

# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Thu - 08/23/2018														
Middle School Lunch Menu														
	Total													
	Chick,mand.org/ br rice	266	40	283	1.05	1.17	8.7	0	1.2	*10	13.4	42.36	4.35	0.74
	egg roll,chick/veg,whlgr	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
	pea pods crunchy	36	0	0	1.82	0.66	36.4	182	8.2	3	1.82	6.38	0.0	0.00
	cuke, red pepper, tomato cup	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
	mandarin oranges^	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
	fruit, fresh, variety	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	milk vty half pints^	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
	yogurt bar ms	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
	salad bar ms	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	sweet & sour sauce^	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
	soy sauce	.5 oz	5	620	0.00	0.00	0.0	0	0.0	1	0.5	0.5	0.0	0.00
	Weighted Daily Average	557	57	837	6.85	4.14	370.5	4593	47.59	*42	27.45	91.19	9.80	2.10
	% of Calories									*29.9%	19.7%	65.5%	15.8%	3.4%
	Nutrient Guideline	600-700		1360										<10.00

Fri - 08/24/2018														
Middle School Lunch Menu														
	Total													
	chicken patty (4ozGold) s/w	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
	baked beans^	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
	tomato fresh sliced	5	0	1	0.32	0.07	2.7	225	3.7	1	0.24	1.05	0.05	0.01
	lettuce,shredded^	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
	grapes, red seedless^	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
	fruit, fresh, variety	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	milk vty half pints^	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
	quesadilla chicken	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
	lettuce and tomato	6	0	2	0.44	0.37	10.8	1005	2.56	*0	0.47	1.05	0.08	0.01
	salsa cup^	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
	sour cream, pouch	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
	salad bar ms	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	ketchup^	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
	mustard^	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
	pickle slices^	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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

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

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

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Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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

Mon - 08/27/2018														
Middle School Lunch Menu	Total													
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5	10.50
marinara sauce cup^	2 oz	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00
lettuce & tomato	1/2 cup	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad bar ms	EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		605	56	1213	7.37	2.74	336.8	3787	30.08	*38	30.96	79.10	20.23	9.48
% of Calories										*24.8%	20.5%	52.3%	30.1%	14.1%
Nutrient Guideline		600-700		1360										<10.00

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 08/28/2018														
Middle School Lunch Menu	Total													
crisпитos w/ cheese sauce	1 EACH	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
lettuce,shredded^	1 cup	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
kiwi,whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39	0.02
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average		633	55	1109	7.20	3.50	414.4	2399	38.27	*15	28.01	65.47	28.64	7.96
% of Calories										*9.6%	17.7%	41.3%	40.7%	11.3%
Nutrient Guideline		600-700		1360										<10.00

Wed - 08/29/2018														
Middle School Lunch Menu	Total													
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
bread italian MS HS	slice	141	0	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
sandwich bar ms	1 each	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
honey dijon mustard dressing	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00

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Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		601	40	922	5.94	4.01	315.9	3919	42.08	*35	28.91	85.15	16.35	2.29
% of Calories										*23.5%	19.2%	56.7%	24.5%	3.4%
Nutrient Guideline		600-700		1360										<10.00

Thu - 08/30/2018														
Middle School Lunch Menu	Total													
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
baked beans^	1/2 CUP	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
cuke, red pepper, tomato cup	1 EACH	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		602	68	993	8.37	4.78	509.5	3752	31.33	*41	25.90	93.96	15.81	3.88
% of Calories										*27.0%	17.2%	62.4%	23.6%	5.8%
Nutrient Guideline		600-700		1360										<10.00

Fri - 08/31/2018														
Middle School Lunch Menu	Total													
pizza 5" cheese ^	1 each	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza 5" pepperoni^	1 EACH	320	15	650	5.00	2.70	200.0	300	0.0	5	16.0	39.0	12.0	3.50
lettuce & tomato	1/2 cup	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
applesauce	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
choc chip cookies w/lq egg	1 each	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		602	32	844	9.35	4.46	450.8	4555	39.20	*36	23.60	88.89	18.78	6.31
% of Calories										*23.6%	15.7%	59.0%	28.1%	9.4%
Nutrient Guideline		600-700		1360										<10.00

