

Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 11/12/2018															
High School Lunch	Total	750													
chicken teriyaki^	4 EACH	800	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice, chicken flavored	1/2 cup	650	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1 cup	600	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1 CUP	400	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	400	131	0	3	2.02	0.98	35.3	96	18.9	32	0.91	33.89	0.3	0.02
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	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
Hamburger bar	1 each	250	507	44	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
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	75	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			764	79	1542	9.77	6.13	536.5	3882	45.28	*49	42.51	108.05	18.94	6.47
% of Calories											*25.7%	22.2%	56.5%	22.3%	7.6%
Nutrient Guideline			750-850		1420										<10.00

Tue - 11/13/2018															
High School Lunch	Total	1000													
chicken strips^	5 EACH	850	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	500	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
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	300	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
Applesauce (cans) (19)	1/2 CUP	300	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	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 tbsps	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

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

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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			766	71	1271	7.20	5.08	299.3	2506	27.73	*22	38.83	91.06	27.12	4.66
% of Calories											*11.7%	20.3%	47.5%	31.9%	5.5%
Nutrient Guideline			750-850		1420										<10.00

Wed - 11/14/2018															
High School Lunch	Total	700													
chicken patty/hot /spicy sw fish sw^	sandwich	700	330	24	572	4.34	4.22	248.8	242	0.18	5	20.59	45.31	8.06	1.23
LETTUCE & TOMATO:1 leaf,2 slice	1 EACH	150	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
cheese american	1 lf,2 slc	600	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
baked beans^	1 slice	50	53	14	211	0.00	0.03	78.0	136	0.0	*N/A*	3.14	0.23	4.43	2.79
fresh veggie mix	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
orange, fresh slices^	1/2 cup	210	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 cup	210	46	0	0	2.36	0.10	39.3	221	52.27	9	0.92	11.54	0.12	0.01
juice cup variety	1 CUP	400	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
dressing/Ran/Ital/Frn/HnMus	4 oz	250	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
tartar sauce^	2 TBSP	200	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
ketchup^	2 tbsp	50	100	5	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
mustard^	1 tbsp	300	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	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
pickle slices^	2 TBSP	50	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
milk vty half pints^	2 EACH	350	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
yogurt parfaits,fruit&gran HS	1 each	500	77	5	110	0.00	0.45	225.0	375	0.9	11	6.0	12.0	0.62	0.37
pizza line HS	serving	50	469	10	230	5.27	1.37	363.4	273	23.6	*66	15.4	98.18	4.02	1.51
salad bar 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
sandwiches (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
Weighted Daily Average	1 EACH	20	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
% of Calories			771	46	1456	12.34	7.20	604.6	2071	54.60	*47	39.66	123.32	15.98	3.64
Nutrient Guideline			750-850		1420						*24.5%	20.6%	64.0%	18.7%	4.3%
															<10.00

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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 - 11/15/2018															
High School Lunch	Total	600													
chicken parmesan w/ spaghetti	1 each	700	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
garlic bread stick (19)	1 EACH	600	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
romaine/spinach&tomato	1/2 cup	400	15	0	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	300	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	300	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	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	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	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			795	81	1301	10.16	6.04	504.7	6060	32.11	*35	43.95	98.22	26.16	7.87
% of Calories											*17.5%	22.1%	49.4%	29.6%	8.9%
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 - 11/16/2018															
High School Lunch	Total	650													
Pizza garlic f.b cheese (19)	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	350	350	40	640	4.00	2.70	300.0	750	21.0	*N/A*	21.0	30.0	16.0	7.00
romaine/spinach&tomato	1/2 cup	270	15	0	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	270	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1 CUP	270	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
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
soup bar, HS	1 EACH	100	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
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	600	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			792	70	1112	8.73	5.27	761.2	6042	47.74	*26	41.27	87.11	33.48	13.54
% of Calories											*13.3%	20.8%	44.0%	38.1%	15.4%
Nutrient Guideline			750-850		1420										<10.00

