

Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

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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 - 10/01/2018															
High School Lunch	Total	750													
chicken sweet chili thai	Servings	800	172	56	452	0.00	0.89	0.0	37	2.97	7	13.63	21.06	3.72	0.62
brown rice,chicken flavored	1/2 cup	800	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
egg roll,chick/veg,whlgr	1 EACH	750	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
vegetables stir fry	1/2 cup	400	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
vegetables fresh/sal/bar/hs	1/2 cup	400	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
fruit, fresh, variety	1/2 CUP	300	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
fruit, canned, variety (hs)	1/2 CUP	300	71	0	8	0.80	0.14	8.0	369	8.28	15	0.4	18.56	0.0	0.00
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
sweet & sour sauce^	1 TBSP	200	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	190	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	600	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	50	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	200	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	15	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			751	115	1595	8.01	5.17	374.7	3585	36.28	*37	41.85	106.70	18.56	5.05
% of Calories											*19.9%	22.3%	56.8%	22.2%	6.0%
Nutrient Guideline			750-850		1420										<10.00

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

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/02/2018															
High School Lunch	Total	650													
chicken nuggets^	6 each	700	350	65	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot^	2 oz	500	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
potatoes mashed^	1/2 cup	500	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	2 oz	350	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00
vegetables fresh/sal/bar/hs	1/2 cup	270	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
pineapple tidbits	1/2 cup	200	80	0	0	1.00	0.36	20.0	0	6.0	17	0.0	19.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	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	2 TBSP	200	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	1	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	450	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	5	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			770	87	1383	6.19	4.88	294.1	2011	21.90	*22	40.66	85.86	30.26	4.93
% of Calories											*11.4%	21.1%	44.6%	35.3%	5.8%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

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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 - 10/03/2018															
High School Lunch	Total	600													
pork tenderloin s/w	1 each	450	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
bbq pork rib patty sw	1 EACH	250	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50
baked beans^	1/2 CUP	175	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
vegetables fresh/sal/bar/hs	1/2 cup	75	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
orange, fresh slices^	1/2 cup	250	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
fruit, fresh, variety	1/2 CUP	75	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbspc	250	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	250	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	500	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	25	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
pizza line HS	1 EACH	125	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	40	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			751	105	1387	9.84	5.98	605.5	1714	31.56	*34	39.18	96.92	24.83	6.94
% of Calories											*18.0%	20.9%	51.7%	29.8%	8.3%
Nutrient Guideline			750-850		1420										<10.00

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Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

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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 - 10/04/2018															
High School Lunch	Total	600													
crisпитos w/ cheese sauce	1 EACH	500	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
ref beansw/salsa &cheese^	4 oz	150	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
tomato fresh diced^	1/2 cup	100	16	0	5	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03
lettuce,shredded^	1/2 CUP	100	5	0	4	0.43	0.15	6.5	181	1.01	*N/A*	0.32	1.07	0.05	0.01
vegetables fresh/sal/bar/hs	1/2 cup	150	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
grapes, red seedless^	1/2 cup	400	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
salsa cup^	2 oz	75	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	50	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
jalapeno peppers.	1/16 cup	25	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	25	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			752	80	1342	8.35	4.53	463.7	2811	14.97	*23	35.98	72.28	35.40	11.06
% of Calories											*12.0%	19.1%	38.5%	42.4%	13.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

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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 - 10/05/2018															
High School Lunch	Total	650													
pizza 5" cheese ^	1 each	500	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza, personal pan pepp^	1 each	400	340	20	730	5.00	2.97	255.0	425	1.2	5	17.5	40.5	12.0	3.88
salad romaine/spinach blend	1/2 cup	300	45	0	99	4.88	4.17	149.7	20510	36.4	*0	4.64	7.85	0.78	0.12
vegetables fresh/sal/bar/hs	1/2 cup	300	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
banana,small	1 each	150	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	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
dressing/Ran/Ital/Frn/HnMus	2 TBSP	300	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	350	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	50	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
snickerdoodle cookiesw/ lq egg	1 EACH	350	136	12	73	0.88	0.52	5.3	1399	0.0	10	1.7	19.24	5.78	2.04
Weighted Daily Average			753	41	1382	12.20	7.42	632.8	12413	32.51	*29	35.22	99.54	24.87	8.23
% of Calories											*15.3%	18.7%	52.9%	29.7%	9.8%
Nutrient Guideline			750-850		1420										<10.00

