

Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 1

Generated on: 12/22/2016 11:08:16 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 - 01/30/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 900 | | | | | | | | | | | | | | |
| corn dog, mini [^] | 6 EACH | 900 | 271 | 40 | 412 | 5.03 | 1.81 | 150.8 | 0 | 0.0 | 5 | 10.05 | 30.16 | 12.06 | 3.52 | 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 |
| 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 |
| apple fresh sliced [^] | 1/2 cup | 500 | 29 | 0 | 1 | 1.32 | 0.07 | 3.3 | 30 | 2.53 | 6 | 0.14 | 7.6 | 0.09 | 0.02 | 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(16) | 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 | 1235 | 103 | 7 | 147 | 0.00 | 0.60 | 300.0 | 500 | 1.2 | 15 | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 529 | 52 | 904 | 8.53 | 3.42 | 588.1 | 6856 | 7.92 | *42 | 21.92 | 76.94 | 14.56 | 4.36 | 0.00 |
| % of Calories | | | | | | | | | | | *31.5% | 16.6% | 58.2% | 24.8% | 7.4% | 0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---|---------|------|---------|-----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Tue - 01/31/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1000 | | | | | | | | | | | | | | |
| breakfast sandwich [^] | 1 each | 1000 | 278 | 159 | 626 | 3.00 | 2.55 | 198.0 | 336 | 0.0 | *1 | 17.14 | 24.23 | 12.93 | 4.79 | 0.00 |
| potato triangles [^] | 2 EACH | 1000 | 196 | 0 | 400 | 2.67 | 0.64 | 0.0 | 0 | 1.07 | 0 | 1.78 | 25.78 | 9.78 | 1.33 | 0.00 |
| cuke, red pepper, tomato cup [^] | 1 EACH | 500 | 7 | 0 | 4 | 0.44 | 0.15 | 5.9 | 432 | 9.4 | *1 | 0.34 | 1.91 | 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 |
| 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 |
| 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(16) | 1 tbsp | 985 | 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 | 1235 | 103 | 7 | 147 | 0.00 | 0.60 | 300.0 | 500 | 1.2 | 15 | 8.0 | 16.0 | 0.83 | 0.50 | 0.00 |
| Weighted Daily Average | | | 698 | 169 | 1460 | 7.06 | 4.05 | 591.1 | 1479 | 34.55 | *35 | 29.45 | 92.39 | 24.96 | 6.88 | *0.00 |
| % of Calories | | | | | | | | | | | *19.8% | 16.9% | 52.9% | 32.2% | 8.9% | *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

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Jan 30, 2017 thru Mar 24, 2017

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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/01/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| pizza sticks (2 sticks)(17) | 2 EACH | 800 | 300 | 30 | 480 | 2.00 | 2.16 | 400.0 | 200 | 0.0 | 4 | 20.0 | 30.0 | 12.0 | 6.00 | 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* |
| 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 |
| 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 |
| 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 |
| 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 | 40 | 0 | 458 | 0.00 | 0.54 | 9.9 | 497 | 5.97 | *N/A* | 0.0 | 5.97 | 1.49 | 0.00 | *N/A* |
| 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 | 100 | 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 |
| sandwiches/ham/trky/ch/bar-ms. | sandwich | 500 | 361 | 29 | 773 | 3.75 | 2.16 | 235.9 | 152 | 0.3 | 9 | 18.02 | 40.01 | 15.43 | 4.53 | 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 |
| 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 646 | 39 | 1346 | 7.94 | 4.83 | 698.3 | 11127 | 13.82 | *32 | 31.92 | 83.83 | 22.30 | 7.16 | *0.00 |
| % of Calories | | | | | | | | | | | *20.0% | 19.8% | 51.9% | 31.1% | 10.0% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/02/2017 | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| applesauce cup,cinn usda(16) | 4 oz | 500 | 50 | 0 | 15 | 1.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| banana,small^ | 1 each | 500 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 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 |
| sandwich, PBJ Welch's (17) | 2 EACH | 300 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 26 | 20.0 | 70.0 | 32.0 | 5.00 | 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 760 | 59 | 1232 | 10.08 | 5.88 | 687.8 | 3844 | 45.34 | *41 | 40.80 | 100.78 | 23.44 | 7.53 | *0.00 |
| % of Calories | | | | | | | | | | | *21.6% | 21.5% | 53.0% | 27.7% | 8.9% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/03/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| popcorn chicken bowl^ | 1 serving | 900 | 260 | 22 | 846 | 3.19 | 1.83 | 48.8 | 115 | 4.67 | *2 | 12.19 | 37.76 | 7.07 | 1.30 | *0.00 |
| fish sw. | 1 each | 200 | 340 | 45 | 500 | 5.00 | 3.24 | 200.0 | 0 | 0.0 | 4 | 20.0 | 51.0 | 7.0 | 0.50 | 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 |
| kiwi, whole^ | 1 each | 125 | 46 | 0 | 2 | 2.27 | 0.23 | 25.7 | 66 | 70.17 | *N/A* | 0.86 | 11.1 | 0.39 | 0.02 | *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 |
| 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 |
| tartar sauce^ | 2 tbsp | 150 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| hot dog with bun^ | 1 each | 200 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 | 0.50 |
| chili/no beans w/bfcrmbls | 1 oz | 100 | 30 | 3 | 115 | 0.49 | 0.51 | 7.0 | 243 | 2.44 | *2 | 2.05 | 3.24 | 1.05 | 0.37 | *0.00 |
| cheese mozz&cheddar shredded^ | 1 OZ | 100 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| pickle relish, sweet. | 1 tbsp | 100 | 15 | 0 | 110 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| sidekicks juice slushie(17) | 1 each | 500 | 90 | 0 | 32 | 0.00 | 0.00 | 80.0 | 1000 | 60.0 | 18 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 661 | 47 | 1257 | 6.45 | 4.66 | 502.1 | 3089 | 39.58 | *30 | 27.08 | 93.41 | 20.54 | 5.16 | *0.07 |
| % of Calories | | | | | | | | | | | *18.4% | 16.4% | 56.5% | 28.0% | 7.0% | *0.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/06/2017 | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| apple fresh sliced [^] | 1/2 cup | 500 | 29 | 0 | 1 | 1.32 | 0.07 | 3.3 | 30 | 2.53 | 6 | 0.14 | 7.6 | 0.09 | 0.02 | 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 |
| 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. (17) | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 641 | 58 | 1289 | 9.68 | 5.03 | 599.0 | 7955 | 18.87 | *36 | 31.69 | 93.39 | 17.42 | 6.25 | *0.07 |
| % of Calories | | | | | | | | | | | *22.6% | 19.8% | 58.2% | 24.4% | 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

