

# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
<b>Mon - 03/27/2017</b>																
Middle School Lunch Menu	Total	1400														
bbq pork rib patty sw <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Tue - 03/28/2017																
Middle School Lunch Menu	Total	1400														
waffle, Aunt Jemima WG <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/29/2017																
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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	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 <sup>1</sup> (g)
Thu - 03/30/2017																
Middle School Lunch Menu	Total	1400														
chicken teriyaki <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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	

Fri - 03/31/2017																
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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Mon - 04/03/2017																
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	

\*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

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Tue - 04/04/2017																
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

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Wed - 04/05/2017																
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	

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Thu - 04/06/2017																
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	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Fri - 04/07/2017																
Middle School Lunch Menu	Total	1400														
chicken patty (4ozGold) s/w.	1 EACH	700	376	45	776	5.00	2.80	221.0	188	0.0	5	27.0	47.0	10.0	1.00	0.00
fish sw.	1 each	400	340	45	500	5.00	3.24	200.0	0	0.0	4	20.0	51.0	7.0	0.50	0.00
corn^	1/2 cup	800	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00	0.00
tomato fresh sliced^	1/4 cup	500	7	0	2	0.48	0.11	4.0	333	5.48	1	0.35	1.56	0.08	0.01	0.00
lettuce,shredded^	1/2 cup	500	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01	*N/A*
mandarin oranges^	1/2 cup	125	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
fruit, fresh, variety^	1/2 CUP	125	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03	*0.00
juice cup variety^	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00	0.00
dressing ranch light^	2 tbsp	400	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50	0.00
ketchup(16)	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00	0.00
tartar sauce^	2 tbsp	350	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00	0.00
milk vty half pints^	1 each	1300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50	0.00
meat/ma/diced ham /cheese/ms.	2 oz	90	118	37	357	0.00	0.41	232.0	163	0.6	*0	11.73	0.66	7.1	4.14	0.00
romaine lettuce^	1 cup	100	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09	*N/A*
vegetables fresh/sal/bar.	1/2 cup	100	14	0	17	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
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			678	50	1113	9.71	7.75	690.8	10705	50.92	*39	33.13	105.34	15.78	2.51	*0.00
% of Calories											*22.8%	19.5%	62.2%	21.0%	3.3%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Mon - 04/10/2017																
Middle School Lunch Menu	Total	1400														
meatball sandwich^	1 each	600	370	48	556	4.35	4.10	302.3	189	1.82	*6	26.08	36.81	14.67	5.32	0.00
green beans,steamed^	1/2 cup	275	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	300	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	150	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			612	62	1058	7.75	4.94	619.9	7995	20.01	*30	31.78	79.48	19.86	7.45	*0.07
% of Calories											*19.4%	20.8%	52.0%	29.2%	11.0%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Tue - 04/11/2017																
Middle School Lunch Menu																
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
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
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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Wed - 04/12/2017																
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	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Thu - 04/13/2017																
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	

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

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Fri - 04/14/2017																
Middle School Lunch Menu	Total	1400														
pizza cheese 16".	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
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
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	

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Mon - 04/17/2017																
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

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Tue - 04/18/2017																
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Wed - 04/19/2017																
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	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Thu - 04/20/2017																
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	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Fri - 04/21/2017																
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.	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
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	

Mon - 04/24/2017																
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

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 04/25/2017																
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
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
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

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			735	74	1141	7.50	3.43	495.6	2580	29.25	*43 *23.7%	30.81 16.8%	106.37 57.9%	21.99 26.9%	5.21 6.4%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Wed - 04/26/2017																
Middle School Lunch Menu	Total	1400														
taco meat w/ beef crumbles <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	2 tbspc	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	2 tbspc	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 % of Calories			687	50	1418	8.37	4.41	682.0	3271	13.50	*32 *18.9%	36.22 21.1%	83.33 48.5%	25.36 33.2%	8.17 10.7%	*0.00 *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

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Thu - 04/27/2017																
Middle School Lunch Menu	Total	1400														
turkey tenderloin sw <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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 <sup>^</sup>	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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 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 <sup>1</sup> (g)
Fri - 04/28/2017																
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^	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
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
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	
Weighted Average			695	58	1251	8.50	5.03	578.3	6277	32.41	*37	32.24	93.49	22.97	6.49	*0.02
											*47.3%	18.6%	53.8%	29.8%	8.4%	*0.0%

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# Linn-Mar Community Schools

Mar 27, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	695		600 - 700	100%													
Cholesterol (mg)	58																
Sodium (mg)	1251		1360														
Fiber (g)	8.50																
Iron (mg)	5.03																
Calcium (mg)	578.3																
Vitamin A (IU)	6277																
Sugars (g)	37	21.03%				Missing											
Vitamin C (mg)	32.41																
Protein (g)	32.24	18.56%															
Carbohydrate (g)	93.49	53.82%															
Total Fat (g)	22.97	29.76%															
Saturated Fat (g)	6.49	8.40%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.02	0.02%				Missing											

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