

# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/01/2018															
K-5 3 week cycle	Total	2600													
chicken, popcorn^	4 oz	1300	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
b&b half sandwich( whlgrain)^	1 each	1300	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
breakfast sandwich^	1 each	800	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
mixed veggies, frozen^	1/2 cup	900	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	700	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	150	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			553	60	1087	5.86	4.19	531.9	3049	35.97	*31	28.53	69.22	18.23	5.08
% of Calories											*22.1%	20.7%	50.1%	29.7%	8.3%
Nutrient Guideline			550-650		1230										<10.00

Fri - 02/02/2018															
K-5 3 week cycle	Total	2600													
corn dog, mini^	6 each	1500	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	500	267	31	565	0.87	1.57	223.1	427	0.0	2	12.06	33.63	9.23	5.05
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
french fries^	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
strawberries fresh^	1/2 cup	1500	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	750	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
honey dijon mustard dressing	2 TBSP	50	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			589	45	904	8.03	3.75	526.7	2557	63.93	*27	23.01	85.10	17.15	5.07
% of Calories											*18.4%	15.6%	57.8%	26.2%	7.7%
Nutrient Guideline			550-650		1230										<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/05/2018															
K-5 3 week cycle	Total	2600													
hamburger on a bun^	1 each	1500	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
grilled cheese: 4 sl^	1 EACH	400	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
baked beans^	1/2 cup	1300	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	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced^	1/2 cup	1500	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	800	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	80	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	400	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			566	41	1218	8.37	4.88	631.9	2377	26.06	*36	29.91	81.22	15.65	5.98
% of Calories											*25.2%	21.1%	57.4%	24.9%	9.5%
Nutrient Guideline			550-650		1230										<10.00

Tue - 02/06/2018															
K-5 3 week cycle	Total	2600													
chicken noodle soup^	8 oz	1300	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73
cracker, saltine^	2 EACH	1300	120	0	300	2.00	0.72	0.0	0	0.0	0	2.0	22.0	3.0	0.00
pigs in a blanket^	1 each	900	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	700	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
peas and carrots^	1/2 cup	1300	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
veggie cup^	1/2 cup	1300	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	1800	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average			507	43	1221	5.15	2.75	466.4	3806	52.42	*38	22.21	72.54	14.97	5.08
% of Calories											*29.7%	17.5%	57.2%	26.6%	9.0%
Nutrient Guideline			550-650		1230										<10.00

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

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Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/07/2018															
K-5 3 week cycle	Total	2600													
waffle sticks^	3 EACH	1500	170	20	250	4.00	1.80	40.0	30	0.0	6	4.0	28.0	5.0	1.00
sausage turkey patty^	2 each	1500	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00
ham/cheese w pretzel roll^	1 each	500	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato wedge	2 EACH	2000	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	900	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	1100	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
syrup, pancake^	2 tbsp	1200	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average			649	71	1172	7.33	4.43	484.0	2128	30.38	*35	24.54	88.47	22.58	5.75
% of Calories											*21.3%	15.1%	54.5%	31.3%	8.0%
Nutrient Guideline			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/08/2018															
K-5 3 week cycle	Total	2600													
chicken patty,breaded sw^	1 each	1100	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
lasagna w/beef crumbles^	1 EACH	800	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
garlic bread stick ^	1 EACH	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
lettuce with romaine	1/2 cup	800	7	0	2	0.54	0.39	11.5	1344	3.08	*0	0.51	1.26	0.1	0.01
tomatoes, cherry	1/2 cup	600	13	0	4	0.89	0.20	7.5	621	9.46	*N/A*	0.66	2.92	0.15	0.02
sweet potato waffle fries^	1/2 cup	800	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
oatmeal scotchies w/lq egg	1 each	1900	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97
dressing variety Ra/Fr/Ital^	2 tbsp	800	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
Weighted Daily Average			646	46	913	6.05	4.10	570.2	3499	29.52	*34	28.38	86.12	21.84	6.87
% of Calories											*21.2%	17.6%	53.3%	30.4%	9.6%
Nutrient Guideline			550-650		1230										<10.00