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/07/2017 | | | | | | | | | | | | | | | | |
| 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 patty [^] | 2 each | 750 | 120 | 60 | 160 | 0.00 | 0.72 | 40.0 | 0 | 0.0 | 0 | 12.0 | 0.0 | 8.0 | 2.00 | 0.00 |
| potato triangles [^] | 2 EACH | 975 | 196 | 0 | 400 | 2.67 | 0.64 | 0.0 | 0 | 1.07 | 0 | 1.78 | 25.78 | 9.78 | 1.33 | 0.00 |
| cuke, red pepper, tomato cup [^] | 1 EACH | 500 | 7 | 0 | 4 | 0.44 | 0.15 | 5.9 | 432 | 9.4 | *1 | 0.34 | 1.91 | 0.08 | 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 |
| 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 |
| 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(16) | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| fish sticks (17) | 4 EACH | 400 | 210 | 35 | 370 | 3.00 | 0.72 | 0.0 | 0 | 0.0 | 1 | 12.0 | 22.0 | 8.0 | 1.50 | 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* |
| tomato fresh diced [^] | 1/16 cup | 200 | 2 | 0 | 1 | 0.14 | 0.03 | 1.1 | 94 | 1.54 | 0 | 0.1 | 0.44 | 0.02 | 0.00 | 0.00 |
| onion, raw chopped | 1 TBSP | 100 | 4 | 0 | 0 | 0.17 | 0.02 | 2.3 | 0 | 0.74 | *N/A* | 0.11 | 0.93 | 0.01 | 0.00 | *N/A* |
| peppers, green, diced (17) | 1 TBSP | 100 | 2 | 0 | 0 | 0.16 | 0.03 | 0.9 | 34 | 7.49 | 0 | 0.08 | 0.43 | 0.02 | 0.01 | 0.00 |
| cheese mozz&cheddar shredded [^] | 1 OZ | 400 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| salsa cup [^] | 2 oz | 350 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 0.0 | 0.00 | 0.00 |
| ref beansw/salsa &cheese [^] | 4 oz | 100 | 104 | 4 | 233 | 3.21 | 1.62 | 105.7 | 679 | 7.58 | *4 | 6.53 | 15.53 | 2.01 | 0.87 | 0.00 |
| sour cream, pouch [^] | 1 each | 100 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Taco bar grain, MS | 1 EACH | 400 | 169 | 0 | 201 | 3.41 | 0.40 | 50.3 | 3 | 0.0 | *1 | 4.73 | 25.63 | 5.0 | 1.44 | *0.00 |
| Weighted Daily Average | | | 768 | 59 | 1436 | 9.26 | 4.59 | 450.8 | 4486 | 46.33 | *42 | 28.06 | 109.58 | 25.68 | 5.89 | *0.00 |
| % of Calories | | | | | | | | | | | *22.1% | 14.6% | 57.0% | 30.1% | 6.9% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/08/2017 | | | | | | | | | | | | | | | | |
| 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 | 500 | 10 | 0 | 52 | 1.04 | 0.13 | 25.9 | 291 | 2.01 | 1 | 0.45 | 1.92 | 0.11 | 0.03 | 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 |
| 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 |
| 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 | 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 | 250 | 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 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 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 |
| sandwiches/ham/trky/ch/bar-ms. | sandwich | 500 | 361 | 29 | 773 | 3.75 | 2.16 | 235.9 | 152 | 0.3 | 9 | 18.02 | 40.01 | 15.43 | 4.53 | 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 |
| 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 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 | 100 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 814 | 69 | 1498 | 7.82 | 4.64 | 609.0 | 3617 | 8.64 | *32 | 37.67 | 87.03 | 35.65 | 10.07 | *0.00 |
| % of Calories | | | | | | | | | | | *15.6% | 18.5% | 42.7% | 39.4% | 11.1% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/09/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| chicken teriyaki^ | 4 EACH | 900 | 130 | 35 | 560 | 0.00 | 1.44 | 40.0 | 100 | 0.0 | *N/A* | 15.0 | 9.0 | 3.5 | 1.00 | *N/A* |
| brown rice,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 |
| 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 |
| 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 |
| banana,small^ | 1 each | 500 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 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 |
| sandwich, PBJ Welch's (17) | 2 EACH | 300 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 26 | 20.0 | 70.0 | 32.0 | 5.00 | 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 707 | 40 | 1205 | 8.35 | 4.80 | 441.3 | 4430 | 24.86 | *36 | 31.64 | 100.12 | 21.65 | 4.76 | *0.00 |
| % of Calories | | | | | | | | | | | *20.6% | 17.9% | 56.7% | 27.6% | 6.1% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

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 - 02/10/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| Pizza Nardone MS^ | 1 EACH | 900 | 325 | 33 | 635 | 3.00 | 2.70 | 425.0 | 350 | 6.0 | 4 | 20.0 | 29.0 | 15.0 | 8.50 | 0.00 |
| fish sw. | 1 each | 200 | 340 | 45 | 500 | 5.00 | 3.24 | 200.0 | 0 | 0.0 | 4 | 20.0 | 51.0 | 7.0 | 0.50 | 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 |
| 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 fruit cocktail^ | 1/2 cup | 125 | 60 | 0 | 10 | 0.00 | 0.00 | 0.0 | 200 | 1.2 | 11 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| fresh fruit salad^ | 1/2 cup | 125 | 39 | 0 | 6 | 0.86 | 0.24 | 9.9 | 625 | 19.89 | 9 | 0.6 | 9.81 | 0.18 | 0.04 | 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 |
| tartar sauce^ | 2 tbsp | 150 | 100 | 5 | 300 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.0 | 7.0 | 1.00 | 0.00 |
| oatmeal scotchies^ | 1 each | 1300 | 142 | 9 | 109 | 0.93 | 0.47 | 7.5 | 497 | 0.01 | *7 | 1.88 | 17.11 | 7.32 | 2.91 | *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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | 200 | 300 | 35 | 500 | 4.00 | 3.24 | 220.0 | 0 | 1.2 | 5 | 19.0 | 33.0 | 11.0 | 3.50 | 0.50 |
| cheese american^ | 1 slice | 175 | 53 | 14 | 211 | 0.00 | 0.03 | 78.0 | 136 | 0.0 | *N/A* | 3.14 | 0.23 | 4.43 | 2.79 | 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 |
| 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 |
| sidekicks juice slushie(17) | 1 each | 500 | 90 | 0 | 32 | 0.00 | 0.00 | 80.0 | 1000 | 60.0 | 18 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 676 | 55 | 1087 | 6.43 | 4.52 | 707.8 | 6975 | 32.33 | *36 | 30.71 | 83.97 | 24.94 | 10.50 | *0.07 |
| % of Calories | | | | | | | | | | | *21.5% | 18.2% | 49.7% | 33.2% | 14.0% | *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