Mon - 10/08/2018															
High School Lunch	Total	450													
las roll up w/ meat sauce	1 EACH	650	275	36	465	1.66	0.95	107.6	100	0.5	*4	13.68	25.56	12.31	5.37
breadstick^	2 oz	400	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
romaine lettuce^	1/2 cup	150	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
vegetables fresh/sal/bar/hs	1/2 cup	200	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
peaches sliced	1/2 cup	350	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	350	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	15	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	3	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

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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			754	64	1168	7.79	2.81	401.7	5335	20.21	*31	34.32	98.55	23.63	9.28
% of Calories											*16.6%	18.2%	52.3%	28.2%	11.1%
Nutrient Guideline			750-850		1420										<10.00

Tue - 10/09/2018															
High School Lunch	Total	500													
chicken patty (4ozGold) s/w	1 EACH	650	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
lettuce & tomato	1/2 cup	300	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
broccoli & cheese s (gov)	1/2 CUP	200	107	21	310	1.78	0.00	168.2	288	26.68	3	6.07	5.04	5.93	3.41
vegetables fresh/sal/bar/hs	1/2 cup	250	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
applesauce	1/2 CUP	150	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1/2 CUP	75	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	75	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
ketchup^	1 tbsp	150	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	75	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	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
mayo(salad dressing light)^	1 TBSP	15	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	20	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			747	106	1466	8.88	6.07	596.9	1862	24.74	*27	49.58	93.18	20.70	5.42
% of Calories											*14.2%	26.5%	49.9%	24.9%	6.5%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/10/2018															
High School Lunch	Total	575													
french toast stk	4 Each	500	480	0	520	4.00	1.44	80.0	0	0.0	20	12.0	76.0	14.0	2.00
Egg Omelet	3.5 oz	450	107	193	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
potato triangles	2 each	300	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
vegetables fresh/sal/bar	1/2 cup	270	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
strawberries fresh^	1/2 cup	150	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	270	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	300	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt parfaits,fruit&granola^	4 oz	20	257	5	128	3.41	0.78	179.7	0	12.81	*33	7.96	54.13	2.37	0.75
pizza line HS	1 EACH	75	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			795	164	1222	7.02	3.16	297.7	1549	32.34	*36	26.01	111.76	27.39	6.61
% of Calories											*18.2%	13.1%	56.2%	31.0%	7.5%
Nutrient Guideline			750-850		1420										<10.00

Thu - 10/11/2018															
High School Lunch	Total	600													
pizza crunchers^	4 piece serving	600	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
sweet potato fries^	4 oz	350	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
romaine/spinach&tomato	1/2 cup	250	15	0	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
pear sliced in juice	1/2 cup	300	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	30	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	100	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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			786	49	1319	9.53	3.94	668.0	5432	15.41	*26	31.74	92.04	33.20	12.84
% of Calories											*13.2%	16.2%	46.9%	38.0%	14.7%
Nutrient Guideline			750-850		1420										<10.00

Fri - 10/12/2018															
High School Lunch	Total	600													
taco meat w/ beef crumbles^	3 oz	600	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	300	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
tortilla chips, 2 oz pkg^	2 oz	500	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
refried beans w/salsa	1/2 cup	150	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
lettuce,shredded^	1/2 cup	175	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^	1/2 cup	175	16	0	5	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03
vegetables fresh/sal/bar/hs	1/2 cup	100	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
apple fresh whole^	1/2 each	100	47	0	1	2.18	0.11	5.5	49	4.19	9	0.24	12.57	0.15	0.03
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	100	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	100	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	350	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	50	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pizza line HS	1 EACH	40	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
brownie HS (usda)	1 each	350	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59
Weighted Daily Average			783	84	964	8.81	5.75	474.8	4294	19.09	*35	34.16	95.16	33.16	9.25
% of Calories											*17.8%	17.4%	48.6%	38.1%	10.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/15/2018															
High School Lunch	Total	750													
chicken mandarin orange	serving	800	150	40	280	0.00	0.72	0.0	0	1.2	10	11.0	19.0	3.0	0.50
brown rice,chicken flavored	1/2 cup	800	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
egg roll,chick/veg,whlgr	1 EACH	800	160	30	410	3.00	1.80	40.0	750	6.0	3	10.0	20.0	5.0	1.00
vegetables stir fry	1/2 cup	550	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
vegetables fresh/sal/bar/hs	1/2 cup	550	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mandarin oranges^	1/2 cup	200	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
juice cup variety	4 oz	75	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
sweet & sour sauce^	1 TBSP	200	30	0	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	200	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	600	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	50	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	200	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	25	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	35	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			725	99	1434	8.42	5.25	382.1	4752	38.80	*39	39.50	103.10	17.74	4.93
% of Calories											*21.4%	21.8%	56.9%	22.0%	6.1%
Nutrient Guideline			750-850		1420										<10.00

