

Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 2/12/2019 9:51:53 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/11/2019															
High School Lunch	Total	750													
Teriyaki Chicken BBQ	2.4 oz	900	115	70	330	0.00	0.72	0.0	0	0.0	6	16.0	6.0	3.5	1.00
brown rice, chicken flavored	1/2 cup	900	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1/2 cup	750	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	175	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	675	110	*5	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	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	300	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			761	*125	1451	7.86	5.10	589.7	4462	37.12	*42	48.71	99.22	20.04	7.44
% of Calories											*21.9%	25.6%	52.1%	23.7%	8.8%
Nutrient Guideline			750-850		1420										<10.00

Tue - 02/12/2019															
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

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/13/2019															
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
pineapple chunks^	1/2 cup	200	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
juice cup variety	4 oz	100	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			774	*70	1277	6.74	5.11	347.1	2596	28.73	*24	39.82	91.92	27.00	4.63
% of Calories											*12.5%	20.6%	47.5%	31.4%	5.4%
Nutrient Guideline			750-850		1420										<10.00

Thu - 02/14/2019															
High School Lunch	Total	600													
chicken parmesan w/ spaghetti	1 each	500	312	48	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	21	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	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
pear sliced in juice	1/2 cup	200	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 CUP	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	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	110	*5	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	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36

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			754	*77	1227	10.19	4.17	501.5	6303	30.51	*34	46.06	93.27	23.12	8.82
% of Calories											*18.1%	24.5%	49.5%	27.6%	10.5%
Nutrient Guideline			750-850		1420										<10.00

Fri - 02/15/2019															
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	450	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
Kiwi and grapes	1/2 cup	350	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1 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
milk vty half pints^	1 each	400	110	*5	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	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	239	27	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			765	*66	1158	9.17	5.28	863.9	5486	76.88	*23	44.68	84.34	29.96	12.17
% of Calories											*12.0%	23.4%	44.1%	35.2%	14.3%
Nutrient Guideline			750-850		1420										<10.00

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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 - 02/18/2019															
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
mixed fruit cocktail	1/2 cup	250	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
fruit, fresh, variety	1 CUP	250	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
milk vty half pints^	1 each	600	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Salsa cup^	2 oz	200	7	0	43	0.00	0.00	0.0	67	1.6	1	0.0	1.33	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	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	20	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			761	*66	1159	10.41	5.91	712.9	3277	35.02	*40	44.05	97.05	23.67	8.98
% of Calories											*20.9%	23.2%	51.0%	28.0%	10.6%
Nutrient Guideline			750-850		1420										<10.00

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Tue - 02/19/2019															
High School Lunch	Total	600													
chicken, popcorn^	4 oz	775	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
bread italian MS HS	slice	750	141	0	151	2.39	1.64	32.3	160	1.9	*2	4.79	27.29	1.72	0.40
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	150	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	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
milk vty half pints^	1 each	500	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			757	*15	1386	8.88	7.47	481.7	3134	30.68	*32	41.89	102.37	19.52	3.06
% of Calories											*17.1%	22.1%	54.1%	23.2%	3.6%
Nutrient Guideline			750-850		1420										<10.00

