

Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 3/8/2019 11:47:38 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)
Mon - 03/25/2019														
High School Lunch	Total	500												
taco meat w/ beef crumbles^	3 OZ	700	135	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	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	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	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	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	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	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	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	600	110	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	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	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	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
potato bar	serving	25	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	75	351	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	20	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			761	1156	10.53	5.92	702.8	3403	38.08	*40	43.66	97.70	23.55	8.88
% of Calories										*21.2%	22.9%	51.4%	27.9%	10.5%
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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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 - 03/26/2019														
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 tbps	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			754	1371	9.17	6.69	463.5	3022	52.08	*47	40.71	104.09	19.40	2.58
% of Calories										*24.9%	21.6%	55.2%	23.2%	3.1%
Nutrient Guideline			750-850	1420										<10.00

Wed - 03/27/2019														
High School Lunch	Total	600												
Spaghetti sauce with meatballs	serving	600	208	387	2.99	2.86	59.5	599	7.19	10	15.83	15.95	9.89	3.46
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
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
pineapple tidbits	1/2 cup	200	83	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77	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 parfaits,fruit&gran HS	serving	150	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	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36

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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)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			785	1106	12.13	7.25	596.8	14376	55.59	*58	40.08	112.68	21.50	6.33
% of Calories										*29.5%	20.4%	57.4%	24.7%	7.3%
Nutrient Guideline			750-850	1420										<10.00

Thu - 03/28/2019														
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 tbs	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
baked beans^	1/2 cup	75	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
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	542	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	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Weighted Daily Average			773	1410	10.51	4.22	445.0	3523	18.81	*32	33.71	96.68	29.81	9.46
% of Calories										*16.5%	17.4%	50.0%	34.7%	11.0%
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)
Fri - 03/29/2019														
High School Lunch	Total	900												
Grilled Chicken Breast Filet	3 oz	700	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.	700	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	700	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
banana,small	1 each	270	90	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11
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
Hamburger bar	1 each	200	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	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
CHOCOLATE CHIP COOKIES	1 EACH	800	123	77	0.81	0.46	6.0	363	0.0	*7	1.48	15.58	6.5	2.95
Weighted Daily Average			807	1520	9.28	4.41	401.1	2545	32.77	*34	38.49	107.26	26.54	8.33
% of Calories										*16.8%	19.1%	53.2%	29.6%	9.3%
Nutrient Guideline			750-850	1420										<10.00

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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)
Mon - 04/01/2019														
High School Lunch	Total	750												
chicken mandarin orange	1 serving	700	150	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0	3.0	3.00
brown rice, chicken flavored	1/2 cup	700	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	400	160	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	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	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	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	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
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	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
potato bar	1 serving	250	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	200	351	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	15	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
sweet & sour sauce^	1 TBSP	75	30	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
Weighted Daily Average			765	1275	11.25	5.74	464.4	5241	52.81	*44	41.10	112.90	17.38	7.65
% of Calories										*23.2%	21.5%	59.0%	20.4%	9.0%
Nutrient Guideline			750-850	1420										<10.00

Tue - 04/02/2019														
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
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
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	50	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsps	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	542	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

Mar 25, 2019 thru May 3, 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			759	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 - 04/03/2019														
High School Lunch	Total	600												
pork tenderloin s/w	1 each	500	430	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	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	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	200	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 tbs	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	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			768	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

Mar 25, 2019 thru May 3, 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 - 04/04/2019														
High School Lunch	Total	600												
crispos 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 beans/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
fruit salad fresh, tropical	4 oz	200	104	6	1.81	0.38	17.1	782	23.47	21	1.2	26.66	0.13	0.05
fruit salad tropical	1/2 cup	100	100	0	2.00	0.00	0.0	0	21.0	21	0.0	24.0	0.0	0.00
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
baked beans^	1/2 cup	25	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			772	1368	8.57	4.50	498.3	3308	21.01	*26	36.70	76.70	35.03	10.97
% of Calories										*13.3%	19.0%	39.7%	40.8%	12.8%
Nutrient Guideline			750-850	1420										<10.00

Fri - 04/05/2019														
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
Kiwi and grapes	1/2 cup	500	77	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	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
Hamburger bar	1 each	150	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	150	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	542	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

Mar 25, 2019 thru May 3, 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)
Weighted Daily Average			809	1469	14.20	7.91	748.7	12045	92.73	*31	39.60	111.79	24.48	8.42
% of Calories										*15.2%	19.6%	55.3%	27.2%	9.4%
Nutrient Guideline			750-850	1420										<10.00

Mon - 04/08/2019														
High School Lunch	Total	450												
lasagna w/beef crumbles^	1 EACH	500	280	398	2.48	2.32	308.3	634	4.81	*8	17.57	29.16	10.67	5.50
breadstick^	2 oz	400	160	200	3.00	0.00	0.0	0	0.0	3	6.0	29.0	2.0	0.00
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
potato bar	serving	100	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	50	351	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			815	1145	9.96	4.89	774.9	5223	42.91	*47	41.42	117.87	20.46	8.57
% of Calories										*23.0%	20.3%	57.9%	22.6%	9.5%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)
Tue - 04/09/2019														
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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			773	1437	9.05	5.81	708.9	3213	39.09	*37	49.47	99.09	20.62	5.98
% of Calories										*19.3%	25.6%	51.3%	24.0%	7.0%
Nutrient Guideline			750-850	1420										<10.00