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Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/09/2018															
K-5 3 week cycle	Total	2600													
chicken nuggets^	5 each	1500	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83
shrimp poppers^	20 EACH	500	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00
b&b half sandwich( whlgrain)^	1 each	2000	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2300	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potatoes mashed^	1/2 cup	1500	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	1 oz	1400	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	1000	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	1500	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	200	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			612	54	1215	6.61	3.44	452.2	2243	23.88	*30	29.46	79.96	21.35	4.97
% of Calories											*19.9%	19.2%	52.2%	31.4%	7.3%
Nutrient Guideline			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/12/2018															
K-5 3 week cycle	Total	2500													
pizza 5" cheese ^	1 each	1500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pigs in a blanket^	1 each	400	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
corn^	1/2 cup	1600	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peach halves in pear juice^	1/2 cup	1500	50	0	10	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	120	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	60	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			565	31	997	6.83	3.60	609.3	2755	28.80	*31	23.50	80.53	16.83	5.68
% of Calories											*21.9%	16.6%	57.0%	26.8%	9.1%
Nutrient Guideline			550-650		1230										<10.00

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Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/13/2018															
K-5 3 week cycle	Total	2600													
f toast st w/ egg omelet	2 EACH	1200	350	195	470	2.00	1.44	120.0	400	0.0	10	14.0	39.0	15.0	4.00
fish sw^	1 EACH	700	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2000	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potatoes,smiley^	4 oz	1600	158	0	218	2.43	0.44	0.0	0	2.91	0	2.43	24.26	5.46	0.61
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
grapes, red seedless^	1/2 cup	1500	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	900	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	1200	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
tartar sauce^	2 tbsp	50	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average			649	116	982	6.59	3.33	502.4	2450	29.41	*37	24.10	95.03	19.77	4.95
% of Calories											*22.7%	14.8%	58.5%	27.4%	6.9%
Nutrient Guideline			550-650		1230										<10.00

Wed - 02/14/2018															
K-5 3 week cycle	Total	2600													
chicken strips^	4 EACH	1500	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	1500	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05
sunb& jelly sw/ cheese st ^	1 EACH	200	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2000	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
baked beans^	1/2 CUP	700	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	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple, sliced w caramel^	1 EACH	1700	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50
dressing ranch light^	2 TBSP	1100	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1100	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	300	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	200	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
margarine cup^	1 each	1500	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00

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

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			634	49	1226	6.63	3.77	444.7	2291	143.91	*44	26.93	84.39	21.19	4.58
% of Calories											*27.7%	17.0%	53.2%	30.1%	6.5%
Nutrient Guideline			550-650		1230										<10.00

Thu - 02/15/2018															
K-5 3 week cycle	Total	2600													
chicken patty,breaded sw^	1 each	1000	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	1100	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	1100	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	1100	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
romaine lettuce^	1/2 cup	900	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
dressing variety Ra/Fr/Ital^	2 tbsp	1200	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	300	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	150	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			504	38	841	6.68	4.54	520.2	6025	36.07	*32	27.24	71.95	13.21	3.18
% of Calories											*25.1%	21.6%	57.2%	23.6%	5.7%
Nutrient Guideline			550-650		1230										<10.00

Fri - 02/16/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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			550-650		1230										<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

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/19/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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			550-650		1230										<10.00

Tue - 02/20/2018															
K-5 3 week cycle	Total	2600													
pancakes^	2 EACH	1200	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32
smokies^	3 EACH	1200	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00
mac & cheese^	6 oz	800	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
tator tots^	9 each	1600	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	1500	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syryp_pancake^	2 tbsp	1200	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average			574	39	1159	5.73	2.71	548.6	2413	56.15	*31	20.55	77.85	18.85	6.28
% of Calories											*21.4%	14.3%	54.2%	29.5%	9.8%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/21/2018															
K-5 3 week cycle	Total	2600													
taco meat w/ beef crumbles^	3 oz	1800	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla chips, 2 oz pkg^	2 oz	1800	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
cheese cheddar shredded^	1 oz	1440	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
hoagie sub sandwich^	1 each	200	282	46	770	3.00	2.51	309.7	161	0.9	*4	15.19	31.97	11.08	4.08
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
ref beansw/salsa &cheese^	4 oz	900	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1/2 cup	900	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
tomato fresh diced^	1/8 cup	900	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
pear 1/2 ^	1/2s	1500	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	500	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
ketchup^	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	50	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
salsa cup^	2 oz	500	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			621	48	1011	7.29	4.24	655.3	2263	21.87	*25	30.17	74.11	24.38	7.73
% of Calories											*16.2%	19.4%	47.7%	35.3%	11.2%
Nutrient Guideline			550-650		1230										<10.00