Jan 30, 2017 thru Mar 24, 2017

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 - 02/13/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| lasagna w/beef crumbles^ | 1 EACH | 600 | 277 | 31 | 474 | 3.35 | 1.67 | 372.9 | 683 | 4.81 | *8 | 18.09 | 28.49 | 10.61 | 5.61 | 0.00 |
| ITALIAN BREAD: scratch^ | SLICE | 510 | 141 | 0 | 151 | 2.40 | 1.67 | 32.0 | 164 | 2.1 | *2 | 4.81 | 27.35 | 1.68 | 0.39 | *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 |
| apple fresh sliced^ | 1/2 cup | 500 | 29 | 0 | 1 | 1.32 | 0.07 | 3.3 | 30 | 2.53 | 6 | 0.14 | 7.6 | 0.09 | 0.02 | 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. (17) | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 622 | 53 | 1074 | 9.19 | 5.08 | 669.5 | 15201 | 23.37 | *31 | 30.03 | 86.71 | 18.68 | 7.51 | *0.07 |
| % of Calories | | | | | | | | | | | *19.8% | 19.3% | 55.7% | 27.0% | 10.9% | *0.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | | <10.00 |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/14/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| pork, pulled, unsauced SW(17) | 3 oz | 900 | 262 | 51 | 417 | 3.00 | 2.72 | 200.0 | 0 | 0.0 | 4 | 24.87 | 31.0 | 4.55 | 0.64 | 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 | 0.44 | 0.15 | 5.9 | 432 | 9.4 | *1 | 0.34 | 1.91 | 0.08 | 0.01 | *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 |
| 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 |
| 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 |
| bbq sauce^ | 2 TBSP | 900 | 40 | 0 | 390 | 0.00 | 0.00 | 0.0 | 200 | 6.0 | *N/A* | 0.0 | 9.0 | 0.0 | 0.00 | 0.00 |
| pickle slices^ | 2 EACH | 450 | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 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 | 90 | 14 | 0 | 17 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| taco, turkey meat (17) | 3 OZ | 400 | 120 | 60 | 405 | 0.00 | 1.62 | 60.0 | 0 | 0.0 | 0 | 13.5 | 3.0 | 6.75 | 2.25 | 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* |
| tomato fresh diced^ | 1/16 cup | 200 | 2 | 0 | 1 | 0.14 | 0.03 | 1.1 | 94 | 1.54 | 0 | 0.1 | 0.44 | 0.02 | 0.00 | 0.00 |
| onion, raw chopped | 1 TBSP | 100 | 4 | 0 | 0 | 0.17 | 0.02 | 2.3 | 0 | 0.74 | *N/A* | 0.11 | 0.93 | 0.01 | 0.00 | *N/A* |
| peppers, green, diced (17) | 1 TBSP | 100 | 2 | 0 | 0 | 0.16 | 0.03 | 0.9 | 34 | 7.49 | 0 | 0.08 | 0.43 | 0.02 | 0.01 | 0.00 |
| cheese mozz&cheddar shredded^ | 1 OZ | 400 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| salsa cup^ | 2 oz | 350 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 0.0 | 0.00 | 0.00 |
| ref beansw/salsa &cheese^ | 4 oz | 100 | 104 | 4 | 233 | 3.21 | 1.62 | 105.7 | 679 | 7.58 | *4 | 6.53 | 15.53 | 2.01 | 0.87 | 0.00 |
| sour cream, pouch^ | 1 each | 100 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Taco bar grain, MS | 1 EACH | 400 | 169 | 0 | 201 | 3.41 | 0.40 | 50.3 | 3 | 0.0 | *1 | 4.73 | 25.63 | 5.0 | 1.44 | *0.00 |
| Weighted Daily Average | | | 594 | 67 | 1344 | 8.04 | 4.62 | 584.7 | 2672 | 32.70 | *33 | 36.86 | 85.42 | 12.65 | 3.88 | *0.00 |
| % of Calories | | | | | | | | | | | *22.6% | 24.8% | 57.6% | 19.2% | 5.9% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 12

Generated on: 12/22/2016 11:08:16 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 - 02/15/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| quesadilla, chicken^ | 700 | | 320 | 20 | 770 | 4.00 | 2.70 | 200.0 | 300 | 0.0 | *N/A* | 18.0 | 38.0 | 11.0 | 2.50 | 0.00 |
| carrots, sunshine(16) | 1/2 CUP | 500 | 26 | 0 | 45 | 2.25 | 0.54 | 15.0 | 1313 | 1.8 | 3 | 0.75 | 5.25 | 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 |
| 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 |
| 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 |
| 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 |
| pudding cup,chocolate^ | 1/2 cup | 1300 | 80 | 0 | 140 | 0.00 | 0.36 | 100.0 | 75 | 0.0 | 15 | 2.0 | 20.0 | 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 |
| salsa cup^ | 2 oz | 500 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| sandwiches/ham/trky/ch/bar-ms. | sandwich | 500 | 361 | 29 | 773 | 3.75 | 2.16 | 235.9 | 152 | 0.3 | 9 | 18.02 | 40.01 | 15.43 | 4.53 | 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 |
| 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 |
| 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 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 0.1 | 0.02 | *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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 740 | 36 | 1473 | 7.88 | 4.97 | 658.3 | 4588 | 10.67 | *46 | 32.41 | 106.25 | 23.01 | 5.70 | *0.00 |
| % of Calories | | | | | | | | | | | *24.9% | 17.5% | 57.4% | 28.0% | 6.9% | *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

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Generated on: 12/22/2016 11:08:16 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 - 02/16/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| taco meat w/ beef crumbles^ | 3 OZ | 1000 | 129 | 28 | 427 | 0.66 | 2.09 | 23.7 | 462 | 2.59 | *1 | 13.15 | 4.22 | 6.68 | 2.84 | 0.00 |
| tortilla chips, 2 oz pkg^ | 2 oz | 1000 | 270 | 0 | 220 | 4.00 | 1.44 | 40.0 | 0 | 0.0 | 0 | 4.0 | 37.0 | 14.0 | 1.50 | 0.00 |
| cheese cheddar shredded^ | 1 oz | 1000 | 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 | 650 | 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 | 150 | 4 | 0 | 1 | 0.27 | 0.06 | 2.3 | 187 | 3.08 | 1 | 0.2 | 0.88 | 0.05 | 0.01 | 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 |
| 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 |
| banana,small^ | 1 each | 500 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 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^ | 1/8 cup | 500 | 10 | 0 | 70 | 0.00 | 0.36 | 20.0 | 500 | 6.0 | 1 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| dressing ranch light^ | 2 tbsp | 550 | 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 |
| sandwich, PBJ Welch's (17) | 2 EACH | 200 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 26 | 20.0 | 70.0 | 32.0 | 5.00 | 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 744 | 49 | 1227 | 8.59 | 5.18 | 615.1 | 4511 | 27.82 | *32 | 34.01 | 88.14 | 31.71 | 8.36 | *0.00 |
| % of Calories | | | | | | | | | | | *17.3% | 18.3% | 47.4% | 38.3% | 10.1% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Fri - 02/17/2017 | | | | | | | | | | | | | | | | |
| 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

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 14

Generated on: 12/22/2016 11:08:16 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 - 02/20/2017 | | | | | | | | | | | | | | | | |
| 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

