

Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Mon - 01/04/2021												
K-12 Lunch	Total											
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0
pizza sticks (3 sticks) ^ 7-12	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1347	*165	3069	17.69	6.78	607.1	1151	8.41	*71	63.32	181.49
% of Calories										*20.9%	18.8%	53.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Tue - 01/05/2021												
K-12 Lunch	Total											
French toast sticks	3 sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0
egg patty	1 each	50	100	120	0.00	0.36	20.0	100	0.0	0	3.0	1.0
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
Weighted Daily Average		1538	*325	2968	26.01	*11.99	1723.6	53105	109.83	*76	75.58	213.21
% of Calories										*19.9%	19.7%	55.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Wed - 01/06/2021												
K-12 Lunch	Total											
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93
cheese sauce, fz, gov	1 oz	60	16	219	0.00	0.00	112.8	216	0.0	1	3.89	1.11
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pizza 5" cheese ^	1 each	340	15	640	5.00	2.70	250.0	300	0.0	5	16.0	38.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1169	*99	2761	10.99	7.20	793.7	3114	48.53	*43	55.64	138.11
% of Calories										*14.7%	19.0%	47.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Thu - 01/07/2021												
K-12 Lunch	Total											
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
Weighted Daily Average		1608	*135	3787	24.01	12.12	1827.4	53179	102.63	*61	73.11	196.89
% of Calories										*15.3%	18.2%	49.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

	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)
Fri - 01/08/2021												
K-12 Lunch	Total											
taco, chicken	2 OZ	162	59	165	1.15	1.45	15.0	504	4.75	*1	20.25	6.34
tortilla 8" whole grain	1 EACH	120	0	220	2.00	0.00	60.0	0	0.0	1	3.0	21.0
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88
cheese mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12
Strawberry cup, froz (19) comm	1 each	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1118	*125	1819	10.31	4.90	1133.3	2228	19.92	*47	64.06	129.85
% of Calories										*16.7%	22.9%	46.5%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Mon - 01/11/2021												
K-12 Lunch	Total											
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4
b&b half sandwich(whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93
cheese sauce, fz, gov	1 oz	60	16	219	0.00	0.00	112.8	216	0.0	1	3.89	1.11
pineapple tidbits	1/2 cup	83	0	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pizza sticks (3 sticks) ^ 7-12	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1336	*145	3019	12.95	4.57	559.4	2628	57.12	*58	68.76	150.45
% of Calories										*17.4%	20.6%	45.1%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Base Menu Spreadsheet

K-12 Lunch

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)
Tue - 01/12/2021												
K-12 Lunch												
	Total											
chicken noodle soup [^]	8 oz	165	60	783	0.58	0.96	9.7	30	0.66	*0	20.62	6.17
rolls, hot w/ lq egg [^]	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58
peas and carrots [^]	1/2 cup	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36
pear slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55
dressing ranch light [^]	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal [^] K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety [^]	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
Weighted Daily Average		1	*0	1	0.01	0.00	0.7	21	0.04	*0	0.03	0.07
% of Calories										*13.1%	22.7%	47.7%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Wed - 01/13/2021												
K-12 Lunch												
	Total											
Chicken, Orange (21) MB	serving	190	45	380	2.00	14.40	0.0	0	0.0	13	14.0	25.0
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0
mandarin oranges [^]	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0
dressing ranch light [^]	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pizza 5" cheese [^]	1 each	340	15	640	5.00	2.70	250.0	300	0.0	5	16.0	38.0
milk vty half pints [^]	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		888	*75	1699	9.63	18.36	585.0	2550	28.80	*59	40.58	127.91
% of Calories										*26.6%	18.3%	57.6%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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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)
Thu - 01/14/2021												
K-12 Lunch	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
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88
cheese mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12
peach cup, frozen	4.4 oz	117	0	7	2.25	0.46	3.7	354	125.52	*N/A*	0.79	29.91
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
Weighted Daily Average		1681	*151	3020	26.87	13.76	1944.2	*54229	*233.56	*49	83.34	212.01
% of Calories										*11.7%	19.8%	50.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Fri - 01/15/2021												
K-12 Lunch	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
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1239	*108	2530	11.47	7.50	1000.6	1458	21.27	*44	63.77	167.01
% of Calories										*14.2%	20.6%	53.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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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)
Mon - 01/18/2021												
K-12 Lunch	Total											
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00
% of Calories										0.0%	0.0%	0.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Tue - 01/19/2021												
K-12 Lunch	Total											
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0
smokies^	4 EACH	127	27	387	0.00	0.24	26.7	0	0.0	1	4.67	2.0
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1	*0	1	0.01	0.00	0.7	20	0.04	*0	0.03	0.08
% of Calories										*19.1%	16.5%	52.1%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Wed - 01/20/2021												
K-12 Lunch	Total											
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1
pineapple tidbits	1/2 cup	83	0	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pizza 5" cheese ^	1 each	340	15	640	5.00	2.70	250.0	300	0.0	5	16.0	38.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Weighted Daily Average % of Calories		1078	*71	1881	15.69	7.27	666.8	14259	23.23	*56 *20.9%	51.55 19.1%	141.35 52.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Thu - 01/21/2021												
K-12 Lunch												
	Total											
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0
cheese american	1 slice	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0
pear slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average % of Calories		1	*0	1	0.01	*0.01	*0.8	*22	*0.04	*0 *14.2%	0.03 19.1%	0.08 49.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Fri - 01/22/2021												
K-12 Lunch												
	Total											
pizza sticks (2 sticks)^ K-6	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0
pizza sticks (3 sticks) ^ 7-12	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
green beans,steamed^	1/2 cup	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6
carrots, baby crunchy	1/2 cup	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23
grapes, red seedless^	1/2 cup	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average % of Calories		1460	*145	2707	16.31	4.58	825.5	11802	17.26	64 17.5%	77.99 21.4%	165.62 45.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