Thu - 02/22/2018															
K-5 3 week cycle	Total	2600													
chicken, popcorn^	4 oz	1400	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
b&b half sandwich( whlgrain)^	1 each	1400	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
breakfast sandwich^	1 each	800	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
mixed veggies, frozen^	1/2 cup	900	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	180	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	100	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			562	60	1089	5.99	4.32	536.2	3060	35.97	*30	29.38	69.85	18.68	5.18
% of Calories											*21.6%	20.9%	49.7%	29.9%	8.3%
Nutrient Guideline			550-650		1230										<10.00

Fri - 02/23/2018															
K-5 3 week cycle	Total	2600													
corn dog, mini^	6 each	1500	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	500	267	31	565	0.87	1.57	223.1	427	0.0	2	12.06	33.63	9.23	5.05
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
french fries^	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
strawberries fresh^	1/2 cup	1500	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	750	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
honey dijon mustard dressing	2 TBSP	50	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			589	45	904	8.03	3.75	526.7	2557	63.93	*27	23.01	85.10	17.15	5.07
% of Calories											*18.4%	15.6%	57.8%	26.2%	7.7%
Nutrient Guideline			550-650		1230										<10.00

Mon - 02/26/2018															
K-5 3 week cycle	Total	2600													
hamburger on a bun^	1 each	1500	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
grilled cheese: 4 sl^	1 EACH	300	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
baked beans^	1/2 cup	1600	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	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced^	1/2 cup	1500	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
dressing ranch light^	2 TBSP	600	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	700	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	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	400	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			563	38	1205	8.82	5.05	622.2	2365	26.20	*37	29.96	83.52	14.45	5.47
% of Calories											*26.5%	21.3%	59.3%	23.1%	8.7%
Nutrient Guideline			550-650		1230										<10.00

Tue - 02/27/2018															
K-5 3 week cycle	Total	2600													
chicken noodle soup^	8 oz	1300	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73
cracker, saltine^	1 EACH	1300	60	0	150	1.00	0.36	0.0	0	0.0	0	1.0	11.0	1.5	0.00
pigs in a blanket^	1 each	900	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
peas and carrots^	1/2 cup	900	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
veggie cup^	1/2 cup	1000	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	1800	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	1300	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbspc	900	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average			484	45	1231	4.45	2.49	440.2	3466	48.40	*37	21.34	67.21	15.07	5.18
% of Calories											*30.6%	17.6%	55.5%	28.0%	9.6%
Nutrient Guideline			550-650		1230										<10.00

Wed - 02/28/2018															
K-5 3 week cycle	Total	2600													
waffle sticks^	3 EACH	1500	170	20	250	4.00	1.80	40.0	30	0.0	6	4.0	28.0	5.0	1.00
sausage turkey patty^	2 each	1500	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00
ham/cheese w pretzel roll^	1 each	500	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato wedge	2 EACH	2080	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	900	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	1200	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
dressing ranch light^	2 TBSP	1100	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbspc	900	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
syrup, pancake^	2 tbspc	1100	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			648	71	1157	7.44	4.44	473.4	2109	30.86	*34	24.29	88.30	22.64	5.75
% of Calories											*21.1%	15.0%	54.5%	31.4%	8.0%
Nutrient Guideline			550-650		1230										<10.00