Tue - 10/16/2018															
High School Lunch	Total	1000													
chicken strips^	5 EACH	800	338	57	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
rolls, hot^	2 oz	550	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
french fries^	1/2 cup	800	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
vegetables fresh/sal/bar/hs	1/2 cup	300	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
fruit, fresh, variety	1/2 CUP	300	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
fruit, canned, variety (hs)	1/2 CUP	150	71	0	8	0.80	0.14	8.0	369	8.28	15	0.4	18.56	0.0	0.00
juice cup variety	4 oz	200	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	125	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
dressing/Ran/Ital/Frn/HnMus	2 TBSP	300	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
bbq sauce	2 TBSP	300	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 each	600	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	600	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
pizza line HS	1 EACH	200	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	25	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	30	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 10

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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			755	69	1243	6.70	4.98	300.1	2510	26.93	*21	37.77	89.76	26.69	4.67
% of Calories											*11.2%	20.0%	47.6%	31.8%	5.6%
Nutrient Guideline			750-850		1420										<10.00

Wed - 10/17/2018															
High School Lunch	Total	700													
chicken patty/hot /spicy sw	sandwich	675	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
fish sw^	1 EACH	100	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
cheese american	1 slice	75	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
baked beans^	1/2 CUP	350	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
vegetables fresh/sal/bar/hs	1/2 cup	400	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
applesauce	1/2 CUP	250	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1/2 CUP	400	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	300	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	200	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
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
ketchup^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	350	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
pickle slices^	2 EACH	50	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	500	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	50	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	20	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			723	43	1419	10.86	6.63	563.3	2012	26.66	*44	37.10	115.73	14.95	3.57
% of Calories											*24.6%	20.5%	64.0%	18.6%	4.4%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/18/2018															
High School Lunch	Total	600													
chicken parmesan w/ spaghetti	1 each	750	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
garlic bread stick ^	1 EACH	600	90	0	95	1.00	0.72	0.0	0	0.0	0	3.0	15.0	3.0	0.00
romaine lettuce^	1/2 cup	400	19	0	9	2.38	1.10	37.4	9877	4.54	*N/A*	1.39	3.73	0.34	0.04
vegetables fresh/sal/bar	1/2 cup	300	14	0	17	0.99	0.22	12.5	1313	17.7	*1	0.56	2.89	0.1	0.02
pear sliced in juice	1/2 cup	100	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	500	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	100	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	35	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			762	83	1319	9.91	5.95	500.5	8056	21.11	*25	46.41	90.70	25.72	7.47
% of Calories											*13.3%	24.4%	47.6%	30.4%	8.8%
Nutrient Guideline			750-850		1420										<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 - 10/19/2018															
High School Lunch	Total	650													
pizza garlic fr bread ch	1 EACH	500	350	30	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
pizza pepperoni 8"stuff/cr	1 EACH	400	350	40	640	4.00	2.70	300.0	750	21.0	*N/A*	21.0	30.0	16.0	7.00
salad romaine/spinach blend	1/2 cup	270	45	0	99	4.88	4.17	149.7	20510	36.4	*0	4.64	7.85	0.78	0.12
vegetables fresh/sal/bar/hs	1/2 cup	270	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
melon mix (3)	1/2 cup	150	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	400	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
dressing/Ran/Ital/Frn/HnMus	2 TBSP	50	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
hamburger on a bun^	1 each	100	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
choc chip cookies w/lq egg	1 each	400	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			775	71	1145	8.94	6.68	843.2	11326	43.51	*19	44.38	79.46	33.61	13.56
% of Calories											*9.6%	22.9%	41.0%	39.0%	15.7%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/22/2018															
High School Lunch	Total	500													
taco meat w/ beef crumbles^	3 OZ	750	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla-2 or taco shells 2	serving	750	120	0	105	2.67	0.24	46.7	0	0.0	*0	2.67	19.67	4.0	1.17
cheese cheddar shredded^	1/2 oz	400	40	8	103	0.00	0.02	128.5	89	0.0	*N/A*	3.86	0.28	2.6	1.64