	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)
Mon - 01/25/2021												
K-12 Lunch												
	Total											
	pork tenderloin s/w	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0
	baked beans^	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2
	Applesauce (cans) (19)	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06
	ketchup^	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
	mustard^	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
	dressing ranch light^	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
	Pizza garlic f.b cheese (19)	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
	margarine cup^	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0
	milk vty half pints^	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
	Weighted Daily Average	1212	*135	2345	14.19	7.86	1037.1	1351	2.42	*57	57.32	157.00
	% of Calories									*18.7%	18.9%	51.8%
	Nutrient Guideline	739		1420		3.95	338.62	1295	16.68		12.74	

Tue - 01/26/2021												
K-12 Lunch												
	Total											
	French toast sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0
	egg patty	50	100	120	0.00	0.36	20.0	100	0.0	0	3.0	1.0
	cucumber slices	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65
	Hummus Cup (commodity)	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0
	juice cup variety	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5
	syrop, pancake^	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0
	dressing ranch light^	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
	Lion Cub Meal^ K-4	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
	yogurt variety^	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
	milk vty half pints^	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
	Chef Salad 5-12	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
	Weighted Daily Average	1538	*325	2968	26.01	*11.99	1723.6	53105	109.83	*76	75.58	213.21
	% of Calories									*19.9%	19.7%	55.4%
	Nutrient Guideline	739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

	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)
Wed - 01/27/2021												
K-12 Lunch	Total											
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0
broccoli florets crunchy^	1/2 cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15
cheese sauce, fz, gov	2 oz	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1244	*129	2809	6.03	5.97	1074.7	2802	40.53	*41	63.59	127.44
% of Calories										*13.2%	20.4%	41.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Thu - 01/28/2021												
K-12 Lunch	Total											
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
Weighted Daily Average		1608	*135	3787	24.01	12.12	1827.4	53179	102.63	*61	73.11	196.89
% of Calories										*15.3%	18.2%	49.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

	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)
Fri - 01/29/2021												
K-12 Lunch	Total											
taco, chicken	2 OZ	162	59	165	1.15	1.45	15.0	504	4.75	*1	20.25	6.34
tortilla 8" whole grain	1 EACH	120	0	220	2.00	0.00	60.0	0	0.0	1	3.0	21.0
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88
cheese mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66
pepper strips green	1/4 cup	5	0	1	0.39	0.08	2.3	85	18.49	1	0.2	1.07
Mixed Berries, Cups, Frozen	1 each	90	0	0	2.00	0.00	0.0	0	0.0	16	0.0	20.0
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1041	*125	1616	7.92	3.94	1080.1	2124	30.29	*39	61.38	106.81
% of Calories										*15.1%	23.6%	41.1%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Mon - 02/01/2021												
K-12 Lunch	Total											
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00
% of Calories										0.0%	0.0%	0.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 4, 2021 thru Feb 26, 2021