Thu - 03/01/2018															
K-5 3 week cycle	Total	2600													
chicken patty,breaded sw^	1 each	1100	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
lasagna w/beef crumbles^	1 EACH	800	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
garlic bread stick ^	1 EACH	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2100	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
lettuce with romaine	1/2 cup	800	7	0	2	0.54	0.39	11.5	1344	3.08	*0	0.51	1.26	0.1	0.01
tomatoes, cherry	1/2 cup	300	13	0	4	0.89	0.20	7.5	621	9.46	*N/A*	0.66	2.92	0.15	0.02
sweet potato waffle fries^	1/2 cup	750	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
fresh fruit salad^	1/2 cup	900	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
oatmeal scotchies w/lq egg	1 each	2000	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97
dressing variety Ra/Fr/Ital^	2 tbsp	900	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
Weighted Daily Average			650	48	945	6.00	4.16	567.5	3394	26.09	*32	28.65	85.01	22.60	7.20
% of Calories											*19.8%	17.6%	52.3%	31.3%	10.0%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/02/2018															
K-5 3 week cycle	Total	2600													
chicken nuggets^	5 each	1500	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83
shrimp poppers^	20 EACH	500	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00
b&b half sandwich( whlgrain)^	1 each	2000	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potatoes mashed^	1/2 cup	1600	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	1 oz	1400	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	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mixed fruit cocktail	1/2 cup	1500	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	300	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	200	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			634	56	1223	5.76	3.59	469.6	2519	26.93	*30	30.21	83.03	21.96	5.22
% of Calories											*19.2%	19.1%	52.4%	31.2%	7.4%
Nutrient Guideline			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/05/2018															
K-5 3 week cycle	Total	2500													
pizza 5" cheese ^	1 each	1500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pigs in a blanket^	1 each	400	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
corn^	1/2 cup	1600	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peach halves in pear juice^	1/2 cup	1500	50	0	10	0.00	0.00	0.0	300	1.2	10	0.0	12.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	120	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	60	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			565	31	997	6.83	3.60	609.3	2755	28.80	*31	23.50	80.53	16.83	5.68
% of Calories											*21.9%	16.6%	57.0%	26.8%	9.1%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/06/2018															
K-5 3 week cycle	Total	2600													
f toast st w/ egg omelet	2 EACH	1200	350	195	470	2.00	1.44	120.0	400	0.0	10	14.0	39.0	15.0	4.00
fish sw^	1 EACH	700	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potatoes,smiley^	4 oz	1600	158	0	218	2.43	0.44	0.0	0	2.91	0	2.43	24.26	5.46	0.61
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
grapes, red seedless^	1/2 cup	1500	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
dressing ranch light^	2 TBSP	600	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
syrup, pancake^	2 tbsp	1100	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
tartar sauce^	2 tbsp	500	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
Weighted Daily Average			644	115	957	6.33	3.25	501.9	2321	27.09	*37	24.05	93.03	19.92	4.86
% of Calories											*23.0%	14.9%	57.8%	27.8%	6.8%
Nutrient Guideline			550-650		1230										<10.00

Wed - 03/07/2018															
K-5 3 week cycle	Total	2600													
chicken strips^	4 EACH	1300	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
rolls, hot^	1.0 oz	1300	103	6	117	1.15	0.96	33.9	226	1.74	*2	2.51	14.57	3.92	1.05
sunb& jelly sw/ cheese st ^	1 EACH	200	492	15	566	7.54	2.72	297.7	233	0.0	23	20.2	57.11	22.17	5.27
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
baked beans^	1/2 CUP	800	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	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple, sliced w caramel^	1 EACH	2000	159	5	140	2.00	0.00	40.0	0	185.4	24	0.0	29.0	4.5	1.50
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	300	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	150	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
margarine cup^	1 each	1500	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00

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Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			647	46	1226	7.12	3.80	481.2	2476	167.65	*49	26.55	89.55	20.57	4.79
% of Calories											*30.2%	16.4%	55.4%	28.6%	6.7%
Nutrient Guideline			550-650		1230										<10.00