Mon - 09/03/2018														
Middle School Lunch Menu	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00

Tue - 09/04/2018														
Middle School Lunch Menu	Total													
chicken teriyaki^	4 EACH	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
rolls, hot^	1.5 oz	154	9	175	1.72	1.44	50.9	339	2.61	*3	3.77	21.86	5.87	1.58
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
green beans, steamed^	1/2 cup	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
soy sauce	.5 oz	5	0	620	0.00	0.00	0.0	0	0.0	1	0.5	0.5	0.0	0.00
Weighted Daily Average		603	52	1238	7.77	5.66	456.1	6780	45.41	*39	30.97	85.53	16.31	4.17
% of Calories										*25.8%	20.5%	56.7%	24.3%	6.2%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/05/2018														
Middle School Lunch Menu	Total													
fish sw^	1 EACH	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
chicken patty/hot /spicy sw	sandwich	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
tartar sauce^	1 tbsp	50	2	150	0.00	0.00	0.0	0	0.0	2	0.0	3.5	3.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwich bar ms	1 each	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		600	37	1036	10.04	6.29	554.5	1839	52.21	*33	33.77	95.42	11.54	2.05
% of Calories										*22.0%	22.5%	63.6%	17.3%	3.1%
Nutrient Guideline		600-700		1360										<10.00

Thu - 09/06/2018														
Middle School Lunch Menu	Total													
pizza crunchers^	4 piece ser ving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
cuke, red pepper, tomato cup	1 EACH	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
banana,small	1 each	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 each	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		698	44	1181	9.89	3.80	776.6	2368	39.91	*23	32.82	84.01	27.26	11.84
% of Calories										*13.4%	18.8%	48.1%	35.1%	15.3%
Nutrient Guideline		600-700		1360										<10.00

Fri - 09/07/2018														
Middle School Lunch Menu														
CORN DOG:Turkey Jumbo State F	1 EACH	270	35	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0	3.00
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
quesadilla chicken	1 each	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
lettuce & tomato	1/2 cup	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
salsa cup^	2 oz	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		600	43	1289	6.41	4.16	393.3	8493	50.32	*32	23.00	84.14	19.56	4.62
% of Calories										*21.1%	15.3%	56.1%	29.4%	6.9%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Mon - 09/10/2018														
Middle School Lunch Menu	Total													
mac & cheese (scratch)	1 cup	520	82	1367	2.91	1.43	613.8	1265	0.53	*5	27.27	33.07	32.02	19.02
breadstick^	2 oz	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
orange, fresh slices^	1/2 cup	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		602	56	1332	9.66	3.56	554.6	9667	58.28	*25	27.62	73.27	24.20	11.37
% of Calories										*16.3%	18.4%	48.7%	36.2%	17.0%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Tue - 09/11/2018														
Middle School Lunch Menu	Total													
chicken, popcorn^	4 oz	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
rolls, hot^	2 oz	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
MASHED POTATOES:scr/butter*mil	1/2 CUP	101	8	191	1.23	0.25	43.6	147	15.16	*2	2.58	16.65	2.86	1.80
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		603	26	1182	6.46	5.36	396.9	6438	45.50	*26	27.11	78.94	20.12	4.26
% of Calories										*17.3%	18.0%	52.4%	30.0%	6.4%
Nutrient Guideline		600-700		1360										<10.00

Wed - 09/12/2018														
Middle School Lunch Menu	Total													
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick ^	1 EACH	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
lettuce and tomato	1 each	6	0	2	0.44	0.37	10.8	1005	2.56	*0	0.47	1.05	0.08	0.01
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwich bar ms	1 each	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		604	39	884	10.12	5.44	424.1	10539	56.20	*40	26.15	87.99	18.39	4.10
% of Calories										*26.3%	17.3%	58.3%	27.4%	6.1%
Nutrient Guideline		600-700		1360										<10.00