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Generated on: 12/22/2016 11:08:16 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 - 02/21/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| pancakes^ | 2 EACH | 900 | 136 | 6 | 349 | 3.24 | 1.75 | 38.8 | 23 | 0.0 | 5 | 3.24 | 27.18 | 1.94 | 0.32 | 0.00 |
| sausage turkey patty^ | 2 EACH | 800 | 120 | 60 | 160 | 0.00 | 0.72 | 40.0 | 0 | 0.0 | 0 | 12.0 | 0.0 | 8.0 | 2.00 | 0.00 |
| potato triangles^ | 2 EACH | 1100 | 196 | 0 | 400 | 2.67 | 0.64 | 0.0 | 0 | 1.07 | 0 | 1.78 | 25.78 | 9.78 | 1.33 | 0.00 |
| cuke, red pepper, tomato cup^ | 1 EACH | 500 | 7 | 0 | 4 | 0.44 | 0.15 | 5.9 | 432 | 9.4 | *1 | 0.34 | 1.91 | 0.08 | 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 |
| 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 |
| 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(16) | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| chicken fajita meat | 3 OZ | 400 | 80 | 54 | 414 | 0.00 | 1.21 | 19.4 | 103 | 0.0 | 0 | 13.3 | 1.21 | 2.42 | 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* |
| tomato fresh diced^ | 1/16 cup | 200 | 2 | 0 | 1 | 0.14 | 0.03 | 1.1 | 94 | 1.54 | 0 | 0.1 | 0.44 | 0.02 | 0.00 | 0.00 |
| onion, raw chopped | 1 TBSP | 100 | 4 | 0 | 0 | 0.17 | 0.02 | 2.3 | 0 | 0.74 | *N/A* | 0.11 | 0.93 | 0.01 | 0.00 | *N/A* |
| peppers, green, diced (17) | 1 TBSP | 100 | 2 | 0 | 0 | 0.16 | 0.03 | 0.9 | 34 | 7.49 | 0 | 0.08 | 0.43 | 0.02 | 0.01 | 0.00 |
| cheese mozz&cheddar shredded^ | 1 OZ | 400 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| salsa cup^ | 2 oz | 350 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 0.0 | 0.00 | 0.00 |
| ref beansw/salsa &cheese^ | 4 oz | 100 | 104 | 4 | 233 | 3.21 | 1.62 | 105.7 | 679 | 7.58 | *4 | 6.53 | 15.53 | 2.01 | 0.87 | 0.00 |
| sour cream, pouch^ | 1 each | 100 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Taco bar grain, MS | 1 EACH | 400 | 169 | 0 | 201 | 3.41 | 0.40 | 50.3 | 3 | 0.0 | *1 | 4.73 | 25.63 | 5.0 | 1.44 | *0.00 |
| Weighted Daily Average | | | 709 | 71 | 1360 | 8.79 | 4.20 | 482.7 | 2589 | 46.43 | *43 | 28.53 | 101.57 | 21.99 | 5.22 | *0.00 |
| % of Calories | | | | | | | | | | | *24.1% | 16.1% | 57.3% | 27.9% | 6.6% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/22/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| shrimp poppers^ | 20 EACH | 700 | 180 | 45 | 530 | 3.00 | 1.44 | 40.0 | 100 | 0.0 | 1 | 9.0 | 21.0 | 7.0 | 1.00 | 0.00 |
| sweet potato waffle fries (16) | 4 OZ | 500 | 173 | 0 | 294 | 4.00 | 0.48 | 26.7 | 6003 | 1.6 | 8 | 1.33 | 28.02 | 6.67 | 0.67 | 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 |
| 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 |
| 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(16) | 1 tbsp | 400 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 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 |
| 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 |
| sandwiches/ham/trky/ch/bar-ms. | sandwich | 500 | 361 | 29 | 773 | 3.75 | 2.16 | 235.9 | 152 | 0.3 | 9 | 18.02 | 40.01 | 15.43 | 4.53 | 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 |
| 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 |
| 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 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 0.1 | 0.02 | *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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 640 | 47 | 1246 | 8.72 | 3.74 | 489.6 | 5981 | 8.49 | *35 | 26.26 | 86.81 | 22.59 | 5.10 | *0.00 |
| % of Calories | | | | | | | | | | | *21.9% | 16.4% | 54.2% | 31.8% | 7.2% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/23/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| pork tenderloin s/w^ | 1 each | 1000 | 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 | 500 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 | 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 |
| 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 |
| banana,small^ | 1 each | 500 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 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(16) | 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 |
| choc chip cookies usda^ | 1 each | 1300 | 130 | 12 | 85 | 0.90 | 0.50 | 4.0 | 366 | 0.0 | *9 | 1.62 | 16.62 | 6.78 | 2.62 | *0.00 |
| sandwich, PBJ Welch's (17) | 2 EACH | 200 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 26 | 20.0 | 70.0 | 32.0 | 5.00 | 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 874 | 91 | 1342 | 10.79 | 6.01 | 558.7 | 4251 | 19.92 | *49 | 34.05 | 119.06 | 32.08 | 8.44 | *0.00 |
| % of Calories | | | | | | | | | | | *22.5% | 15.6% | 54.5% | 33.0% | 8.7% | *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

Jan 30, 2017 thru Mar 24, 2017

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 - 02/24/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| pizza cheese16". | 1 EACH | 550 | 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 | 425 | 340 | 35 | 730 | 3.00 | 2.70 | 400.0 | 300 | 6.0 | 4 | 20.0 | 29.0 | 17.0 | 9.00 | 0.00 |
| fish sw. | 1 each | 200 | 340 | 45 | 500 | 5.00 | 3.24 | 200.0 | 0 | 0.0 | 4 | 20.0 | 51.0 | 7.0 | 0.50 | 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 | 125 | 35 | 0 | 1 | 1.42 | 0.15 | 9.9 | 100 | 16.72 | *6 | 0.44 | 9.04 | 0.16 | 0.03 | *0.00 |
| veggie cup^ | 1/2 cup | 500 | 18 | 0 | 20 | 1.30 | 0.56 | 19.4 | 1812 | 19.57 | *1 | 0.99 | 3.59 | 0.13 | 0.03 | *0.00 |
| pineapple chunks^ | 1/2 cup | 125 | 65 | 0 | 0 | 0.82 | 0.29 | 16.4 | 82 | 9.81 | 16 | 0.82 | 17.99 | 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 |
| 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 |
| tartar sauce^ | 2 tbsp | 150 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 0.00 |
| crisains 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 |
| hot dog with bun^ | 1 each | 125 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 | 0.50 |
| chili/no beans w/bfcrmbls | 1 oz | 50 | 30 | 3 | 115 | 0.49 | 0.51 | 7.0 | 243 | 2.44 | *2 | 2.05 | 3.24 | 1.05 | 0.37 | *0.00 |
| cheese mozz&cheddar shredded^ | 1 OZ | 50 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| pickle relish, sweet. | 1 tbsp | 50 | 15 | 0 | 110 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| sidekicks juice slushie(17) | 1 each | 500 | 90 | 0 | 32 | 0.00 | 0.00 | 80.0 | 1000 | 60.0 | 18 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 554 | 44 | 949 | 7.25 | 5.00 | 738.6 | 13173 | 43.14 | *29 | 29.88 | 69.84 | 18.53 | 8.15 | *0.04 |
| % of Calories | | | | | | | | | | | *21.0% | 21.6% | 50.4% | 30.1% | 13.2% | *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