Thu - 03/08/2018															
K-5 3 week cycle	Total	2600													
chicken patty,breaded sw^	1 each	1200	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
spagh sauce w/ beef crum^	4 oz	1200	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	1200	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	1200	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
romaine lettuce^	1/2 cup	1000	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
cherry tomato^	1/8 cup	900	2	0	1	0.14	0.03	1.1	95	1.57	0	0.1	0.45	0.02	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
dressing variety Ra/Fr/Ital^	2 tbsp	1400	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
ketchup^	1 tbsp	1200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	400	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	150	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
Weighted Daily Average			562	44	963	7.52	5.10	552.9	6591	38.78	*33	30.26	79.45	15.12	3.63
% of Calories											*23.6%	21.6%	56.6%	24.2%	5.8%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/09/2018															
K-5 3 week cycle	Total	2600													
hot dog with bun^	1 each	1500	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
chicken teriyaki^	4 EACH	500	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice lmusda^	1/2 cup	500	116	0	3	1.05	0.45	8.7	0	0.0	*0	2.4	23.36	1.35	0.24
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
vegetables stir fry	1/2 cup	900	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	1000	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	1500	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	450	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	225	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
sweet & sour sauce^	1 TBSP	75	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
soy sauce^	1/2 oz	75	10	0	1240	0.00	0.00	0.0	0	0.0	1	1.0	1.0	0.0	0.00
fortune cookie	1 each	2340	25	0	0	0.00	0.36	0.0	15	0.0	3	0.0	6.0	0.0	0.00
Weighted Daily Average			556	44	1104	4.95	3.73	547.4	3035	39.08	*40	22.91	79.17	17.24	6.41
% of Calories											*28.5%	16.5%	57.0%	27.9%	10.4%
Nutrient Guideline			550-650		1230										<10.00

Mon - 03/12/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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			550-650		1230										<10.00

Tue - 03/13/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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			550-650		1230										<10.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/14/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/15/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/16/2018															
K-5 3 week cycle	Total	1													
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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			550-650		1230										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/19/2018															
K-5 3 week cycle	Total	2600													
pizza sticks (2 sticks)^	2 EACH	1200	310	40	590	3.00	0.00	0.0	0	0.0	8	18.0	31.0	13.0	7.00
chili w/ beef crumbles.	8 oz	600	220	17	1023	8.59	3.71	83.1	1073	9.3	*3	14.28	30.25	4.56	1.46
b&b whole sandwich( whlgrain)	1 each	600	260	0	370	4.00	1.44	80.0	520	0.0	4	8.0	32.0	13.0	5.00
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
spiced apples,warmed	1/2 cup	1500	79	0	11	1.58	0.01	1.4	46	0.0	18	0.01	19.7	0.01	0.00
marinara sauce cup^	2 oz	980	32	0	184	0.80	0.57	16.0	240	4.79	3	0.8	5.59	0.8	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
choc chip cookies w/lq egg	1 each	2340	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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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			647	48	1139	8.72	3.48	421.6	3228	30.99	*41	26.16	88.03	22.17	9.15
% of Calories											*25.1%	16.2%	54.4%	30.8%	12.7%
Nutrient Guideline			550-650		1230										<10.00

Tue - 03/20/2018															
K-5 3 week cycle	Total	2600													
pancakes^	2 EACH	1200	136	6	201	0.65	1.75	38.8	23	0.0	0	2.59	19.41	1.94	0.32
smokies^	3 EACH	1200	95	20	290	0.00	0.18	20.0	0	0.0	1	3.5	1.5	8.5	3.00
mac & cheese^	6 oz	800	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
tator tots^	9 each	1600	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
orange, fresh slices^	1/2 cup	1500	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1000	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	1200	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
Weighted Daily Average			574	39	1159	5.73	2.71	548.6	2413	56.15	*31	20.55	77.85	18.85	6.28
% of Calories											*21.4%	14.3%	54.2%	29.5%	9.8%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/21/2018															
K-5 3 week cycle	Total	2600													
taco meat w/ beef crumbles^	3 oz	1800	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla chips, 2 oz pkg^	2 oz	1800	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
cheese cheddar shredded^	1 oz	1440	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
hoagie sub sandwich^	1 each	200	282	46	770	3.00	2.51	309.7	161	0.9	*4	15.19	31.97	11.08	4.08
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
ref beansw/salsa &cheese^	4 oz	900	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
lettuce,shredded^	1/2 cup	900	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
tomato fresh diced^	1/8 cup	900	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
pear 1/2 ^	1/2s	1500	48	0	8	1.59	0.00	0.0	0	0.0	8	0.0	11.11	0.0	0.00
dressing variety Ra/Fr/Ital^	2 tbsp	500	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
ketchup^	1 tbsp	50	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
mayo(salad dressing light)^	1 TBSP	50	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
salsa cup^	2 oz	500	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
pickle slices^	2 EACH	150	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			621	48	1011	7.29	4.24	655.3	2263	21.87	*25	30.17	74.11	24.38	7.73
% of Calories											*16.2%	19.4%	47.7%	35.3%	11.2%
Nutrient Guideline			550-650		1230										<10.00