Thu - 09/13/2018														
Middle School Lunch Menu	Total													
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
tortilla-2 or taco shells 2	serving	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
refried beans w/salsa	1/2 cup	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
lettuce,shredded^	1 cup	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
vegetables fresh/sal/bar/hs	1 cup	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
cuke, red pepper, tomato cup	1 EACH	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
grapes, red seedless^	1/2 cup	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		608	45	817	9.19	4.92	678.5	4976	51.38	*45	32.81	86.70	16.46	6.23
% of Calories										*29.4%	21.6%	57.0%	24.4%	9.2%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Fri - 09/14/2018														
Middle School Lunch Menu	Total													
pizza cheese 8" stuffed	1 EACH	310	30	410	4.00	2.70	400.1	500	18.0	*N/A*	21.0	30.0	11.0	6.00
pizza pepperoni 8"stuff/cr	1 EACH	350	40	640	4.00	2.70	300.0	750	21.0	*N/A*	21.0	30.0	16.0	7.00
peas	1/2 cup	53	0	0	3.00	1.08	15.0	300	6.75	*N/A*	3.0	9.75	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
brownie, choc, goldmedal MS	1 each	150	0	140	1.00	1.08	0.3	0	0.0	*0	2.0	27.0	4.5	1.00
Weighted Daily Average		606	38	840	8.19	5.38	494.1	6802	53.09	*21	27.25	83.76	18.79	6.94
% of Calories										*13.9%	18.0%	55.3%	27.9%	10.3%
Nutrient Guideline		600-700		1360										<10.00

Mon - 09/17/2018														
Middle School Lunch Menu	Total													
chicken parmesan w/ spaghetti	1 each	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
garlic bread stick ^	1 EACH	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
green beans,steamed^	1/2 cup	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
margarine cup^	1 EACH	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		602	54	1062	8.65	5.06	422.9	9641	26.15	*27	31.30	76.09	20.68	5.48
% of Calories										*18.0%	20.8%	50.5%	30.9%	8.2%
Nutrient Guideline		600-700		1360										<10.00

Tue - 09/18/2018														
Middle School Lunch Menu	Total													
f toast st w/ egg omelet	3 EACH	525	293	705	3.00	2.16	180.0	600	0.0	15	21.0	58.5	22.5	6.00
potato triangles	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 TBSP	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		603	181	940	5.56	2.94	340.9	1913	27.46	*32	21.43	83.08	20.88	5.18
% of Calories										*21.0%	14.2%	55.1%	31.2%	7.7%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/19/2018														
Middle School Lunch Menu	Total													
nachos bf crumb filling	3 oz	256	61	734	0.22	1.40	328.8	716	0.18	*2	19.52	4.04	18.02	10.14
tortilla chips, 2 oz pkg^	2 oz	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
lettuce & tomato	1/2 cup	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa bulk	1/4 cup	20	0	140	0.00	0.72	40.0	1000	12.0	2	0.0	4.0	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwich bar ms	1 each	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		604	51	951	6.51	3.32	605.3	3490	55.54	*27	26.78	72.63	25.78	9.42
% of Calories										*17.7%	17.7%	48.1%	38.4%	14.0%
Nutrient Guideline		600-700		1360										<10.00

Thu - 09/20/2018														
Middle School Lunch Menu	Total													
Chick,mand.org/ br rice	1 serving	266	40	283	1.05	1.17	8.7	0	1.2	*10	13.4	42.36	4.35	0.74
egg roll,chick/veg,whlgr	1 EACH	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
pea pods crunchy	1/2 cup	36	0	0	1.82	0.66	36.4	182	8.2	3	1.82	6.38	0.0	0.00
cuke, red pepper, tomato cup	1 EACH	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
sweet & sour sauce^	1 TBSP	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
soy sauce	.5 oz	5	0	620	0.00	0.00	0.0	0	0.0	1	0.5	0.5	0.0	0.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		598	57	926	7.33	4.56	429.3	7139	54.34	*46	28.24	98.94	10.75	2.35
% of Calories										*30.9%	18.9%	66.2%	16.2%	3.5%
Nutrient Guideline		600-700		1360										<10.00