Jan 30, 2017 thru Mar 24, 2017

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 - 02/27/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| spaghetti meat sauce^ | 1/2 cup | 700 | 188 | 37 | 155 | 1.81 | 1.97 | 30.4 | 427 | 5.97 | *8 | 10.68 | 11.18 | 11.29 | 4.02 | *0.00 |
| 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 |
| 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 |
| apple fresh sliced^ | 1/2 cup | 500 | 29 | 0 | 1 | 1.32 | 0.07 | 3.3 | 30 | 2.53 | 6 | 0.14 | 7.6 | 0.09 | 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 |
| 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 |
| ITALIAN BREAD: scratch^ | SLICE | 600 | 141 | 0 | 151 | 2.40 | 1.67 | 32.0 | 164 | 2.1 | *2 | 4.81 | 27.35 | 1.68 | 0.39 | *0.00 |
| dressing ranch light^ | 2 TBSP | 700 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 | 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 | 700 | 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. (17) | 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 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 636 | 60 | 1001 | 8.89 | 5.43 | 520.4 | 13727 | 23.51 | *32 | 28.12 | 86.34 | 21.14 | 7.21 | *0.07 |
| % of Calories | | | | | | | | | | | *19.9% | 17.7% | 54.3% | 29.9% | 10.2% | *0.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/28/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| chicken fajita flatbread^ | 3 OZ | 900 | 341 | 54 | 750 | 3.86 | 1.86 | 266.5 | 396 | 7.0 | *4 | 21.29 | 35.45 | 12.72 | 5.01 | 0.00 |
| spanish rice^ | 1/2 cup | 525 | 109 | 0 | 334 | 1.52 | 0.68 | 23.7 | 325 | 7.66 | *1 | 2.66 | 20.96 | 1.65 | 0.31 | *0.00 |
| roasted peppers and onion^ | 1/2 cup | 200 | 16 | 0 | 2 | 0.88 | 0.14 | 8.9 | 86 | 20.62 | *1 | 0.51 | 3.75 | 0.07 | 0.03 | *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* |
| 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 |
| 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 |
| 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 | 350 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 | 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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. | servng | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| pork, unsauced pulled (17) | 3 OZ | 400 | 102 | 51 | 217 | 0.00 | 0.92 | 0.0 | 0 | 0.0 | 0 | 17.87 | 0.0 | 2.55 | 0.64 | 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* |
| tomato fresh diced^ | 1/16 cup | 200 | 2 | 0 | 1 | 0.14 | 0.03 | 1.1 | 94 | 1.54 | 0 | 0.1 | 0.44 | 0.02 | 0.00 | 0.00 |
| onion, raw chopped | 1 TBSP | 100 | 4 | 0 | 0 | 0.17 | 0.02 | 2.3 | 0 | 0.74 | *N/A* | 0.11 | 0.93 | 0.01 | 0.00 | *N/A* |
| peppers, green, diced (17) | 1 TBSP | 100 | 2 | 0 | 0 | 0.16 | 0.03 | 0.9 | 34 | 7.49 | 0 | 0.08 | 0.43 | 0.02 | 0.01 | 0.00 |
| cheese mozz&cheddar shredded^ | 1 OZ | 400 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| salsa cup^ | 2 oz | 350 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 0.0 | 0.00 | 0.00 |
| ref beansw/salsa &cheese^ | 4 oz | 100 | 104 | 4 | 233 | 3.21 | 1.62 | 105.7 | 679 | 7.58 | *4 | 6.53 | 15.53 | 2.01 | 0.87 | 0.00 |
| sour cream, pouch^ | 1 each | 100 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Taco bar grain, MS | 1 EACH | 400 | 169 | 0 | 201 | 3.41 | 0.40 | 50.3 | 3 | 0.0 | *1 | 4.73 | 25.63 | 5.0 | 1.44 | *0.00 |
| Weighted Daily Average | | | 611 | 67 | 1222 | 7.58 | 3.70 | 619.1 | 3175 | 39.95 | *28 | 34.37 | 78.62 | 17.66 | 6.38 | *0.00 |
| % of Calories | | | | | | | | | | | *18.6% | 22.5% | 51.4% | 26.0% | 9.4% | *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

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Generated on: 12/22/2016 11:08:17 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 - 03/01/2017 | | | | | | | | | | | | | | | | |
| 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 | 220 | 4.00 | 1.44 | 40.0 | 0 | 0.0 | 0 | 4.0 | 37.0 | 14.0 | 1.50 | 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 |
| 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 |
| fresh fruit salad^ | 1/2 cup | 500 | 39 | 0 | 6 | 0.86 | 0.24 | 9.9 | 625 | 19.89 | 9 | 0.6 | 9.81 | 0.18 | 0.04 | 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 |
| 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 | 600 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 | 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 |
| 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 |
| 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 |
| sandwiches/ham/trky/ch/bar-ms. | sandwich | 500 | 361 | 29 | 773 | 3.75 | 2.16 | 235.9 | 152 | 0.3 | 9 | 18.02 | 40.01 | 15.43 | 4.53 | 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 |
| 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 757 | 59 | 1571 | 7.55 | 4.44 | 666.3 | 6885 | 17.65 | *32 | 33.24 | 85.22 | 34.01 | 10.68 | *0.00 |
| % of Calories | | | | | | | | | | | *16.9% | 17.6% | 45.0% | 40.4% | 12.7% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | | <10.00 |

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

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Generated on: 12/22/2016 11:08:17 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 - 03/02/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| sloppy joe original recipe^ | 3/8 cup | 900 | 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 | 800 | 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 | 500 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 | 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 |
| 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 |
| banana,small^ | 1 each | 500 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 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 | 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(16) | 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 |
| sandwich, PBJ Welch's (17) | 2 EACH | 300 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 26 | 20.0 | 70.0 | 32.0 | 5.00 | 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 782 | 63 | 1233 | 8.93 | 5.68 | 524.1 | 4082 | 21.35 | *47 | 35.33 | 100.09 | 29.09 | 8.32 | *0.00 |
| % of Calories | | | | | | | | | | | *24.2% | 18.1% | 51.2% | 33.5% | 9.6% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