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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 - 11/19/2018															
High School Lunch	Total	500													
taco meat w/ beef crumbles^	3 OZ	700	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	700	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	300	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 CUP	300	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	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 each	300	154	0	6	5.37	0.74	64.4	224	144.02	*15	2.31	37.97	1.11	0.15
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
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
Hamburger bar	1 each	25	507	44	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
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	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			833	74	1223	14.21	6.93	686.4	3619	121.73	*38	46.08	109.37	26.29	9.43
% of Calories											*18.1%	22.1%	52.5%	28.4%	10.2%
Nutrient Guideline			750-850		1420										<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/20/2018															
High School Lunch	Total	600													
chicken, popcorn^	4 oz	900	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
Roll, Hot (frozen) (19)	1 each	750	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
green beans,steamed^	1/2 cup	400	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	450	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	400	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
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	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	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	10	651	94	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			766	15	1462	8.87	7.06	404.4	3104	45.37	*38	42.34	98.63	21.47	2.71
% of Calories											*19.8%	22.1%	51.5%	25.2%	3.2%
Nutrient Guideline			750-850		1420										<10.00

Wed - 11/21/2018															
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

Thu - 11/22/2018															
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

Nov 12, 2018 thru Dec 31, 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 - 11/23/2018															
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 - 11/26/2018															
High School Lunch	Total	750													
chicken mandarin orange	serving	700	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	650	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	500	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
fresh veggie mix	1/2 cup	550	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	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
Hamburger bar	1 each	250	507	44	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
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			762	94	1425	8.98	5.67	479.0	4639	39.55	*38	41.13	107.26	19.59	6.24
% of Calories											*20.1%	21.6%	56.3%	23.1%	7.4%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 11/27/2018															
High School Lunch	Total	650													
chicken nuggets^	6 each	750	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
apple fresh sliced in bag	bag	400	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
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 tbs	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			824	92	1459	8.41	5.23	306.4	3185	39.63	*24	43.58	94.27	31.92	5.14
% of Calories											*11.8%	21.1%	45.7%	34.8%	5.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 11/28/2018															
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
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	200	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
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
fresh veggie mix	1/2 cup	75	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pear sliced in juice	1/2 cup	250	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	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 tbs	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			766	105	1393	9.89	6.01	591.4	1769	12.56	*35	38.95	100.59	24.82	6.94
% of Calories											*18.5%	20.3%	52.6%	29.2%	8.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 11/29/2018															
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
lettuce & tomato	1/2 cup	100	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
fresh veggie mix	1/2 cup	150	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	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			749	80	1342	8.18	4.55	463.3	2735	14.74	*22	35.88	71.64	35.38	11.06
% of Calories											*12.0%	19.2%	38.3%	42.5%	13.3%
Nutrient Guideline			750-850		1420										<10.00

Fri - 11/30/2018															
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
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
strawberries fresh^	1/2 cup	500	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	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	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
soup bar, HS	1 EACH	50	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
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

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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			751	40	1397	13.16	7.69	636.2	12610	76.69	*30	35.06	100.01	24.59	8.07
% of Calories											*16.1%	18.7%	53.3%	29.5%	9.7%
Nutrient Guideline			750-850		1420										<10.00

Mon - 12/03/2018															
High School Lunch	Total	450													
lasagna w/beef crumbles^	1 EACH	500	296	31	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
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/spinach&tomato	1/2 cup	150	15	0	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	100	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pear sliced in juice	1/2 cup	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	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
Hamburger bar	1 each	100	507	44	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
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
Weighted Daily Average			808	56	1113	9.45	3.90	718.9	3946	23.12	*37	40.13	110.08	23.69	9.90
% of Calories											*18.2%	19.9%	54.5%	26.4%	11.0%
Nutrient Guideline			750-850		1420										<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

Nov 12, 2018 thru Dec 31, 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 - 12/04/2018															
High School Lunch	Total	500													
chicken patty (4ozGold) s/w lettuce & tomato	1 EACH	575	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
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
fresh veggie mix	1/2 cup	200	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Applesauce (cans) (19)	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			752	103	1425	8.96	5.78	647.5	1939	38.68	*33	48.36	94.82	20.79	6.01
% of Calories											*17.5%	25.7%	50.4%	24.9%	7.2%
Nutrient Guideline			750-850		1420										<10.00

Wed - 12/05/2018															
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
fresh veggie mix	1/2 cup	270	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	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	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

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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			757	150	1159	7.58	3.22	360.4	1962	44.32	*40	26.08	107.74	25.24	6.44
% of Calories											*21.0%	13.8%	56.9%	30.0%	7.7%
Nutrient Guideline			750-850		1420										<10.00

