

# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/19/2018 10:00:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/01/2019														
High School Lunch	Total	1												
NO SCHOOL TODAY	SERVING	1	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	0.00	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

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/02/2019														
High School Lunch	Total	600												
pork tenderloin s/w	1 each	425	430	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	200	290	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	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	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	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	250	46	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	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	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbspc	250	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	25	469	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			738	1337	9.50	5.67	642.0	1936	34.49	*38	38.50	97.53	23.32	6.55
% of Calories										*20.7%	20.9%	52.8%	28.4%	8.0%
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

Dec 31, 2018 thru Feb 8, 2019

## Base Menu Spreadsheet

High School Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/03/2019														
High School Lunch	Total	600												
crisпитos w/ cheese sauce	1 EACH	500	659	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	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	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
fresh veggie mix	1/2 cup	150	19	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	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	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	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	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
Salsa cup^	2 oz	75	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	50	25	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
hot dog with bun^	1 each	25	320	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			765	1354	8.22	4.53	501.4	3119	14.84	*25	36.89	74.45	35.38	11.06
% of Calories										*13.2%	19.3%	38.9%	41.6%	13.0%
Nutrient Guideline			750-850	1420										<10.00

Fri - 01/04/2019														
High School Lunch	Total	650												
pizza 5" cheese ^	1 each	500	320	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	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	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	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	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	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	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
mustard^	1 tsp	25	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	50	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	100	351	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	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	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	73	0.88	0.52	5.3	1399	0.0	10	1.7	19.24	5.78	2.04

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			770	1418	13.17	7.70	678.8	12677	76.86	*33	36.30	103.27	24.62	8.08
% of Calories										*17.3%	18.9%	53.6%	28.8%	9.4%
Nutrient Guideline			750-850	1420										<10.00

Mon - 01/07/2019														
High School Lunch	Total	450												
lasagna w/beef crumbles^	1 EACH	500	296	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
breadstick^	2 oz	400	160	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	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	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	200	49	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	100	507	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			833	1147	8.56	3.90	802.3	4216	23.98	*42	42.35	113.27	23.69	9.90
% of Calories										*20.2%	20.3%	54.4%	25.6%	10.7%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/08/2019														
High School Lunch	Total	500												
chicken patty (4ozGold) s/w	1 EACH	550	379	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	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
broccoli & cheese s (gov)	1 CUP	150	213	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	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	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
ketchup^	1 tbsp	150	20	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	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
mustard^	1 TSP	50	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	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			759	1415	8.87	5.68	698.1	3212	39.09	*37	48.59	97.17	20.33	5.94
% of Calories										*19.5%	25.6%	51.2%	24.1%	7.0%
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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/09/2019														
High School Lunch	Total	575												
taco meat w/ beef crumbles^	3 oz	450	135	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
tortilla chips, 2 oz pkg^	2 oz	450	270	210	3.00	0.72	80.0	100	0.0	0	4.0	38.0	14.0	2.00
ref beansw/salsa &cheese^	4 oz	250	112	495	5.18	1.64	105.9	679	7.58	*1	5.95	14.43	3.0	1.52
lettuce & tomato	1/2 cup	400	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
cheese cheddar shredded^	2 oz	600	160	412	0.00	0.08	514.0	358	0.0	*N/A*	15.42	1.14	10.38	6.58
fresh veggie mix	1/2 cup	270	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh whole^	1 each	200	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
fruit, fresh, variety	1 CUP	150	71	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	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
sour cream, pouch	1 each	270	25	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
Salsa cup^	3 oz	200	10	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	25	469	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			819	1384	9.57	4.70	1015.6	4380	32.53	*33	45.73	88.25	34.28	13.13
% of Calories										*15.9%	22.3%	43.1%	37.7%	14.4%
Nutrient Guideline			750-850	1420										<10.00