Page 23

Generated on: 12/22/2016 11:08:17 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 - 03/03/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | | | | | | | | | | | | | | | | |
| | Total | 1400 | | | | | | | | | | | | | | |
| chicken strips^ | 4 EACH | 900 | 245 | 45 | 511 | 2.67 | 2.67 | 26.7 | 112 | 116.0 | 0 | 20.0 | 17.33 | 10.67 | 2.67 | 0.00 |
| fish sw. | 1 each | 200 | 340 | 45 | 500 | 5.00 | 3.24 | 200.0 | 0 | 0.0 | 4 | 20.0 | 51.0 | 7.0 | 0.50 | 0.00 |
| rolls, hot^ | 1 oz | 1000 | 103 | 6 | 117 | 1.15 | 0.96 | 33.9 | 226 | 1.74 | *2 | 2.51 | 14.57 | 3.92 | 1.05 | *0.00 |
| potatoes mashed^ | 1/2 cup | 1000 | 80 | 0 | 310 | 1.00 | 0.36 | 20.0 | 0 | 3.6 | 1 | 2.0 | 17.0 | 1.0 | 0.00 | 0.00 |
| gravy, chicken^ | 2 oz | 1000 | 21 | 0 | 231 | 0.00 | 0.01 | 1.2 | 0 | 0.0 | *0 | 0.0 | 4.16 | 0.0 | 0.00 | *0.00 |
| veggie cup^ | 1/2 cup | 500 | 18 | 0 | 20 | 1.30 | 0.56 | 19.4 | 1812 | 19.57 | *1 | 0.99 | 3.59 | 0.13 | 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 cup,cinn usda(16) | 4 oz | 125 | 50 | 0 | 15 | 1.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 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 |
| ketchup(16) | 1 tbsp | 450 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| 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 |
| tartar sauce^ | 2 tbsp | 150 | 100 | 5 | 300 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 5 | 0.0 | 7.0 | 7.0 | 1.00 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | 200 | 300 | 35 | 500 | 4.00 | 3.24 | 220.0 | 0 | 1.2 | 5 | 19.0 | 33.0 | 11.0 | 3.50 | 0.50 |
| cheese american^ | 1 slice | 175 | 53 | 14 | 211 | 0.00 | 0.03 | 78.0 | 136 | 0.0 | *N/A* | 3.14 | 0.23 | 4.43 | 2.79 | 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 |
| 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 |
| sidekicks juice slushie(17) | 1 each | 500 | 90 | 0 | 32 | 0.00 | 0.00 | 80.0 | 1000 | 60.0 | 18 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 654 | 59 | 1450 | 6.34 | 4.91 | 473.1 | 3391 | 117.39 | *31 | 32.19 | 87.88 | 19.65 | 4.80 | *0.07 |
| % of Calories | | | | | | | | | | | *19.0% | 19.7% | 53.8% | 27.1% | 6.6% | *0.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

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 - 03/06/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| chicken parmesan w/ spaghetti^ | 1 each | 700 | 305 | 38 | 559 | 5.07 | 3.02 | 136.5 | 331 | 90.0 | *5 | 21.42 | 31.04 | 11.24 | 3.55 | 0.00 |
| bread:scratch italian ms | 2 oz | 700 | 141 | 0 | 151 | 2.39 | 1.66 | 32.0 | 164 | 2.1 | *2 | 4.81 | 27.41 | 1.68 | 0.39 | *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* |
| 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 |
| apple fresh sliced^ | 1/2 cup | 500 | 29 | 0 | 1 | 1.32 | 0.07 | 3.3 | 30 | 2.53 | 6 | 0.14 | 7.6 | 0.09 | 0.02 | 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 |
| 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/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 | 600 | 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. (17) | 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 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 680 | 57 | 1126 | 10.64 | 6.10 | 579.0 | 15201 | 66.40 | *30 | 33.30 | 94.97 | 20.40 | 6.79 | *0.07 |
| % of Calories | | | | | | | | | | | *17.9% | 19.6% | 55.8% | 27.0% | 9.0% | *0.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/07/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| french toast stk (17) | 3 EACH | 900 | 360 | 15 | 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 | 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 roasted red skin^ | 1/2 cup | 750 | 67 | 0 | 95 | 1.11 | 0.40 | 0.0 | 0 | 1.34 | 1 | 2.23 | 14.47 | 0.56 | 0.00 | 0.00 |
| cuke, red pepper, tomato cup^ | 1 EACH | 500 | 7 | 0 | 4 | 0.44 | 0.15 | 5.9 | 432 | 9.4 | *1 | 0.34 | 1.91 | 0.08 | 0.01 | *0.00 |
| spiced apples,warmed^ | 1/2 cup | 500 | 79 | 0 | 11 | 1.58 | 0.01 | 1.4 | 46 | 0.0 | 18 | 0.01 | 19.7 | 0.01 | 0.00 | 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 |
| 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 |
| 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 |
| 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(16) | 1 tbsp | 500 | 20 | 0 | 160 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 4 | 0.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| shrimp poppers^ | 20 EACH | 400 | 180 | 45 | 530 | 3.00 | 1.44 | 40.0 | 100 | 0.0 | 1 | 9.0 | 21.0 | 7.0 | 1.00 | 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* |
| tomato fresh diced^ | 1/16 cup | 200 | 2 | 0 | 1 | 0.14 | 0.03 | 1.1 | 94 | 1.54 | 0 | 0.1 | 0.44 | 0.02 | 0.00 | 0.00 |
| onion, raw chopped | 1 TBSP | 100 | 4 | 0 | 0 | 0.17 | 0.02 | 2.3 | 0 | 0.74 | *N/A* | 0.11 | 0.93 | 0.01 | 0.00 | *N/A* |
| peppers, green, diced (17) | 1 TBSP | 100 | 2 | 0 | 0 | 0.16 | 0.03 | 0.9 | 34 | 7.49 | 0 | 0.08 | 0.43 | 0.02 | 0.01 | 0.00 |
| cheese mozz&cheddar shredded^ | 1 OZ | 400 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| salsa cup^ | 2 oz | 350 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 0.0 | 0.00 | 0.00 |
| ref beansw/salsa &cheese^ | 4 oz | 100 | 104 | 4 | 233 | 3.21 | 1.62 | 105.7 | 679 | 7.58 | *4 | 6.53 | 15.53 | 2.01 | 0.87 | 0.00 |
| sour cream, pouch^ | 1 each | 100 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Taco bar grain, MS | 1 EACH | 400 | 169 | 0 | 201 | 3.41 | 0.40 | 50.3 | 3 | 0.0 | *1 | 4.73 | 25.63 | 5.0 | 1.44 | *0.00 |
| Weighted Daily Average | | | 735 | 74 | 1141 | 7.50 | 3.43 | 495.6 | 2580 | 29.25 | *43 | 30.81 | 106.37 | 21.99 | 5.21 | *0.00 |
| % of Calories | | | | | | | | | | | *23.7% | 16.8% | 57.9% | 26.9% | 6.4% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

