	0.0	*7	1.74	15.23	5.71	2.36	*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			613	51	962	8.05	3.65	477.7	7906	19.92	*39	21.87	84.16	21.55	6.13	*0.11
% of Calories											*25.3%	14.3%	54.9%	31.6%	9.0%	*0.2%
Nutrient Guideline			600-700		1360											<10.00

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 25

Generated on: 7/26/2017 10:12:23 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 - 09/27/2017																
Middle School Lunch Menu	Total	1400														
chicken teriyaki^	4 EACH	900	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	900	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
yogurt bar ms	1 each	300	673	7	508	21.72	27.98	1102.0	54902	129.47	*40	22.94	131.87	11.97	1.80	*0.00
meat/ma/diced ham /cheese/ms	2 oz	180	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	200	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	200	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	150	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	150	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*0.00
goldfish crackers, bulk	1 EACH	180	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	180	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	100	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	200	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
Weighted Daily Average			710	42	1207	11.43	10.16	660.8	16270	51.79	*43	32.03	111.75	17.18	4.04	*0.00
% of Calories											*24.5%	18.0%	63.0%	21.8%	5.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 26

Generated on: 7/26/2017 10:12:23 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 - 09/28/2017																
Middle School Lunch Menu	Total	1400														
taco meat w/ beef crumbles^	3 OZ	800	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50	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
tortilla 6" whole grain	2 EACH	800	140	0	210	4.00	0.00	80.0	0	0.0	0	4.0	26.0	4.0	1.00	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
milk vty half pints^	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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
peas	1/2 cup	300	53	0	0	3.00	1.08	15.0	300	6.75	*N/A*	3.0	9.75	0.0	0.00	0.00
cottage cheese	1/4 cup	300	45	5	195	0.00	0.00	50.0	0	0.0	2	6.0	2.5	1.25	0.75	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
bread:bread/muffin/roll	serving	75	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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	500	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
Weighted Daily Average			610	53	1213	9.87	4.41	668.0	3312	45.57	*28	33.30	74.26	22.19	8.38	*0.18
% of Calories											*18.1%	21.8%	48.7%	32.7%	12.4%	*0.3%
Nutrient Guideline			600-700		1360										<10.00	

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 27

Generated on: 7/26/2017 10:12:23 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 - 09/29/2017																
Middle School Lunch Menu	Total	1400														
chicken, popcorn^	4 oz	1000	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	1100	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	*1	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	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	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	154	6	205	2.19	1.26	58.3	448	1.52	*6	3.82	25.59	4.57	1.35	*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	745	34	1219	11.57	3.63	377.9	4327	76.4	*45	28.71	115.21	21.85	6.08	*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			662	27	1115	7.41	5.26	479.6	3464	61.00	*28	30.18	87.06	22.01	4.70	*0.07
% of Calories											*17.1%	18.2%	52.6%	29.9%	6.4%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			657	51	1116	8.93	5.91	576.1	8753	36.83	*36	30.64	90.89	20.82	6.22	*0.08
											*49.6%	18.6%	55.3%	28.5%	8.5%	*0.1%

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Linn-Mar Community Schools

Aug 23, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 28

Generated on: 7/26/2017 10:12:23 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	657		600 - 700	100%													
Cholesterol (mg)	51																
Sodium (mg)	1116		1360														
Fiber (g)	8.93																
Iron (mg)	5.91																
Calcium (mg)	576.1																
Vitamin A (IU)	8753																
Sugars (g)	36	22.03%				Missing											
Vitamin C (mg)	36.83																
Protein (g)	30.64	18.64%															
Carbohydrate (g)	90.89	55.31%															
Total Fat (g)	20.82	28.50%															
Saturated Fat (g)	6.22	8.52%		<10.00%													
Trans Fat ¹ (g)	0.08	0.10%				Missing											

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