Thu - 01/10/2019														
High School Lunch	Total	1												
pb&j sandwich	1 EACH	1	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
apple fresh whole^	1 each	1	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
vegetables, HB bar, HS	1 CUP	1	104	3	5.53	1.49	51.3	413	9.62	*3	3.4	22.23	0.33	0.00
milk vty half pints^	1 each	1	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
juice cup variety	4 oz	1	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
string cheese	1 each	1	80	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	6.0	3.50
Weighted Daily Average			761	659	13.90	3.60	622.2	1211	30.59	*65	28.37	115.61	23.27	6.43
% of Calories										*34.0%	14.9%	60.8%	27.5%	7.6%
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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/11/2019														
High School Lunch	Total	1												
pb&j sandwich	1 EACH	1	310	300	4.00	1.44	60.0	0	0.0	13	10.0	35.0	16.0	2.50
apple fresh whole^	1 each	1	95	2	4.37	0.22	10.9	98	8.37	19	0.47	25.13	0.31	0.05
vegetables, HB bar, HS	1 CUP	1	104	3	5.53	1.49	51.3	413	9.62	*3	3.4	22.23	0.33	0.00
milk vty half pints^	1 each	1	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
juice cup variety	4 oz	1	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
string cheese	1 each	1	80	200	0.00	0.00	200.0	200	0.0	0	6.0	1.0	6.0	3.50
Weighted Daily Average			761	659	13.90	3.60	622.2	1211	30.59	*65	28.37	115.61	23.27	6.43
% of Calories										*34.0%	14.9%	60.8%	27.5%	7.6%
Nutrient Guideline			750-850	1420										<10.00

Mon - 01/14/2019														
High School Lunch	Total	1												
NO SCHOOL TODAY	SERVING	1	0	0	0.00	0.00	0.0	0	0.00	0	0.0	0.0	0.0	0.00
Weighted Daily Average			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 - 01/15/2019														
High School Lunch	Total	1000												
chicken strips^	5 EACH	800	338	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	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
french fries^	1/2 cup	700	180	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	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	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
pineapple chunks^	1/2 cup	300	65	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
juice cup variety	4 oz	200	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbs	125	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
pizza line HS	1 EACH	200	351	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	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	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

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			755	1245	6.52	4.96	347.1	2597	30.01	*27	38.50	91.20	25.97	4.57
% of Calories										*14.4%	20.4%	48.3%	30.9%	5.4%
Nutrient Guideline			750-850	1420										<10.00

Wed - 01/16/2019														
High School Lunch	Total	700												
chicken patty/hot /spicy sw	sandwich	600	330	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	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	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	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	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	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	210	50	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1 CUP	400	71	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	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	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	300	0.00	0.00	0.0	0	0.0	5	0.0	7.0	7.0	1.00
ketchup^	1 tbsp	300	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	55	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	50	469	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			748	1402	11.62	6.57	610.8	2059	39.11	*51	37.87	122.01	14.80	3.46
% of Calories										*27.2%	20.2%	65.2%	17.8%	4.2%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

## Base Menu Spreadsheet

High School Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/17/2019														
High School Lunch	Total	600												
chicken parmesan w/ spaghetti	1 each	500	312	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
breadstick bosco cheese filled	1 each	500	207	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89	3.44
romaine/spinach&tomato	1/2 cup	400	15	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	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	300	76	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
hot dog with bun^	1 each	100	320	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			771	1239	10.55	4.21	502.2	6305	30.51	*36	46.50	96.74	23.28	8.85
% of Calories										*18.7%	24.1%	50.2%	27.2%	10.3%
Nutrient Guideline			750-850	1420										<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/18/2019														
High School Lunch	Total	650												
Pizza garlic f.b cheese (19)	1 EACH	400	350	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	300	350	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	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	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
mixed fruit cocktail	1/2 cup	270	60	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	270	71	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
dressing/Ran/Ital/Frn/HnMus	2 TBSP	50	53	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	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	100	351	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	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	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	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			748	1022	7.91	4.73	717.1	5666	39.93	*32	37.60	88.52	29.49	11.92
% of Calories										*16.9%	20.1%	47.3%	35.5%	14.3%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/21/2019														
High School Lunch	Total	1												
NO SCHOOL TODAY	SERVING	1	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	0.00	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 - 01/22/2019														
High School Lunch	Total	600												
chicken, popcorn^	4 oz	775	237	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	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	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	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
pineapple chunks^	1/2 cup	450	65	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
fruit, fresh, variety	1 CUP	400	71	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
bbq sauce	2 TBSP	250	40	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	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	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	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			755	1375	9.18	6.71	463.8	3022	52.08	*47	40.88	104.21	19.47	2.60
% of Calories										*24.8%	21.6%	55.2%	23.2%	3.1%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/23/2019														
High School Lunch	Total	600												
spagh sauce w/ beef crum^	4 oz	600	133	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	600	54	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	180	1.00	0.72	100.0	100	3.6	1	8.0	15.0	2.5	1.50
breadstick^	2 oz	400	160	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	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	99	4.88	4.17	149.7	20510	36.4	*0	4.64	7.85	0.78	0.12
peaches sliced	1/2 cup	200	49	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	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	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt bar, HS, toppings	2 oz.	150	222	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	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	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			753	1039	11.67	8.56	616.8	14555	50.73	*42	38.64	107.07	19.20	5.59
% of Calories										*22.4%	20.5%	56.8%	22.9%	6.7%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/24/2019														
High School Lunch	Total	600												
ham/cheese w pretzel roll^	1 each	300	262	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	300	510	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	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
sweet potato fries^	4 oz	300	200	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	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	350	50	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	100	35	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	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	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	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	150	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	25	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
hot dog with bun^	1 each	150	320	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	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	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	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Weighted Daily Average			757	1350	9.88	4.01	439.8	3505	18.66	*30	33.24	92.33	29.97	9.49
% of Calories										*15.8%	17.6%	48.8%	35.6%	11.3%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 12