ref beansw/salsa &cheese^	4 oz	200	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	300	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^	1/4 cup	300	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
Kiwi and grapes	1/2 each	150	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	600	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
salsa cup^	2 oz	200	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	200	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
jalapeno peppers.	1/16 cup	100	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
potato bar	serving	25	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	75	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	15	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	35	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			750	75	1230	10.80	6.52	659.6	3524	47.90	*27	45.30	86.58	26.31	9.79
% of Calories											*14.4%	24.2%	46.2%	31.6%	11.7%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/23/2018															
High School Lunch	Total	600													
chicken, popcorn^	4 oz	750	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread:scratch variety	serving	400	155	3	168	2.48	1.51	33.3	326	2.15	*3	4.15	26.21	3.93	1.18
green beans,steamed^	1/2 cup	500	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
vegetables fresh/sal/bar/hs	1/2 cup	300	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
strawberries fresh^	1/2 cup	450	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
fruit, fresh, variety	1/2 CUP	250	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	200	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	500	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
bbq sauce	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
ketchup^	1 tbsp	200	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
dressing ranch light^	2 TBSP	50	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
margarine cup^	1 EACH	150	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
pizza line HS	1 EACH	200	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	15	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			742	26	1408	10.13	7.10	474.2	3058	69.54	*30	41.55	91.32	23.28	4.82
% of Calories											*16.1%	22.4%	49.2%	28.2%	5.8%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/24/2018															
High School Lunch	Total	600													
spagh sauce w/ beef crum^	4 oz	700	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	650	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
ravioli, WG mini cheese	EACH (7 p	500	120	15	180	1.00	0.72	100.0	100	3.6	1	8.0	15.0	2.5	1.50
ieces)															
breadstick^	2 oz	400	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
vegetables fresh/sal/bar/hs	1/2 cup	300	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
salad romaine/spinach blend	1/2 cup	350	45	0	99	4.88	4.17	149.7	20510	36.4	*0	4.64	7.85	0.78	0.12
peach sliced in pear juice	1/2 cup	200	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	335	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
cheese parmesan grated	2 TSP	200	23	3	73	0.00	0.00	66.7	0	0.0	0	2.0	0.0	1.67	1.00
margarine cup^	1 EACH	550	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	500	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt bar, HS, toppings	2 oz.	150	222	0	273	3.16	8.87	151.2	756	9.07	17	3.76	46.37	3.28	0.20
yogurt bar/fruit	1/2 cup	20	60	0	3	1.68	0.34	7.9	220	17.76	*6	0.51	15.04	0.15	0.01
yogurt, HS bar	8 oz.	40	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	4	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			753	51	1036	12.10	8.75	557.6	14419	47.47	*38	38.67	104.78	20.24	5.89
% of Calories											*20.3%	20.5%	55.7%	24.2%	7.0%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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)
Thu - 10/25/2018															
High School Lunch	Total	600													
ham/cheese w pretzel roll^	1 each	275	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
buffalo chix wrap w/ tortilla	1 EACH	200	510	36	948	7.84	2.33	190.1	356	0.5	*3	25.66	47.8	25.01	7.03
sweet potato fries^	4 oz	300	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
vegetables fresh/sal/bar/hs	1/2 cup	250	18	0	17	1.22	0.27	14.2	1625	12.82	*1	0.85	3.81	0.1	0.02
APPLE/CARROT/RAISIN/SALAD	1 3/4 CUP	350	270	0	46	9.74	1.50	61.0	30739	25.06	*43	2.79	70.09	0.75	0.12
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing ranch light^	2 TBSP	75	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
pickle slices^	2 EACH	100	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbspc	150	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
milk vty half pints^	1 each	350	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	150	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Weighted Daily Average			770	52	1171	12.84	4.25	392.1	20944	29.79	*44	28.66	111.79	25.83	8.19
% of Calories											*23.0%	14.9%	58.1%	30.2%	9.6%
Nutrient Guideline			750-850		1420										<10.00

Fri - 10/26/2018															
High School Lunch	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			750-850		1420										<10.00