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) |
|--|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/08/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| taco meat w/ beef crumbles [^] | 3 OZ | 800 | 129 | 28 | 427 | 0.66 | 2.09 | 23.7 | 462 | 2.59 | *1 | 13.15 | 4.22 | 6.68 | 2.84 | 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 | 104 | 4 | 233 | 3.21 | 1.62 | 105.7 | 679 | 7.58 | *4 | 6.53 | 15.53 | 2.01 | 0.87 | 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 |
| 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 |
| 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 |
| 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 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 0.0 | 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 |
| 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 |
| sandwiches/ham/trky/ch/bar-ms. | sandwich | 500 | 361 | 29 | 773 | 3.75 | 2.16 | 235.9 | 152 | 0.3 | 9 | 18.02 | 40.01 | 15.43 | 4.53 | 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 |
| 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 687 | 50 | 1418 | 8.37 | 4.41 | 682.0 | 3271 | 13.50 | *32 | 36.22 | 83.33 | 25.36 | 8.17 | *0.00 |
| % of Calories | | | | | | | | | | | *18.9% | 21.1% | 48.5% | 33.2% | 10.7% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/09/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| turkey tenderloin sw [^] | 1 each | 1000 | 480 | 50 | 520 | 5.00 | 3.60 | 220.0 | 0 | 0.0 | 4 | 23.0 | 48.0 | 23.0 | 5.00 | 0.00 |
| baked beans [^] | 1/2 cup | 400 | 162 | 0 | 559 | 5.19 | 2.01 | 47.1 | 151 | 1.22 | 17 | 7.32 | 37.2 | 0.0 | 0.00 | 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 |
| applesauce cup,cinn usda(16) | 4 oz | 500 | 50 | 0 | 15 | 1.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| banana,small [^] | 1 each | 500 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 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(16) | 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 [^] | 2 tsp | 150 | 0 | 0 | 120 | 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 | 850 | 0 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 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 |
| sandwich, PBJ Welch's (17) | 2 EACH | 200 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 26 | 20.0 | 70.0 | 32.0 | 5.00 | 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| WHOLE WHEAT SUGAR COOK IES | 1 COOKIE | 1 | 175 | 13 | 197 | 1.85 | 0.70 | 28.0 | 2249 | 0.01 | *16 | 2.67 | 28.07 | 6.13 | 2.64 | *0.00 |
| Weighted Daily Average | | | 775 | 51 | 1215 | 9.95 | 5.40 | 537.4 | 3763 | 40.83 | *39 | 34.17 | 101.53 | 28.65 | 6.37 | *0.00 |
| % of Calories | | | | | | | | | | | *20.3% | 17.6% | 52.4% | 33.3% | 7.4% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/10/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| Chick,mand.org/ br rice^ | 900 | 266 | 40 | 283 | 1.05 | 1.17 | 8.2 | 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 |
| fish sw. | 1 each | 200 | 340 | 45 | 500 | 5.00 | 3.24 | 200.0 | 0 | 0.0 | 4 | 20.0 | 51.0 | 7.0 | 0.50 | 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 |
| veggie cup^ | 1/2 cup | 500 | 18 | 0 | 20 | 1.30 | 0.56 | 19.4 | 1812 | 19.57 | *1 | 0.99 | 3.59 | 0.13 | 0.03 | *0.00 |
| pineapple chunks^ | 1/2 cup | 125 | 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 | 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 | 250 | 70 | 10 | 350 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 7.0 | 4.5 | 0.50 | 0.00 |
| tartar sauce^ | 2 tbsp | 150 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 0.00 |
| crainsins 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 |
| sidekicks juice slushie(17) | 1 each | 500 | 90 | 0 | 32 | 0.00 | 0.00 | 80.0 | 1000 | 60.0 | 18 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 645 | 61 | 908 | 8.54 | 7.76 | 574.0 | 11344 | 59.75 | *41 | 30.98 | 102.14 | 13.52 | 2.76 | *0.00 |
| % of Calories | | | | | | | | | | | *25.2% | 19.2% | 63.4% | 18.9% | 3.8% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Mon - 03/13/2017 | | | | | | | | | | | | | | | | |
| 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 | |

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

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/14/2017 | | | | | | | | | | | | | | | | |
| 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 |

| | | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|------|--------|
| Wed - 03/15/2017 | | | | | | | | | | | | | | | | |
| 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 |

| | | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|------|--------|
| Thu - 03/16/2017 | | | | | | | | | | | | | | | | |
| 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 |

| | | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|------|--------|
| Fri - 03/17/2017 | | | | | | | | | | | | | | | | |
| 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