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Wed - 02/20/2019															
High School Lunch	Total	600													
spagh sauce w/ beef crum^	4 oz	600	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	600	54	0	5	0.97	0.36	9.1	1	0.0	*0	1.81	9.03	1.54	0.23
ravioli, WG mini cheese	EACH (7 p	500	120	15	180	1.00	0.72	100.0	100	3.6	1	8.0	15.0	2.5	1.50
ieces)															
breadstick^	2 oz	400	160	0	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
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
pineapple tidbits	1/2 cup	150	80	0	0	1.00	0.36	20.0	0	6.0	17	0.0	19.0	0.0	0.00
fruit, fresh, variety	1/2 CUP	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	150	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			753	*47	1034	11.79	8.63	620.9	14448	50.45	*43	38.53	107.08	19.17	5.58
% of Calories											*22.7%	20.5%	56.9%	22.9%	6.7%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/21/2019															
High School Lunch	Total	600													
buffalo chix wrap w/ tortilla	1 EACH	325	510	36	948	7.84	2.33	190.1	356	0.5	*3	25.66	47.8	25.01	7.03
ham/cheese w pretzel roll^	1 each	300	262	43	471	3.00	2.18	107.8	136	0.59	*2	15.49	29.72	9.14	4.52
lettuce & tomato	1/2 cup	75	5	0	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	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
Applesauce (cans) (19)	1/2 CUP	200	50	0	15	2.01	0.00	0.0	0	0.0	11	0.0	15.06	0.0	0.00
fruit, fresh, variety	1/2 CUP	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	75	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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
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			759	*60	1375	9.68	4.07	447.1	3518	18.20	*27	33.84	89.65	30.85	9.75
% of Calories											*14.1%	17.8%	47.3%	36.6%	11.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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 - 02/22/2019															
High School Lunch	Total	900													
Grilled Chicken Breast Filet	3 oz	650	82	43	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	0	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	0	3	0.54	0.13	4.9	358	5.62	1	0.4	1.7	0.09	0.01
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
pickle slices^	2 EACH	400	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ketchup^	1 tbsp	500	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	200	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	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
banana,small	1 each	270	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing 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	110	*5	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	27	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
choc chip cookies w/lq egg	1 each	1200	129	12	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			746	*70	1419	7.99	4.05	347.8	2781	25.46	*34	35.21	97.56	25.29	7.92
% of Calories											*18.1%	18.9%	52.3%	30.5%	9.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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)
Mon - 02/25/2019															
High School Lunch	Total	750													
chicken mandarin orange	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	700	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	400	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 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	200	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
pineapple chunks^	1/2 cup	200	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
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	110	*5	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	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	15	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			761	*87	1359	9.55	5.35	532.0	4305	33.55	*42	39.99	109.78	18.17	5.97
% of Calories											*21.8%	21.0%	57.7%	21.5%	7.1%
Nutrient Guideline			750-850		1420										<10.00

Tue - 02/26/2019															
High School Lunch	Total	650													
chicken nuggets^	6 each	600	350	65	452	1.94	2.10	22.6	147	0.94	0	26.43	19.68	19.0	2.19
rolls, hot^	2 oz	500	205	12	234	2.30	1.92	67.9	452	3.48	*4	5.03	29.14	7.83	2.10
potatoes mashed^	1/2 cup	500	80	0	310	1.00	0.36	20.0	0	3.6	1	2.0	17.0	1.0	0.00
gravy, chicken^	2 oz	350	21	0	231	0.00	0.01	1.2	0	0.0	*0	0.0	4.16	0.0	0.00
vegetables fresh/sal/bar/hs	1 cup	350	37	0	33	2.44	0.54	28.4	3249	25.65	*2	1.7	7.61	0.2	0.05
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
fruit, fresh, variety	1 CUP	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	250	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 EACH	300	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
milk vty half pints^	1 each	450	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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			759	*77	1376	6.80	4.74	352.6	3557	38.66	*29	38.80	91.88	27.38	4.61
% of Calories											*15.0%	20.4%	48.4%	32.5%	5.5%
Nutrient Guideline			750-850		1420										<10.00

Wed - 02/27/2019															
High School Lunch	Total	600													
pork tenderloin s/w	1 each	500	430	90	580	5.00	3.60	240.0	100	0.0	5	20.0	46.0	19.0	4.50
beef, hot shredded SW^	4 oz	200	324	67	590	3.00	3.65	200.0	0	0.0	4	29.56	31.0	9.18	3.08
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
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	1/2 CUP	75	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbspc	250	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 tsp	50	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
pickle slices^	2 EACH	250	0	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	150	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	500	110	*5	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	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			768	*113	1334	9.41	6.20	649.3	2173	30.42	*37	42.23	98.37	24.37	7.06
% of Calories											*19.1%	22.0%	51.2%	28.5%	8.3%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 11