Thu - 12/06/2018															
High School Lunch	Total	600													
pizza crunchers^	4 piece serving	520	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
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	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
Weighted Daily Average			754	49	1262	8.98	4.00	632.0	6057	24.45	*26	31.00	88.41	31.78	11.86
% of Calories											*14.0%	16.5%	46.9%	38.0%	14.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 12/07/2018															
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 & tomato	1/2 cup	175	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
fresh veggie mix	1/2 cup	200	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	270	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
fruit, fresh, variety	1 CUP	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
soup bar, HS	1 EACH	50	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
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			784	83	946	9.34	5.57	482.7	5076	36.89	*43	32.15	101.63	31.33	8.82
% of Calories											*21.9%	16.4%	51.8%	36.0%	10.1%
Nutrient Guideline			750-850		1420										<10.00

Mon - 12/10/2018															
High School Lunch	Total	750													
chicken teriyaki^	4 EACH	800	130	35	560	0.00	1.44	40.0	100	0.0	6	15.0	9.0	3.5	1.00
brown rice, chicken flavored	1/2 cup	700	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1 cup	700	35	0	25	2.00	0.36	20.0	1000	1.2	3	0.0	6.0	0.0	0.00
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1 CUP	400	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	400	131	0	3	2.02	0.98	35.3	96	18.9	32	0.91	33.89	0.3	0.02
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	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
Hamburger bar	1 each	250	507	44	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
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	75	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

Nov 12, 2018 thru Dec 31, 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			774	79	1556	10.08	6.19	539.5	4015	45.44	*49	42.61	109.80	19.00	6.48
% of Calories											*25.6%	22.0%	56.8%	22.1%	7.5%
Nutrient Guideline			750-850		1420										<10.00