Mon - 10/29/2018															
High School Lunch	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			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/30/2018															
High School Lunch	Total	650													
chicken nuggets^	6 each	600	350	65	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot^	2 oz	500	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
potatoes mashed^	1/2 cup	500	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	2 oz	350	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	350	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
pineapple tidbits	1/2 cup	200	80	0	0	1.00	0.36	20.0	0	6.0	17	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	250	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	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	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	450	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	5	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			751	77	1354	7.46	4.82	305.3	3133	39.71	*26	37.40	90.90	27.48	4.63
% of Calories											*13.8%	19.9%	48.4%	32.9%	5.5%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 10/31/2018															
High School Lunch	Total	600													
pork tenderloin s/w	1 each	450	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
bbq pork rib patty sw	1 EACH	150	290	40	640	4.00	2.88	220.0	300	1.2	6	20.0	34.0	9.0	2.50
baked beans^	1 CUP	150	324	0	1117	10.37	4.02	94.2	303	2.44	34	14.65	74.39	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	75	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
orange, fresh slices^	1/2 cup	200	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsps	250	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	250	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	150	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	500	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt, HS bar	8 oz.	150	211	10	151	0.00	0.00	351.2	0	4.82	35	11.04	39.14	2.01	1.51
pizza line HS	1 EACH	150	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	20	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
Weighted Daily Average			757	99	1404	10.28	5.86	651.5	2599	34.17	*41	38.38	103.74	23.23	6.95
% of Calories											*21.9%	20.3%	54.8%	27.6%	8.3%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 11/01/2018															
High School Lunch	Total	600													
crisпитos w/ cheese sauce	1 EACH	500	659	81	1174	6.00	3.60	303.1	1927	0.0	3	31.69	48.2	36.79	11.06
ref beansw/salsa &cheese^	4 oz	150	112	4	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
tomato fresh diced^	1/4 cup	100	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
lettuce,shredded^	1 CUP	100	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
vegetables fresh/sal/bar/hs	1 cup	75	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
grapes, red seedless^	1/2 cup	150	61	0	2	0.82	0.26	12.7	91	3.63	15	0.57	15.56	0.32	0.10
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
salsa cup^	2 oz	75	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	50	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
jalapeno peppers.	1/16 cup	25	0	0	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	25	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	2	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			759	84	1393	8.49	4.65	474.0	2768	15.42	*18	37.42	69.89	36.46	11.23
% of Calories											*9.4%	19.7%	36.8%	43.2%	13.3%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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 - 11/02/2018															
High School Lunch	Total	650													
pizza 5" cheese ^	1 each	400	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
pizza, personal pan pepp^	1 each	350	340	20	730	5.00	2.97	255.0	425	1.2	5	17.5	40.5	12.0	3.88
salad romaine/spinach blend	1 cup	400	91	0	197	9.75	8.35	299.4	41021	72.8	*1	9.28	15.69	1.56	0.23
vegetables fresh/sal/bar/hs	1 cup	400	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
banana,small	1 each	150	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	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
dressing/Ran/Ital/Frn/HnMus	2 TBSP	430	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	450	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	50	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pizza line HS	1 EACH	75	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	10	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	10	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
snickerdoodle cookiesw/ lq egg	1 EACH	350	136	12	73	0.88	0.52	5.3	1399	0.0	10	1.7	19.24	5.78	2.04
Weighted Daily Average			751	38	1370	16.05	10.23	725.8	29437	76.26	*34	36.07	105.32	22.92	7.30
% of Calories											*18.2%	19.2%	56.1%	27.5%	8.8%
Nutrient Guideline			750-850		1420										<10.00

Mon - 11/05/2018															
High School Lunch	Total	450													
las roll up w/ meat sauce	1 EACH	600	275	36	465	1.66	0.95	107.6	100	0.5	*4	13.68	25.56	12.31	5.37
breadstick^	2 oz	400	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
romaine lettuce^	1 cup	150	39	0	18	4.76	2.20	74.8	19754	9.07	*N/A*	2.79	7.46	0.68	0.09
vegetables fresh/sal/bar/hs	1 cup	100	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
peaches sliced	1/2 cup	200	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	500	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
potato bar	serving	15	510	35	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	50	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	3	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

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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			751	61	1153	8.87	3.27	480.5	8676	27.15	*33	35.41	100.03	22.63	8.83
% of Calories											*17.7%	18.9%	53.3%	27.1%	10.6%
Nutrient Guideline			750-850		1420										<10.00