Generated on: 12/19/2018 10:00:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/25/2019														
High School Lunch	Total	900												
Grilled Chicken Breast Filet	3 oz	650	82	264	0.00	0.00	9.0	26	1.0	0	18.0	0.0	1.2	0.25
BUN, HAMBURGER	EACH 2 oz.	650	171	291	2.29	1.76	33.9	449	3.02	*4	4.83	28.71	4.55	0.68
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	400	8	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
pickle slices^	2 EACH	400	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	500	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
tator tots^	9 each	500	166	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	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	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	200	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	250	351	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	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	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	156	1.17	0.69	9.7	3583	2.02	*31	2.34	43.38	9.76	1.83
Weighted Daily Average			721	1403	7.38	3.80	351.2	4488	36.23	*43	34.55	99.12	21.84	5.38
% of Calories										*24.0%	19.2%	55.0%	27.3%	6.7%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/28/2019														
High School Lunch	Total	750												
chicken mandarin orange	600 serving	600	150	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	600	71	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	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	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	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	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	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	250	507	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			764	1401	8.94	5.56	538.6	4739	39.63	*41	41.15	108.39	19.13	6.17
% of Calories										*21.7%	21.6%	56.8%	22.5%	7.3%
Nutrient Guideline			750-850	1420										<10.00

Tue - 01/29/2019														
High School Lunch	Total	650												
chicken nuggets^	6 each	600	350	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	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	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	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	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
peaches sliced	1/2 cup	400	49	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
fruit, fresh, variety	1 CUP	250	71	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	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
pizza line HS	1 EACH	50	351	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	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	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

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			779	1382	7.16	4.70	351.1	3401	38.79	*31	38.78	96.30	27.48	4.63
% of Calories										*15.7%	19.9%	49.5%	31.8%	5.3%
Nutrient Guideline			750-850	1420										<10.00

Wed - 01/30/2019														
High School Lunch	Total	600												
pork tenderloin s/w	1 each	450	430	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	200	290	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	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	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	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	250	46	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	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	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	25	469	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			756	1361	9.70	5.82	652.0	1940	34.49	*38	39.33	99.44	24.11	6.74
% of Calories										*20.3%	20.8%	52.6%	28.7%	8.0%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 15

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/31/2019														
High School Lunch	Total	600												
crisпитos w/ cheese sauce	1 EACH	500	659	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	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	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
fresh veggie mix	1/2 cup	150	19	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	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	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	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	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
Salsa cup^	2 oz	75	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	50	25	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
hot dog with bun^	1 each	25	320	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			765	1354	8.22	4.53	501.4	3119	14.84	*25	36.89	74.45	35.38	11.06
% of Calories										*13.2%	19.3%	38.9%	41.6%	13.0%
Nutrient Guideline			750-850	1420										<10.00

Fri - 02/01/2019														
High School Lunch	Total	650												
pizza 5" cheese ^	1 each	400	320	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	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	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	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
banana,small	1 each	500	90	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	150	35	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	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
mustard^	1 tsp	25	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	50	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	100	351	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	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	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	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

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			768	1324	13.03	7.20	633.1	12672	42.59	*39	34.37	109.50	22.97	7.61
% of Calories										*20.1%	17.9%	57.1%	26.9%	8.9%
Nutrient Guideline			750-850	1420										<10.00