Tue - 12/11/2018															
High School Lunch	Total	1000													
chicken strips^	5 EACH	850	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	500	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
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit, fresh, variety	1/2 CUP	300	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
mixed fruit cocktail	1/2 cup	300	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	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
Weighted Daily Average			769	71	1270	6.59	5.08	299.3	2566	28.09	*22	38.83	91.64	27.12	4.66
% of Calories											*11.6%	20.2%	47.7%	31.7%	5.4%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 12/12/2018															
High School Lunch	Total	700													
chicken patty/hot /spicy sw	sandwich	700	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	150	340	35	440	5.00	2.52	220.0	0	0.0	5	18.0	47.0	10.0	1.50
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	600	8	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
cheese american	1 slice	50	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
fresh veggie mix	1/2 cup	210	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	210	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	400	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	250	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	50	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	350	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			772	46	1459	11.64	7.17	592.8	2093	39.28	*47	39.38	123.40	15.95	3.64
% of Calories											*24.5%	20.4%	64.0%	18.6%	4.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 12/13/2018															
High School Lunch	Total	600													
chicken parmesan w/ spaghetti	1 each	700	312	48	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
garlic bread stick (19)	1 EACH	600	100	0	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
romaine/spinach&tomato	1/2 cup	400	15	0	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	300	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	300	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	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	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	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			795	81	1301	10.16	6.04	504.7	6060	32.11	*35	43.95	98.22	26.16	7.87
% of Calories											*17.5%	22.1%	49.4%	29.6%	8.9%
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 - 12/14/2018															
High School Lunch	Total	650													
Pizza garlic f.b cheese (19)	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	350	350	40	640	4.00	2.70	300.0	750	21.0	*N/A*	21.0	30.0	16.0	7.00
romaine/spinach&tomato	1/2 cup	270	15	0	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
melon mix (3)	1/2 cup	270	27	0	9	0.56	0.16	5.8	1041	16.62	6	0.53	6.6	0.13	0.03
fruit, fresh, variety	1 CUP	270	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
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
soup bar, HS	1 EACH	100	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
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	600	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			792	70	1112	8.73	5.27	761.2	6042	47.74	*26	41.27	87.11	33.48	13.54
% of Calories											*13.3%	20.8%	44.0%	38.1%	15.4%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 12/17/2018															
High School Lunch	Total	500													
taco meat w/ beef crumbles^	3 OZ	700	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	700	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	300	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 CUP	300	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	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 each	300	154	0	6	5.37	0.74	64.4	224	144.02	*15	2.31	37.97	1.11	0.15
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
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
Hamburger bar	1 each	25	507	44	821	7.30	4.06	360.9	728	7.68	*8	25.36	69.15	15.98	6.30
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	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			833	74	1223	14.21	6.93	686.4	3619	121.73	*38	46.08	109.37	26.29	9.43
% of Calories											*18.1%	22.1%	52.5%	28.4%	10.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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)
Tue - 12/18/2018															
High School Lunch	Total	600													
chicken, popcorn^	4 oz	900	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
Roll, Hot (frozen) (19)	1 each	750	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
green beans,steamed^	1/2 cup	400	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
fresh veggie mix	1/2 cup	270	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh sliced in bag	bag	450	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
fruit, fresh, variety	1 CUP	400	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
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	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	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	10	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	15	1455	9.86	7.11	406.8	2905	46.38	*35	42.44	95.47	21.54	2.72
% of Calories											*18.5%	22.6%	50.9%	25.8%	3.3%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 12/19/2018															
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 pieces)	500	120	15	180	1.00	0.72	100.0	100	3.6	1	8.0	15.0	2.5	1.50
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
fresh veggie mix	1/2 cup	300	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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
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	1/2 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			762	51	1038	12.83	8.89	560.5	14431	50.71	*39	38.76	107.15	20.26	5.89
% of Calories											*20.7%	20.3%	56.2%	23.9%	7.0%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 12/20/2018															
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
lettuce & tomato	1/2 cup	75	4	0	3	0.32	0.11	4.6	144	1.07	*0	0.24	0.82	0.04	0.01
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
fresh veggie mix	1/2 cup	250	19	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
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	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 tbsp	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			642	52	1151	7.25	3.51	359.4	3294	19.03	*25	27.14	77.87	25.42	8.13
% of Calories											*15.8%	16.9%	48.5%	35.6%	11.4%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 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 - 12/21/2018															
High School Lunch	Total	900													
philly beef w/bun	1 EACH	350	438	68	731	4.00	4.15	457.0	177	0.0	*6	32.67	43.75	13.88	6.81
philly chicken w/bun	1 EACH	400	432	87	925	4.00	3.70	517.0	177	14.4	*6	32.55	44.65	13.6	6.00
fajita vegetables	1/2 cup	150	14	0	6	0.00	0.00	0.0	113	8.5	2	0.0	2.83	0.0	0.00
tator tots^	9 each	500	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
fresh veggie mix	1/2 cup	270	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	270	39	0	6	0.86	0.24	9.9	625	19.89	9	0.6	9.81	0.18	0.04
fruit, fresh, variety	1 CUP	270	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 ranch light^	2 TBSP	230	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
soup bar, HS	1 EACH	100	221	21	673	3.95	2.19	111.1	1327	8.05	*7	13.7	30.07	5.27	1.61
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	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
sunshine cake	1 each	500	266	15	156	1.17	0.69	9.7	3583	2.02	*31	2.34	43.38	9.76	1.83
Weighted Daily Average			802	89	1375	7.97	5.23	628.7	3845	37.01	*38	39.61	101.70	26.60	8.94
% of Calories											*19.0%	19.8%	50.7%	29.8%	10.0%
Nutrient Guideline			750-850		1420										<10.00

Mon - 12/24/2018															
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

Tue - 12/25/2018															
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

Nov 12, 2018 thru Dec 31, 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 - 12/26/2018															
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

Thu - 12/27/2018															
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

Fri - 12/28/2018															
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

Weighted Average			774	71	1305	9.76	5.81	535.3	4447	44.18	*35 *40.5%	39.52 20.4%	99.78 51.6%	25.20 29.3%	7.41 8.6%
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Linn-Mar Community Schools

Nov 12, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	774		750 - 850	100%												
Cholesterol (mg)	71															
Sodium 1 (mg)	1305		1420													
Sodium 2 (mg)	1305		1080						225	Correction Required - Sodium too High						
Fiber (g)	9.76															
Iron (mg)	5.81															
Calcium (mg)	535.3															
Vitamin A (IU)	4447															
Sugars (g)	35	18.01%				Missing										
Vitamin C (mg)	44.18															
Protein (g)	39.52	20.44%														
Carbohydrate (g)	99.78	51.59%														
Total Fat (g)	25.20	29.32%														
Saturated Fat (g)	7.41	8.62%	<10.00%													

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