Tue - 11/06/2018															
High School Lunch	Total	500													
chicken patty (4ozGold) s/w	1 EACH	575	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
lettuce & tomato	1/2 cup	300	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
broccoli & cheese s (gov)	1 CUP	150	213	41	621	3.56	0.00	336.3	576	53.36	5	12.15	10.08	11.85	6.81
vegetables fresh/sal/bar/hs	1 cup	200	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
applesauce	1/2 CUP	150	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	200	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	400	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
ketchup^	1 tbsp	150	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
BBQ sauce, PC cup^	1 EACH	25	45	0	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	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
mayo(salad dressing light)^	1 TBSP	10	30	5	130	0.00	0.00	0.0	0	0.0	2	0.0	3.0	2.0	0.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			759	103	1430	9.39	5.77	650.9	2501	40.90	*33	48.63	96.37	20.82	6.02
% of Calories											*17.4%	25.6%	50.8%	24.7%	7.1%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 21

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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 - 11/07/2018															
High School Lunch	Total	575													
french toast stk	4 Each	400	480	0	520	4.00	1.44	80.0	0	0.0	20	12.0	76.0	14.0	2.00
Egg Omelet	3.5 oz	400	107	193	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
potato triangles	2 each	300	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
vegetables fresh/sal/bar	1 cup	270	27	0	33	1.98	0.45	25.1	2626	35.4	*3	1.12	5.78	0.21	0.05
strawberries fresh^	1/2 cup	200	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
fruit, fresh, variety	1 CUP	150	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	270	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	200	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	400	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	25	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			755	150	1166	7.69	3.25	354.3	2256	51.88	*38	26.02	107.11	25.33	6.45
% of Calories											*20.4%	13.8%	56.8%	30.2%	7.7%
Nutrient Guideline			750-850		1420										<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 - 11/08/2018															
High School Lunch	Total	600													
pizza crunchers^	4 piece serving	500	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
sweet potato fries^	4 oz	350	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
romaine/spinach&tomato	1/2 cup	300	15	0	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
pear sliced in juice	1/2 cup	200	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	25	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	300	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hot dog with bun^	1 each	100	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	50	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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			749	48	1236	9.48	3.93	617.8	5942	24.00	*27	30.33	89.44	31.11	11.56
% of Calories											*14.4%	16.2%	47.8%	37.4%	13.9%
Nutrient Guideline			750-850		1420										<10.00

Fri - 11/09/2018															
High School Lunch	Total	600													
taco meat w/ beef crumbles^	3 oz	500	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
cheese cheddar shredded^	1 oz	300	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
tortilla chips, 2 oz pkg^	2 oz	450	270	0	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
refried beans w/salsa	1/2 cup	150	138	0	325	5.09	2.77	72.5	1303	15.64	8	7.12	25.57	1.02	0.00
lettuce,shredded^	1 cup	175	10	0	7	0.86	0.30	13.0	361	2.02	*N/A*	0.65	2.14	0.1	0.01
tomato fresh diced^	1/4 cup	175	8	0	2	0.54	0.12	4.5	375	6.17	1	0.4	1.75	0.09	0.01
vegetables fresh/sal/bar/hs	1 cup	200	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
apple fresh whole^	1 each	270	95	0	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
fruit, fresh, variety	1 CUP	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
salsa cup^	2 oz	100	10	0	70	0.00	0.36	0.0	100	2.4	1	0.0	2.0	0.0	0.00
sour cream, pouch	1 each	100	25	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	400	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
hamburger on a bun^	1 each	50	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
pizza line HS	1 EACH	40	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	5	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	20	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
brownie HS (usda)	1 each	400	312	57	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59
Weighted Daily Average			826	83	937	11.60	5.76	500.5	5378	35.06	*48	33.08	110.95	31.93	9.00
% of Calories											*23.2%	16.0%	53.7%	34.8%	9.8%
Nutrient Guideline			750-850		1420										<10.00

Weighted Average			759	79	1288	9.52	5.48	508.7	6225	33.76	*32	37.53	96.39	26.01	7.66
											*37.5%	19.8%	50.8%	30.8%	9.1%

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Linn-Mar Community Schools

Oct 1, 2018 thru Nov 9, 2018

Base Menu Spreadsheet

High School Lunch

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	759		750 - 850	100%												
Cholesterol (mg)	79															
Sodium 1 (mg)	1288		1420													
Sodium 2 (mg)	1288		1080						208	Correction Required - Sodium too High						
Fiber (g)	9.52															
Iron (mg)	5.48															
Calcium (mg)	508.7															
Vitamin A (IU)	6225															
Sugars (g)	32	16.67%				Missing										
Vitamin C (mg)	33.76															
Protein (g)	37.53	19.77%														
Carbohydrate (g)	96.39	50.79%														
Total Fat (g)	26.01	30.84%														
Saturated Fat (g)	7.66	9.08%	<10.00%													

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