Jan 30, 2017 thru Mar 24, 2017

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 - 03/20/2017 | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| apple fresh sliced^ | 1/2 cup | 500 | 29 | 0 | 1 | 1.32 | 0.07 | 3.3 | 30 | 2.53 | 6 | 0.14 | 7.6 | 0.09 | 0.02 | 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(16) | 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/meat alt.-potatobar^ | 1 each | 450 | 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 | 500 | 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. (17) | 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 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 575 | 59 | 1039 | 8.37 | 3.85 | 549.8 | 6483 | 16.73 | *32 | 24.13 | 79.06 | 18.39 | 6.51 | *0.05 |
| % of Calories | | | | | | | | | | | *22.5% | 16.8% | 55.0% | 28.8% | 10.2% | *0.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/21/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| breakfast sandwich^ | 1 each | 900 | 278 | 159 | 626 | 3.00 | 2.55 | 198.0 | 336 | 0.0 | *1 | 17.14 | 24.23 | 12.93 | 4.79 | 0.00 |
| potato triangles^ | 2 EACH | 900 | 196 | 0 | 400 | 2.67 | 0.64 | 0.0 | 0 | 1.07 | 0 | 1.78 | 25.78 | 9.78 | 1.33 | 0.00 |
| cuke, red pepper, tomato cup^ | 1 EACH | 500 | 7 | 0 | 4 | 0.44 | 0.15 | 5.9 | 432 | 9.4 | *1 | 0.34 | 1.91 | 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 |
| 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 |
| 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(16) | 1 tbsp | 985 | 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 | 100 | 14 | 0 | 17 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| taco meat w/ beef crumbles^ | 3 oz | 400 | 129 | 28 | 427 | 0.66 | 2.09 | 23.7 | 462 | 2.59 | *1 | 13.15 | 4.22 | 6.68 | 2.84 | 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* |
| tomato fresh diced^ | 1/16 cup | 200 | 2 | 0 | 1 | 0.14 | 0.03 | 1.1 | 94 | 1.54 | 0 | 0.1 | 0.44 | 0.02 | 0.00 | 0.00 |
| onion, raw chopped | 1 TBSP | 100 | 4 | 0 | 0 | 0.17 | 0.02 | 2.3 | 0 | 0.74 | *N/A* | 0.11 | 0.93 | 0.01 | 0.00 | *N/A* |
| peppers, green, diced (17) | 1 TBSP | 100 | 2 | 0 | 0 | 0.16 | 0.03 | 0.9 | 34 | 7.49 | 0 | 0.08 | 0.43 | 0.02 | 0.01 | 0.00 |
| cheese mozz&cheddar shredded^ | 1 OZ | 400 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| salsa cup^ | 2 oz | 350 | 20 | 0 | 137 | 0.00 | 0.70 | 0.0 | 196 | 4.69 | 2 | 0.0 | 3.91 | 0.0 | 0.00 | 0.00 |
| ref beansw/salsa &cheese^ | 4 oz | 100 | 104 | 4 | 233 | 3.21 | 1.62 | 105.7 | 679 | 7.58 | *4 | 6.53 | 15.53 | 2.01 | 0.87 | 0.00 |
| sour cream, pouch^ | 1 each | 100 | 25 | 0 | 30 | 0.00 | 0.00 | 60.0 | 200 | 0.0 | 2 | 2.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Taco bar grain, MS | 1 EACH | 400 | 169 | 0 | 201 | 3.41 | 0.40 | 50.3 | 3 | 0.0 | *1 | 4.73 | 25.63 | 5.0 | 1.44 | *0.00 |
| Weighted Daily Average | | | 657 | 127 | 1375 | 7.38 | 4.34 | 556.3 | 2989 | 30.39 | *28 | 30.32 | 81.74 | 24.30 | 7.57 | *0.00 |
| % of Calories | | | | | | | | | | | *17.2% | 18.5% | 49.8% | 33.3% | 10.4% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/22/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| pizza sticks (2 sticks)(17) | 2 EACH | 800 | 300 | 30 | 480 | 2.00 | 2.16 | 400.0 | 200 | 0.0 | 4 | 20.0 | 30.0 | 12.0 | 6.00 | 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* |
| 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 |
| 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 |
| 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 |
| 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 | 40 | 0 | 458 | 0.00 | 0.54 | 9.9 | 497 | 5.97 | *N/A* | 0.0 | 5.97 | 1.49 | 0.00 | *N/A* |
| 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 | 100 | 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 |
| sandwiches/ham/trky/ch/bar-ms. | sandwich | 500 | 361 | 29 | 773 | 3.75 | 2.16 | 235.9 | 152 | 0.3 | 9 | 18.02 | 40.01 | 15.43 | 4.53 | 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 |
| 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 646 | 39 | 1346 | 7.94 | 4.83 | 698.3 | 11127 | 13.82 | *32 | 31.92 | 83.83 | 22.30 | 7.16 | *0.00 |
| % of Calories | | | | | | | | | | | *20.0% | 19.8% | 51.9% | 31.1% | 10.0% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/23/2017 | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| applesauce cup,cinn usda(16) | 4 oz | 500 | 50 | 0 | 15 | 1.00 | 0.00 | 0.0 | 0 | 60.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| banana,small^ | 1 each | 500 | 90 | 0 | 1 | 2.63 | 0.26 | 5.1 | 65 | 8.79 | 12 | 1.1 | 23.07 | 0.33 | 0.11 | 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 |
| sandwich, PBJ Welch's (17) | 2 EACH | 300 | 620 | 0 | 600 | 8.00 | 2.88 | 120.0 | 0 | 0.0 | 26 | 20.0 | 70.0 | 32.0 | 5.00 | 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 |
| 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 | | | 760 | 59 | 1232 | 10.08 | 5.88 | 687.8 | 3844 | 45.34 | *41 | 40.80 | 100.78 | 23.44 | 7.53 | *0.00 |
| % of Calories | | | | | | | | | | | *21.6% | 21.5% | 53.0% | 27.7% | 8.9% | *0.0% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/24/2017 | | | | | | | | | | | | | | | | |
| Middle School Lunch Menu | Total | 1400 | | | | | | | | | | | | | | |
| popcorn chicken bowl^ | 1 serving | 900 | 260 | 22 | 846 | 3.19 | 1.83 | 48.8 | 115 | 4.67 | *2 | 12.19 | 37.76 | 7.07 | 1.30 | *0.00 |
| fish sw. | 1 each | 200 | 340 | 45 | 500 | 5.00 | 3.24 | 200.0 | 0 | 0.0 | 4 | 20.0 | 51.0 | 7.0 | 0.50 | 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 |
| kiwi, whole^ | 1 each | 125 | 46 | 0 | 2 | 2.27 | 0.23 | 25.7 | 66 | 70.17 | *N/A* | 0.86 | 11.1 | 0.39 | 0.02 | *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 |
| 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 |
| tartar sauce^ | 2 tbsp | 150 | 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 | 1.00 | 0.22 | 12.6 | 1318 | 17.78 | *1 | 0.57 | 2.91 | 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. | 1 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 | 60 | 3 | 248 | 0.00 | 0.00 | 0.0 | 33 | 0.0 | 2 | 0.0 | 4.67 | 4.33 | 0.50 | 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 |
| hot dog with bun^ | 1 each | 200 | 320 | 35 | 790 | 3.00 | 2.16 | 200.0 | 0 | 0.0 | 4 | 13.0 | 32.0 | 17.0 | 7.00 | 0.50 |
| chili/no beans w/bfcrmbls | 1 oz | 100 | 30 | 3 | 115 | 0.49 | 0.51 | 7.0 | 243 | 2.44 | *2 | 2.05 | 3.24 | 1.05 | 0.37 | *0.00 |
| cheese mozz&cheddar shredded^ | 1 OZ | 100 | 83 | 17 | 182 | 0.00 | 0.05 | 232.0 | 163 | 0.0 | *N/A* | 7.23 | 0.66 | 5.6 | 3.64 | 0.00 |
| pickle relish, sweet. | 1 tbsp | 100 | 15 | 0 | 110 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| sidekicks juice slushie(17) | 1 each | 500 | 90 | 0 | 32 | 0.00 | 0.00 | 80.0 | 1000 | 60.0 | 18 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 661 | 47 | 1257 | 6.45 | 4.66 | 502.1 | 3089 | 39.58 | *30 | 27.08 | 93.41 | 20.54 | 5.16 | *0.07 |
| % of Calories | | | | | | | | | | | *18.4% | 16.4% | 56.5% | 28.0% | 7.0% | *0.1% |
| Nutrient Guideline | | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |
| | | | | | | | | | | | | | | | | |
| Weighted Average | | | 686 | 62 | 1250 | 8.34 | 4.85 | 586.0 | 6115 | 32.13 | *36 | 31.70 | 91.83 | 22.81 | 6.71 | *0.02 |
| | | | | | | | | | | | *47.0% | 18.5% | 53.5% | 29.9% | 8.8% | *0.0% |

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Linn-Mar Community Schools

Jan 30, 2017 thru Mar 24, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Generated on: 12/22/2016 11:08:17 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 | 686 | | 600 - 700 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 62 | | | | | | | | | | | | | | | | |
| Sodium (mg) | 1250 | | 1360 | | | | | | | | | | | | | | |
| Fiber (g) | 8.34 | | | | | | | | | | | | | | | | |
| Iron (mg) | 4.85 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 586.0 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 6115 | | | | | | | | | | | | | | | | |
| Sugars (g) | 36 | 20.90% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 32.13 | | | | | | | | | | | | | | | | |
| Protein (g) | 31.70 | 18.48% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 91.83 | 53.54% | | | | | | | | | | | | | | | |
| Total Fat (g) | 22.81 | 29.93% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.71 | 8.81% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.02 | 0.03% | | | | Missing | | | | | | | | | | | |

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