Fri - 09/21/2018														
Middle School Lunch Menu	Total													
chicken patty (4ozGold) s/w	1 EACH	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
tomato fresh sliced	1/4 cup	5	0	1	0.32	0.07	2.7	225	3.7	1	0.24	1.05	0.05	0.01
lettuce,shredded^	1/2 cup	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
grapes, red seedless^	1/2 cup	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1/2 CUP	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
quesadilla chicken	1 each	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
lettuce and tomato	1 each	6	0	2	0.44	0.37	10.8	1005	2.56	*0	0.47	1.05	0.08	0.01
salsa cup^	2 oz	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		604	62	1187	9.27	6.35	542.0	5578	25.55	*38	37.23	92.02	11.64	2.63
% of Calories										*25.1%	24.7%	61.0%	17.4%	3.9%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Mon - 09/24/2018														
Middle School Lunch Menu	Total													
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5	10.50
marinara sauce cup^	2 oz	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00
lettuce & tomato	1/2 cup	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad bar ms	EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		600	55	1191	7.50	2.69	306.0	3738	31.68	*37	30.17	79.12	20.13	9.43
% of Calories										*25.0%	20.1%	52.7%	30.2%	14.1%
Nutrient Guideline		600-700		1360										<10.00

Tue - 09/25/2018														
Middle School Lunch Menu	Total													
crisпитos w/ cheese sauce	1 EACH	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
lettuce,shredded^	1 cup	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
kiwi,whole^	1 each	46	0	2	2.27	0.23	25.7	66	70.17	*N/A*	0.86	11.1	0.39	0.02
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		603	52	1059	7.03	3.36	374.3	2150	39.67	*13	26.32	62.38	27.37	7.56
% of Calories										*8.8%	17.5%	41.4%	40.9%	11.3%
Nutrient Guideline		600-700		1360										<10.00

Wed - 09/26/2018														
Middle School Lunch Menu	Total													
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
bread italian MS HS	slice	141	0	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
sandwich bar ms	1 each	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
honey dijon mustard dressing	2 TBSP	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average		601	40	922	5.94	4.01	315.9	3919	42.08	*35	28.91	85.15	16.35	2.29
% of Calories										*23.5%	19.2%	56.7%	24.5%	3.4%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Thu - 09/27/2018														
Middle School Lunch Menu	Total													
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
baked beans^	1/2 CUP	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
cuke, red pepper, tomato cup	1 EACH	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average		602	68	993	8.37	4.78	509.5	3752	31.33	*41	25.90	93.96	15.81	3.88
% of Calories										*27.0%	17.2%	62.4%	23.6%	5.8%
Nutrient Guideline		600-700		1360										<10.00