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/28/2019															
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	5	0	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	0	20	1.35	0.57	19.8	1844	20.1	2	1.02	3.74	0.14	0.03
fruit salad fresh, tropical	4 oz	200	104	0	6	1.81	0.38	17.1	782	23.47	21	1.2	26.66	0.13	0.05
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	7	0	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	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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			755	*78	1344	8.25	4.44	498.0	3319	20.24	*22	36.46	72.65	35.05	10.97
% of Calories											*11.9%	19.3%	38.5%	41.8%	13.1%
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 - 03/01/2019															
High School Lunch	Total	650													
pizza 5" cheese ^	1 each	550	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
Kiwi and grapes	1/2 cup	500	77	0	3	2.68	0.37	32.2	112	72.01	*7	1.15	18.99	0.55	0.07
fruit, fresh, variety	1/2 CUP	150	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
juice cup variety	4 oz	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	110	*5	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	27	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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)
Weighted Daily Average			757	*35	1424	13.74	7.60	708.6	12024	91.22	*30	36.79	105.12	22.51	7.28
% of Calories											*16.1%	19.4%	55.5%	26.8%	8.7%
Nutrient Guideline			750-850		1420										<10.00

Mon - 03/04/2019															
High School Lunch	Total	450													
lasagna w/beef crumbles^	1 EACH	500	280	31	398	2.48	2.32	308.3	634	4.81	*8	17.57	29.16	10.67	5.50
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
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
peaches sliced	1/2 cup	150	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	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			748	*53	1081	8.73	4.50	731.1	4455	24.78	*38	39.89	103.90	19.93	8.56
% of Calories											*20.4%	21.3%	55.5%	24.0%	10.3%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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 - 03/05/2019															
High School Lunch	Total	500													
chicken patty (4ozGold) s/w lettuce & tomato	1 EACH	550	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	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
ketchup^	1 tbsc	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			754	*98	1403	8.84	5.63	697.3	3210	39.09	*37	48.06	96.80	20.13	5.90
% of Calories											*19.6%	25.5%	51.4%	24.0%	7.0%
Nutrient Guideline			750-850		1420										<10.00

Wed - 03/06/2019															
High School Lunch	Total	575													
French toast sticks	3 sticks	700	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0	2.50
Egg Omelet	3.5 oz	700	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
Strawberry cup, froz (19) comm	1 each	200	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	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	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsc	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 tbsc	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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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 % of Calories			762	*402	1298	6.85	4.87	422.4	2410	24.48	*43 *22.4%	32.69 17.2%	108.80 57.1%	27.77 32.8%	9.77 11.5%
Nutrient Guideline			750-850		1420										<10.00

Thu - 03/07/2019															
High School Lunch	Total	600													
pizza crunchers^	4 piece serving	600	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
sweet potato fries^	4 oz	350	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
romaine/spinach&tomato	1/2 cup	300	15	0	9	1.71	0.79	27.2	6357	6.03	*0	1.08	3.05	0.25	0.03
pear sliced in juice	1/2 cup	150	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	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	75	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	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	110	*5	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	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	15	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average % of Calories			768	*47	1302	9.29	3.93	703.6	6036	17.41	*25 *12.9%	31.92 16.6%	88.79 46.2%	32.66 38.3%	12.74 14.9%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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 - 03/08/2019															
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	5	0	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	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	250	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	100	71	0	1	2.84	0.31	19.8	200	33.43	*12	0.88	18.08	0.31	0.05
juice cup variety	4 oz	50	62	0	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
Salsa cup^	2 oz	100	7	0	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	0	30	0.00	0.00	60.0	200	0.0	2	2.0	4.0	0.0	0.00
dressing/Ran/Ital/Frn/HnMus	2 TBSP	100	53	2	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
milk vty half pints^	1 each	350	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
soup bar, HS	1 EACH	25	239	27	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
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			767	*53	889	7.26	4.61	468.2	5911	24.80	*48	29.50	101.47	29.89	7.71
% of Calories											*24.8%	15.4%	52.9%	35.1%	9.0%
Nutrient Guideline			750-850		1420										<10.00