K-12 Lunch

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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)
Tue - 02/02/2021												
K-12 Lunch	Total											
chicken noodle soup^	8 oz	165	60	783	0.58	0.96	9.7	30	0.66	*0	20.62	6.17
mini saltine crackers	pouch	50	0	60	1.00	0.36	20.0	500	0.0	0	1.0	7.0
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58
peas and carrots^	1/2 cup	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36
pear slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1	*0	1	0.01	0.00	0.7	21	0.04	*0	0.03	0.07
% of Calories										*12.6%	22.2%	47.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Wed - 02/03/2021												
K-12 Lunch	Total											
chicken mandarin orange	serving	150	55	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0
grilled cheese: 2 sl	1 each	456	25	810	8.00	*2.88	*160.0	*161	*0.0	*8	21.06	66.03
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		964	*96	1696	11.63	*5.22	*495.0	*2511	*28.80	*58	46.64	147.93
% of Calories										*24.1%	19.4%	61.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Thu - 02/04/2021												
K-12 Lunch	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
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88
cheese mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66
ref beansw/salsa &cheese^	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43
peach cup, frozen	4 .4 oz	117	0	7	2.25	0.46	3.7	354	125.52	*N/A*	0.79	29.91
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1731	*155	3511	30.27	15.08	2014.6	*54819	*239.00	*49	88.40	211.32
% of Calories										*11.3%	20.4%	48.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Fri - 02/05/2021												
K-12 Lunch	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
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1239	*108	2620	11.47	7.50	1000.6	1458	21.27	*44	63.77	167.01
% of Calories										*14.2%	20.6%	53.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Mon - 02/08/2021												
K-12 Lunch	Total											
bbq pork rib patty sw	1 EACH	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pizza sticks (2 sticks)^ K-6	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0
pizza sticks (3 sticks)^ 7-12	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1495	*155	3705	19.00	6.12	590.4	1381	12.14	*74	81.46	193.03
% of Calories										*19.8%	21.8%	51.6%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Tue - 02/09/2021												
K-12 Lunch	Total											
Pancakes(19)	2 EACH	160	10	190	0.00	0.72	80.0	0	0.0	10	4.0	30.0
smokies^	4 EACH	127	27	387	0.00	0.24	26.7	0	0.0	1	4.67	2.0
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1	*0	1	0.01	0.00	0.7	20	0.04	*0	0.03	0.08
% of Calories										*19.1%	16.5%	52.1%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

	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)
Wed - 02/10/2021												
K-12 Lunch	Total											
rotini,whole grain,dry^	1/2 cup	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03
spagh sauce w/ beef crum^	4 oz	133	20	145	2.50	1.81	32.4	468	3.73	6	9.8	10.29
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1
pineapple tidbits	1/2 cup	80	0	0	1.00	0.36	20.0	0	6.0	17	0.0	19.0
dressing french lite Kens	2 TBSP	50	0	280	0.00	0.00	0.0	0	0.0	8	0.0	10.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
grilled cheese: 2 sl	1 each	456	25	810	8.00	*2.88	*160.0	*161	*0.0	*8	21.06	66.03
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1190	*81	2051	18.65	*7.44	*576.0	*14120	*22.99	*59	56.61	168.60
% of Calories										*19.7%	19.0%	56.7%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Thu - 02/11/2021												
K-12 Lunch	Total											
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0
cheese american	1 slice	56	13	132	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.53	1.01
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0
pear slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1	*0	1	0.01	*0.01	*0.8	*22	*0.04	*0	0.03	0.08
% of Calories										*14.2%	19.1%	49.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

	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)
Fri - 02/12/2021												
K-12 Lunch	Total											
pizza sticks (2 sticks)^ K-6	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0
pizza sticks (3 sticks) ^ 7-12	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
green beans,steamed^	1/2 cup	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6
carrots, baby crunchy	1/2 cup	26	0	59	2.19	0.67	24.2	10425	1.97	4	0.48	6.23
grapes, red seedless^	1/2 cup	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1480	*145	2737	16.31	4.58	825.5	12002	17.26	64	77.99	165.62
% of Calories										17.2%	21.1%	44.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Mon - 02/15/2021												
K-12 Lunch	Total											
pork tenderloin s/w	1 each	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0
pizza sticks (2 sticks)^ K-6	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0
pizza sticks (3 sticks) ^ 7-12	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1657	*205	3659	20.69	6.78	607.1	1151	8.41	*79	81.32	212.49
% of Calories										*19.0%	19.6%	51.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