Fri - 09/28/2018														
Middle School Lunch Menu	Total													
pizza 5" cheese ^	1 each	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza 5" pepperoni^	1 EACH	320	15	650	5.00	2.70	200.0	300	0.0	5	16.0	39.0	12.0	3.50
lettuce & tomato	1/2 cup	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
applesauce	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
choc chip cookies w/lq egg	1 each	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average		604	32	844	9.35	4.46	450.8	4555	39.61	*36	23.61	89.41	18.78	6.31
% of Calories										*23.9%	15.6%	59.2%	28.0%	9.4%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Mon - 10/01/2018														
Middle School Lunch Menu														
	Total													
las roll up w/ meat sauce	1 EACH	275	36	465	1.66	0.95	107.6	100	0.5	*4	13.68	25.56	12.31	5.37
breadstick^	1 oz	80	0	100	1.50	0.00	0.0	0	0.0	1	3.0	14.5	1.0	0.00
lettuce & tomato	1/2 cup	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
carrots, sunshine	1/2 CUP	26	0	45	2.25	0.54	15.0	1313	1.8	3	0.75	5.25	0.0	0.00
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
cheese parmesan grated	2 TSP	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		603	48	1166	7.32	3.31	421.4	4367	23.74	*33	25.76	82.10	19.47	7.07
% of Calories										*22.2%	17.1%	54.5%	29.1%	10.6%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Tue - 10/02/2018														
Middle School Lunch Menu														
	Total													
	4 EACH	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
	chicken teriyaki^	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
	brown rice, chicken flavored rolls, hot^	154	9	175	1.72	1.44	50.9	339	2.61	*3	3.77	21.86	5.87	1.58
	vegetables stir fry	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
	veggie cup^	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
	pineapple chunks^	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
	fruit, fresh, variety	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
	margarine cup^	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
	dressing ranch light^	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
	milk vty half pints^	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
	hamburger on a bun^	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
	green beans, steamed^	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
	salad bar ms	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
	pb&j sandwich	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
	ketchup^	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
	mustard^	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
	pickle slices^	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
	soy sauce	5	0	620	0.00	0.00	0.0	0	0.0	1	0.5	0.5	0.0	0.00
	Weighted Daily Average	603	52	1238	7.77	5.66	456.1	6780	45.41	*39	30.97	85.53	16.31	4.17
	% of Calories									*25.8%	20.5%	56.7%	24.3%	6.2%
	Nutrient Guideline	600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/03/2018														
Middle School Lunch Menu	Total													
fish sw^	1 EACH	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
chicken patty/hot /spicy sw	sandwich	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
strawberries fresh^	1/2 cup	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
tartar sauce^	1 tbsp	50	2	150	0.00	0.00	0.0	0	0.0	2	0.0	3.5	3.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwich bar ms	1 each	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		602	37	1041	9.94	6.25	554.7	1688	50.48	*33	33.81	95.58	11.65	2.09
% of Calories										*22.0%	22.5%	63.5%	17.4%	3.1%
Nutrient Guideline		600-700		1360										<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/04/2018														
Middle School Lunch Menu	Total													
pizza crunchers^	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
cuke, red pepper, tomato cup	1 EACH	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
banana,small	1 each	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 each	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		691	44	1184	9.88	3.84	780.9	2482	40.46	*21	33.13	81.96	27.23	11.83
% of Calories										*12.4%	19.2%	47.4%	35.4%	15.4%
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

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Fri - 10/05/2018														
Middle School Lunch Menu	Total													
CORN DOG:Turkey Jumbo State F	1 EACH	270	35	930	0.00	1.08	0.0	0	0.0	*N/A*	10.0	30.01	12.0	3.00
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
quesadilla chicken	1 each	266	34	436	5.64	4.04	264.6	394	11.56	*3	19.14	36.5	5.04	2.00
lettuce & tomato	1/2 cup	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
salsa cup^	2 oz	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		600	43	1289	6.41	4.16	393.3	8493	50.32	*32	23.00	84.14	19.56	4.62
% of Calories										*21.1%	15.3%	56.1%	29.4%	6.9%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Mon - 10/08/2018														
Middle School Lunch Menu	Total													
mac & cheese (scratch)	1 cup	520	82	1367	2.91	1.43	613.8	1265	0.53	*5	27.27	33.07	32.02	19.02
breadstick^	2 oz	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
romaine lettuce^	1/2 cup	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
orange, fresh slices^	1/2 cup	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
Weighted Daily Average		595	56	1314	9.26	3.43	548.1	8834	55.09	*24	27.29	72.29	23.99	11.34
% of Calories										*16.4%	18.3%	48.6%	36.3%	17.2%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Tue - 10/09/2018														
Middle School Lunch Menu	Total													
chicken, popcorn^	4 oz	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
rolls, hot^	2 oz	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
MASHED POTATOES:scr/butter*mil	1/2 CUP	101	8	191	1.23	0.25	43.6	147	15.16	*2	2.58	16.65	2.86	1.80
gravy, chicken^	1 oz	10	0	115	0.00	0.00	0.6	0	0.0	*0	0.0	2.08	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
fresh fruit salad^	1/2 cup	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		604	25	1129	6.20	4.89	400.6	2721	43.82	*29	27.26	81.90	18.95	4.05
% of Calories										*19.1%	18.1%	54.3%	28.3%	6.0%
Nutrient Guideline		600-700		1360										<10.00