Mon - 03/11/2019															
High School Lunch	Total	750													
Teriyaki Chicken BBQ	2.4 oz	800	115	70	330	0.00	0.72	0.0	0	0.0	6	16.0	6.0	3.5	1.00
brown rice, chicken flavored	1/2 cup	800	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1/2 cup	700	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
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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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			669	*110	1277	7.28	4.62	514.6	4337	34.79	*37	42.68	88.44	17.20	6.17
% of Calories											*21.9%	25.5%	52.9%	23.1%	8.3%
Nutrient Guideline			750-850		1420										<10.00

Tue - 03/12/2019															
High School Lunch	Total	1000													
chicken strips^	5 EACH	1100	338	57	708	1.83	2.50	40.2	162	0.77	2	26.43	20.93	16.17	1.70
Roll, Hot (frozen) (19)	1 each	500	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
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	100	35	0	1	1.42	0.15	9.9	100	16.72	*6	0.44	9.04	0.16	0.03
pineapple chunks^	1/2 cup	150	65	0	0	0.82	0.29	16.4	82	9.81	16	0.82	17.99	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
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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			784	*78	1406	6.23	5.09	320.4	2387	23.06	*21	45.28	86.01	27.85	4.00
% of Calories											*10.7%	23.1%	43.9%	32.0%	4.6%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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 - 03/13/2019															
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
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	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	110	*5	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			758	*45	1474	10.83	7.01	637.4	2007	24.81	*46	40.13	119.23	15.70	3.60
% of Calories											*24.1%	21.2%	63.0%	18.7%	4.3%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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 - 03/14/2019															
High School Lunch	Total	600													
chicken parmesan w/ spaghetti	1 each	500	312	48	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	21	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	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
pear sliced in juice	1/2 cup	300	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
fruit, fresh, variety	1 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	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	110	*5	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	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
pizza line HS	1 EACH	100	351	38	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
salad bar HS	1 EACH	4	402	80	822	17.13	11.01	466.3	42824	88.13	*3	28.81	49.72	11.14	3.05
sandwiches (HS)	1 EACH	25	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			754	*77	1229	10.05	4.12	498.3	6270	24.93	*34	45.91	93.42	23.06	8.81
% of Calories											*18.1%	24.3%	49.5%	27.5%	10.5%
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 - 03/15/2019															
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	300	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
mixed fruit cocktail	1/2 cup	150	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	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	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	110	*5	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	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	239	27	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	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	542	62	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
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			770	*68	1085	7.47	4.92	780.9	5623	30.96	*27	40.60	85.00	32.12	12.97
% of Calories											*13.9%	21.1%	44.1%	37.5%	15.2%
Nutrient Guideline			750-850		1420										<10.00

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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)
Mon - 03/18/2019															
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 - 03/19/2019															
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
Wed - 03/20/2019															
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 - 03/21/2019															
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 - 03/22/2019															
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

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Linn-Mar Community Schools

Feb 11, 2019 thru Mar 22, 2019

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			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			757	*84	1282	8.89	5.31	559.5	4751	34.01	*34 *40.2%	40.16 21.2%	96.34 50.9%	24.68 29.4%	7.69 9.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	757		750 - 850	100%				
Cholesterol (mg)	84				Missing			
Sodium 1 (mg)	1282		1420					
Sodium 2 (mg)	1282		1080				202	Correction Required - Sodium too High
Fiber (g)	8.89							
Iron (mg)	5.31							
Calcium (mg)	559.5							
Vitamin A (IU)	4751							
Sugars (g)	34	17.88%			Missing			
Vitamin C (mg)	34.01							
Protein (g)	40.16	21.22%						
Carbohydrate (g)	96.34	50.91%						
Total Fat (g)	24.68	29.35%						
Saturated Fat (g)	7.69	9.14%	<10.00%					

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