Thu - 03/22/2018															
K-5 3 week cycle	Total	2600													
chicken, popcorn^	4 oz	1300	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
b&b half sandwich( whlgrain)^	1 each	1300	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
breakfast sandwich^	1 each	800	283	143	591	3.00	2.55	218.0	236	0.0	*1	18.14	22.23	12.93	4.79
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
mixed veggies, frozen^	1/2 cup	900	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00
veggie cup^	1/2 cup	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fresh fruit salad^	1/2 cup	1500	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
dressing ranch light^	2 TBSP	900	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	180	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	100	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			547	60	1068	5.86	4.19	520.3	3038	35.94	*30	28.42	67.87	18.23	5.08
% of Calories											*21.6%	20.8%	49.7%	30.0%	8.4%
Nutrient Guideline			550-650		1230										<10.00

Fri - 03/23/2018															
K-5 3 week cycle	Total	2600													
corn dog, mini^	6 each	1500	271	40	412	5.03	1.81	150.8	0	0.0	5	10.05	30.16	12.06	3.52
pretzel & cheese sauce^	serving	500	267	31	565	0.87	1.57	223.1	427	0.0	2	12.06	33.63	9.23	5.05
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	300	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
french fries^	1/2 cup	1800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
veggie cup^	3/4 cup	1000	28	0	30	2.03	0.85	29.7	2766	30.15	3	1.53	5.61	0.21	0.04
strawberries fresh^	1/2 cup	1500	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	750	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	500	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
honey dijon mustard dressing	2 TBSP	50	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			589	45	904	8.03	3.75	526.7	2557	63.93	*27	23.01	85.10	17.15	5.07
% of Calories											*18.4%	15.6%	57.8%	26.2%	7.7%
Nutrient Guideline			550-650		1230										<10.00

Mon - 03/26/2018															
K-5 3 week cycle	Total	2600													
hamburger on a bun^	1 each	1300	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
grilled cheese: 4 sl^	1 EACH	450	396	54	1131	4.00	1.54	392.0	685	0.0	*4	20.56	32.9	22.39	12.37
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
baked beans^	1/2 cup	900	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	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced^	1/2 cup	1700	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	1000	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	100	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	1000	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories			549	42	1219	7.71	4.42	609.9	2495	28.30	*33 *24.2%	27.77 20.2%	76.60 55.8%	16.49 27.0%	6.24 10.2%
Nutrient Guideline			550-650		1230										<10.00

Tue - 03/27/2018															
K-5 3 week cycle	Total	2600													
chicken noodle soup^	8 oz	1300	89	28	713	0.58	0.54	9.7	30	0.66	*0	9.99	5.58	3.01	0.73
cracker, saltine^	2 EACH	1300	120	0	300	2.00	0.72	0.0	0	0.0	0	2.0	22.0	3.0	0.00
pigs in a blanket^	1 each	750	240	35	690	1.50	0.36	0.0	0	0.0	1	9.0	15.5	16.0	7.00
Lion Cub Meal^	1 Each	700	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	600	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
peas and carrots^	1/2 cup	1800	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
veggie cup^	1/2 cup	1800	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	2500	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	1200	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsps	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
Weighted Daily Average % of Calories			527	42	1223	5.64	2.95	465.1	4654	65.58	*43 *32.7%	22.05 16.7%	78.40 59.5%	14.77 25.2%	4.76 8.1%
Nutrient Guideline			550-650		1230										<10.00

Wed - 03/28/2018															
K-5 3 week cycle	Total	2600													
waffle sticks^	3 EACH	1500	170	20	250	4.00	1.80	40.0	30	0.0	6	4.0	28.0	5.0	1.00
sausage turkey patty^	2 each	1500	120	60	160	0.00	1.44	40.0	0	0.0	0	12.0	0.0	8.0	2.00
ham/cheese w pretzel roll^	1 each	500	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potato wedge	2 EACH	2080	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	1000	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	1500	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
dressing ranch light^	2 TBSP	600	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsps	900	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
syrup, pancake^	2 tbsps	1100	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			648	69	1098	7.59	4.53	492.2	2216	32.83	*37	24.86	90.03	21.83	5.68
% of Calories											*22.6%	15.3%	55.5%	30.3%	7.9%
Nutrient Guideline			550-650		1230										<10.00