Wed - 10/10/2018														
Middle School Lunch Menu	Total													
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29	5.53	1.69
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
garlic bread stick ^	1 EACH	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
lettuce and tomato	1 each	6	0	2	0.44	0.37	10.8	1005	2.56	*0	0.47	1.05	0.08	0.01
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
sandwich bar ms	1 each	490	29	811	7.58	3.02	279.3	3896	49.24	*34	19.65	72.9	15.77	4.59
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		604	39	884	10.12	5.44	424.1	10539	56.20	*40	26.15	87.99	18.39	4.10
% of Calories										*26.3%	17.3%	58.3%	27.4%	6.1%
Nutrient Guideline		600-700		1360										<10.00

Thu - 10/11/2018														
Middle School Lunch Menu	Total													
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
tortilla-2 or taco shells 2	serving	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
refried beans w/salsa	1/2 cup	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
lettuce,shredded^	1 cup	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
vegetables fresh/sal/bar/hs	1 cup	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
cuke, red pepper, tomato cup	1 EACH	7	0	4	0.41	0.15	5.7	416	9.13	*1	0.32	1.83	0.08	0.01
grapes, red seedless^	1/2 cup	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1 CUP	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar ms	1 each	286	2	226	3.97	1.59	357.0	2772	35.84	*24	7.19	58.35	3.13	0.47
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
Weighted Daily Average		608	45	817	9.19	4.92	678.5	4976	51.38	*45	32.81	86.70	16.46	6.23
% of Calories										*29.4%	21.6%	57.0%	24.4%	9.2%
Nutrient Guideline		600-700		1360										<10.00

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# Linn-Mar Community Schools

Aug 23, 2018 thru Oct 12, 2018

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	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)
Fri - 10/12/2018														
Middle School Lunch Menu	Total													
pizza cheese 8" stuffed	1 EACH	310	30	410	4.00	2.70	400.1	500	18.0	*N/A*	21.0	30.0	11.0	6.00
pizza pepperoni 8"stuff/cr	1 EACH	350	40	640	4.00	2.70	300.0	750	21.0	*N/A*	21.0	30.0	16.0	7.00
peas	1/2 cup	53	0	0	3.00	1.08	15.0	300	6.75	*N/A*	3.0	9.75	0.0	0.00
veggie cup^	1/2 cup	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 tbsp	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
salad bar ms	1 EACH	473	43	1121	11.78	9.55	564.7	43202	92.3	*16	24.13	52.97	20.03	5.25
pb&j sandwich	1 EACH	310	0	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
brownie, choc, goldmedal MS	1 each	150	0	140	1.00	1.08	0.3	0	0.0	*0	2.0	27.0	4.5	1.00
Weighted Daily Average		604	38	840	8.21	5.38	493.8	6761	52.73	*20	27.23	83.26	18.80	6.94
% of Calories										*13.5%	18.0%	55.2%	28.0%	10.4%
Nutrient Guideline		600-700		1360										<10.00

Weighted Average		607	51	1052	8.11	4.54	475.5	5278	43.04	*33	28.63	84.16	18.69	5.76
										*48.4%	18.9%	55.4%	27.7%	8.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	607		600 - 700	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	1052		1360					
Sodium 2 (mg)	1052		1035					
Fiber (g)	8.11							
Iron (mg)	4.54							
Calcium (mg)	475.5							
Vitamin A (IU)	5278							
Sugars (g)	33	21.51%			Missing			
Vitamin C (mg)	43.04							
Protein (g)	28.63	18.86%						
Carbohydrate (g)	84.16	55.43%						
Total Fat (g)	18.69	27.70%						
Saturated Fat (g)	5.76	8.53%	<10.00%					

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

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

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

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