Mon - 02/04/2019														
High School Lunch	Total	450												
lasagna w/beef crumbles^	1 EACH	500	296	386	1.68	1.45	292.3	234	0.0	*6	16.77	27.56	13.08	6.30
breadstick^	2 oz	400	160	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	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	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
peaches sliced	1/2 cup	200	49	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Hamburger bar	1 each	75	507	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			805	1102	8.16	3.68	782.2	4176	23.55	*42	40.94	109.43	22.80	9.55
% of Calories										*20.7%	20.4%	54.4%	25.5%	10.7%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 02/05/2019														
High School Lunch	Total	500												
chicken patty (4ozGold) s/w	1 EACH	575	379	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	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
broccoli & cheese s (gov)	1 CUP	150	213	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	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	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
ketchup^	1 tbsp	150	20	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	360	0.00	0.00	0.0	0	2.4	8	0.0	10.0	0.5	0.00
mustard^	1 TSP	50	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	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			778	1449	9.08	5.86	709.6	3215	39.09	*37	50.00	99.46	20.82	6.01
% of Calories										*19.1%	25.7%	51.1%	24.1%	7.0%
Nutrient Guideline			750-850	1420										<10.00

Wed - 02/06/2019														
High School Lunch	Total	575												
french toast stk	4 Each	400	480	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	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	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	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
Strawberry cup, froz (19) comm	1 each	250	90	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0	0.00
fruit, fresh, variety	1 CUP	150	71	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	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	270	20	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
yogurt parfaits,fruit&gran HS	serving	25	469	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	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	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	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

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			803	1181	7.63	3.18	398.9	1972	26.35	*48	27.59	117.29	25.20	6.44
% of Calories										*24.1%	13.7%	58.5%	28.3%	7.2%
Nutrient Guideline			750-850	1420										<10.00

Thu - 02/07/2019														
High School Lunch	Total	600												
pizza crunchers^	4 piece serving	520	420	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	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	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	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	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	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
hot dog with bun^	1 each	100	320	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	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	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	1230	6.35	4.86	326.5	261	0.92	*13	38.91	64.63	28.06	5.10
Weighted Daily Average			779	1278	9.65	4.00	669.5	6021	24.21	*30	32.00	93.68	31.78	11.86
% of Calories										*15.3%	16.4%	48.1%	36.7%	13.7%
Nutrient Guideline			750-850	1420										<10.00

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/08/2019														
High School Lunch	Total	600												
taco meat w/ beef crumbles^	3 oz	500	135	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	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	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	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	5	2	0.54	0.24	8.2	2103	1.35	*0	0.32	0.9	0.08	0.01
fresh veggie mix	1/2 cup	200	19	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
apple fresh whole^	1 each	270	95	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	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	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
Salsa cup^	2 oz	100	7	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	0.0	0.00
sour cream, pouch	1 each	100	25	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	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	110	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	50	239	731	4.18	2.28	139.8	1327	8.18	*7	15.81	32.15	5.66	1.67
pizza line HS	1 EACH	40	351	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	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	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	195	3.74	1.69	45.8	3592	0.0	*29	5.08	47.2	12.76	3.59
Weighted Daily Average			832	965	11.00	5.55	536.6	5489	31.87	*51	33.63	112.44	31.43	8.83
% of Calories										*24.6%	16.2%	54.0%	34.0%	9.6%
Nutrient Guideline			750-850	1420										<10.00
Weighted Average			771	1240	9.73	5.11	592.5	4650	34.45	*40	37.98	101.03	25.13	7.63
										*46.1%	19.7%	52.4%	29.3%	8.9%

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# Linn-Mar Community Schools

Dec 31, 2018 thru Feb 8, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	771		750 - 850	100%											
Sodium 1 (mg)	1240		1420												
Sodium 2 (mg)	1240		1080						160	Correction Required - Sodium too High					
Fiber (g)	9.73														
Iron (mg)	5.11														
Calcium (mg)	592.5														
Vitamin A (IU)	4650														
Sugars (g)	40	20.51%			Missing										
Vitamin C (mg)	34.45														
Protein (g)	37.98	19.71%													
Carbohydrate (g)	101.03	52.42%													
Total Fat (g)	25.13	29.33%													
Saturated Fat (g)	7.63	8.90%	<10.00%												

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