Thu - 03/29/2018															
K-5 3 week cycle	Total	2600													
chicken patty,breaded sw^	1 each	1200	340	43	620	4.12	3.63	228.8	98	0.0	5	24.13	43.37	8.63	1.35
lasagna w/beef crumbles^	1 EACH	800	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
garlic bread stick ^	1 EACH	800	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
Lion Cub Meal^	1 Each	500	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	400	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2200	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
lettuce with romaine	1/2 cup	600	7	0	2	0.54	0.39	11.5	1344	3.08	*0	0.51	1.26	0.1	0.01
tomatoes, cherry	1/2 cup	400	13	0	4	0.89	0.20	7.5	621	9.46	*N/A*	0.66	2.92	0.15	0.02
sweet potato fries^	4 oz	800	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
fresh fruit salad^	1/2 cup	1400	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
oatmeal scotchies w/lq egg	1 each	1800	141	9	105	0.93	0.50	8.3	497	0.01	*7	1.84	16.83	7.3	2.97
dressing variety Ra/Fr/Ital^	2 tbsp	500	53	3	300	0.00	0.00	0.0	0	0.0	4	0.0	6.33	3.17	0.33
Weighted Daily Average			645	47	901	6.03	4.19	576.8	3325	27.81	*33	29.32	85.60	21.53	6.79
% of Calories											*20.7%	18.2%	53.1%	30.1%	9.5%
Nutrient Guideline			550-650		1230										<10.00

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/30/2018															
K-5 3 week cycle	Total	2600													
chicken nuggets^	5 each	1500	291	54	377	1.61	1.75	18.8	122	0.79	0	22.03	16.4	15.84	1.83
shrimp poppers^	20 EACH	500	180	45	530	3.00	1.44	40.0	100	0.0	1	9.0	21.0	7.0	1.00
b&b half sandwich( whlgrain)^	1 each	2000	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
Lion Cub Meal^	1 Each	600	386	28	642	6.84	3.31	313.4	3972	62.16	*9	14.28	47.48	15.68	6.23
yogurt variety^	4 oz	500	90	0	51	0.00	0.00	300.0	76	0.72	15	3.0	19.0	0.0	0.00
milk vty half pints^	1 each	2340	103	7	147	0.00	0.60	300.0	500	1.2	15	8.0	16.0	0.83	0.50
potatoes mashed^	1/2 cup	1600	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	1 oz	1400	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	1000	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mixed fruit cocktail	1/2 cup	1500	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
dressing ranch light^	2 TBSP	800	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
ketchup^	1 tbsp	600	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	25	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
BBQ sauce, PC cup^	EACH	200	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
dressing honey mustard^	2 TBSP	150	50	0	240	0.00	0.00	0.0	0	0.0	8	0.0	12.0	0.0	0.00
Weighted Daily Average			631	56	1205	5.76	3.59	469.6	2519	26.84	*30	30.21	82.42	21.94	5.22
% of Calories											*19.0%	19.1%	52.2%	31.3%	7.4%
Nutrient Guideline			550-650		1230										<10.00
Weighted Average			593	52	1082	6.71	3.86	530.2	2949	43.67	*34	26.15	81.04	19.02	5.65
											*51.0%	17.6%	54.7%	28.9%	8.6%

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# Linn-Mar Community Schools

Feb 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

K-5 3 week cycle

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	593		550 - 650	100%												
Cholesterol (mg)	52															
Sodium 1 (mg)	1082		1230													
Sodium 2 (mg)	1082		935						147	Correction Required - Sodium too High						
Fiber (g)	6.71															
Iron (mg)	3.86															
Calcium (mg)	530.2															
Vitamin A (IU)	2949															
Sugars (g)	34	22.69%				Missing										
Vitamin C (mg)	43.67															
Protein (g)	26.15	17.64%														
Carbohydrate (g)	81.04	54.67%														
Total Fat (g)	19.02	28.86%														
Saturated Fat (g)	5.65	8.57%	<10.00%													

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