	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)
Tue - 02/16/2021												
K-12 Lunch	Total											
French toast sticks	3 sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0
egg patty	1 each	50	100	120	0.00	0.36	20.0	100	0.0	0	3.0	1.0
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0
juice cup variety	4 oz	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average % of Calories		1538	*325	2968	26.01	*11.99	1723.6	53105	109.83	*76	75.58	213.21
										*19.9%	19.7%	55.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Wed - 02/17/2021												
K-12 Lunch	Total											
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0
broccoli florets crunchy^	1/2 cup	11	0	11	0.84	0.24	15.2	202	28.9	1	0.91	2.15
cheese sauce, fz, gov	2 oz	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
grilled cheese: 2 sl	1 each	456	25	810	8.00	*2.88	*160.0	*161	*0.0	*8	21.06	66.03
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average % of Calories		1330	*125	3139	12.03	*7.05	*784.7	*2464	*40.53	*47	62.65	164.47
										*14.2%	18.8%	49.5%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)
Thu - 02/18/2021												
K-12 Lunch	Total											
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1608	*135	3787	24.01	12.12	1827.4	53179	102.63	*61	73.11	196.89
% of Calories										*15.3%	18.2%	49.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Fri - 02/19/2021												
K-12 Lunch	Total											
taco, chicken	2 OZ	162	59	165	1.15	1.45	15.0	504	4.75	*1	20.25	6.34
tortilla 8" whole grain	1 EACH	120	0	220	2.00	0.00	60.0	0	0.0	1	3.0	21.0
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88
cheese mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66
Strawberry cup, froz (19) comm	1 each	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1056	*125	1815	8.53	4.58	1097.8	2139	17.78	*45	63.18	114.73
% of Calories										*17.0%	23.9%	43.5%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

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)	Proth (g)	Carb (g)
Mon - 02/22/2021												
K-12 Lunch	Total											
chicken nuggets^	5 each	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4
b&b half sandwich(whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93
cheese sauce, fz, gov	2 oz	120	31	439	0.00	0.00	225.6	432	0.0	1	7.78	2.22
pineapple tidbits	1/2 cup	83	0	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
pizza sticks (2 sticks)^ K-6	2 EACH	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0
pizza sticks (3 sticks) ^ 7-12	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1706	*200	3829	15.95	4.57	672.2	2844	57.12	*67	90.65	182.56
% of Calories										*15.6%	21.3%	42.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

Tue - 02/23/2021												
K-12 Lunch	Total											
chicken noodle soup^	8 oz	165	60	783	0.58	0.96	9.7	30	0.66	*0	20.62	6.17
mini saltine crackers	pouch	50	0	60	1.00	0.36	20.0	500	0.0	0	1.0	7.0
rolls, hot w/ lq egg^	1.5 oz	153	8	172	1.72	1.48	51.7	339	2.61	*3	3.75	21.58
peas and carrots^	1/2 cup	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36
pear slices, diced	1/2	75	0	13	1.25	0.45	0.0	0	1.5	*N/A*	0.0	17.55
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Lion Cub Meal^ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety^	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1	*0	1	0.01	0.00	0.7	21	0.04	*0	0.03	0.07
% of Calories										*12.6%	22.2%	47.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Jan 4, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

K-12 Lunch

Portion Values - Detailed

	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)
Wed - 02/24/2021												
K-12 Lunch	Total											
chicken mandarin orange	1 serving	150	55	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0
dressing ranch light ¹	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
mandarin oranges ¹	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0
grilled cheese: 2 sl	1 each	456	25	810	8.00	*2.88	*160.0	*161	*0.0	*8	21.06	66.03
milk vty half pints ¹	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		964	*96	1696	11.63	*5.22	*495.0	*2511	*28.80	*58	46.64	147.93
% of Calories										*24.1%	19.4%	61.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

	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)
Thu - 02/25/2021												
K-12 Lunch	Total											
taco meat w/ beef crumbles ¹	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0
lettuce, shredded ¹	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27
tomato fresh diced ¹	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88
cheese mozz&cheddar shredded	1 OZ	83	17	182	0.00	0.05	232.0	163	0.0	*N/A*	7.23	0.66
ref beansw/salsa &cheese ¹	4 oz	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43
Strawberry cup, froz (19) comm	1 each	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0
Salsa cup ¹	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0
dressing ranch light ¹	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Sour cream- A&E	1 TBSP	16	4	10	0.00	0.01	16.9	39	0.11	0	0.42	0.85
Lion Cub Meal ¹ K-4	1 Each	385	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48
yogurt variety ¹	4 oz	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0
Chef Salad 5-12	1 Each	397	57	1184	11.97	5.80	713.9	48236	33.39	*2	32.62	35.83
milk vty half pints ¹	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1704	*155	3504	30.02	14.62	2010.9	*54465	*113.48	*67	88.61	203.41
% of Calories										*15.7%	20.8%	47.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	

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Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 4, 2021 thru Feb 26, 2021

K-12 Lunch

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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)
Fri - 02/26/2021												
K-12 Lunch	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
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43
Applesauce (cans) (19)	1/2 CUP	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0
pickle slices^	2 EACH	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0
Pizza garlic f.b cheese (19)	1 EACH	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75
Weighted Daily Average		1239	*108	2620	11.47	7.50	1000.6	1458	21.27	*44	63.77	167.01
% of Calories										*14.2%	20.6%	53.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74	