Wed - 04/10/2019														
High School Lunch	Total	575												
French toast sticks	3 sticks	700	210	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	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
strawberries fresh^	1/2 cup	200	29	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01
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	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	542	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

Mar 25, 2019 thru May 3, 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)
Weighted Daily Average			740	1299	6.79	5.00	427.5	2414	43.04	*38	32.56	103.57	27.86	9.77
% of Calories										*20.5%	17.6%	56.0%	33.9%	11.9%
Nutrient Guideline			750-850	1420										<10.00

Thu - 04/11/2019														
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
baked beans^	1/2 cup	75	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	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	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			790	1327	10.24	4.17	674.1	6037	24.36	*32	32.03	97.72	31.46	11.80
% of Calories										*16.2%	16.2%	49.5%	35.8%	13.4%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)
Fri - 04/12/2019														
High School Lunch	Total	600												
taco meat w/ beef crumbles^	3 oz	650	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	400	80	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
Chips, doritos walking taco	bag	650	190	280	2.00	0.36	40.0	0	0.0	0	3.0	28.0	7.0	1.00
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 sliced in bag	bag	250	29	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	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	350	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	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	5	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
white cake w/frosting	1 each	500	207	148	0.95	0.62	57.5	1413	0.05	*21	2.35	31.33	8.17	2.85
Weighted Daily Average			822	1187	7.89	5.37	579.7	4209	24.42	*40	36.76	101.98	30.03	10.03
% of Calories										*19.5%	17.9%	49.6%	32.9%	11.0%
Nutrient Guideline			750-850	1420										<10.00

Mon - 04/15/2019														
High School Lunch	Total	750												
Teriyaki Chicken BBQ	2.4 oz	800	115	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	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	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
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
potato bar	serving	250	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	200	351	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	542	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

Mar 25, 2019 thru May 3, 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			670	1256	8.05	4.67	447.0	5180	55.17	*40	40.06	92.75	16.41	5.52
% of Calories										*23.8%	23.9%	55.4%	22.0%	7.4%
Nutrient Guideline			750-850	1420										<10.00

Tue - 04/16/2019														
High School Lunch	Total	1000												
chicken strips^	5 EACH	1100	338	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	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	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	100	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	150	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	75	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsp	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			784	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

Mar 25, 2019 thru May 3, 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)
Wed - 04/17/2019														
High School Lunch	Total	700												
chicken patty/hot /spicy sw sandwich	700		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	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	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			758	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

Mar 25, 2019 thru May 3, 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 - 04/18/2019														
High School Lunch	Total	600												
chicken parmesan w/ spaghetti	1 each	750	312	594	3.69	2.31	135.2	99	0.0	*4	23.05	29.41	11.37	3.39
garlic bread stick (19)	1 EACH	500	100	95	1.00	0.72	0.0	0	0.0	1	1.0	15.0	3.5	0.50
romaine/spinach&tomato	1/2 cup	400	15	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	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	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
baked beans^	1/2 cup	50	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	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	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			809	1349	10.56	5.85	558.5	6094	25.03	*37	45.49	101.77	24.98	7.77
% of Calories										*18.3%	22.5%	50.3%	27.8%	8.6%
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)
Fri - 04/19/2019														
High School Lunch	Total	650												
Pizza garlic f.b cheese (19)	1 EACH	500	350	450	2.00	1.80	450.0	300	0.0	2	22.0	29.0	18.0	7.00
Pizza french bread w/tur pep	1 each	400	330	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
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	150	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	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	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	100	53	285	0.00	0.00	0.0	0	0.0	5	0.0	7.75	2.38	0.25
Hamburger bar	1 each	150	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	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			777	1171	7.01	5.44	914.6	5147	21.78	*22	44.57	87.80	29.55	10.96
% of Calories										*11.1%	22.9%	45.2%	34.2%	12.7%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)
Mon - 04/22/2019														
High School Lunch	Total	500												
taco meat w/ beef crumbles^	3 OZ	700	135	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	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	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	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	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	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	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	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	600	110	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	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	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	233	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
potato bar	serving	25	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	75	351	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	20	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			761	1156	10.53	5.92	702.8	3403	38.08	*40	43.66	97.70	23.55	8.88
% of Calories										*21.2%	22.9%	51.4%	27.9%	10.5%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)
Tue - 04/23/2019														
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
bread italian MS HS	slice	750	141	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	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
peaches sliced	1/2 cup	150	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	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
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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			757	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

Wed - 04/24/2019														
High School Lunch	Total	600												
Spaghetti sauce with meatballs	serving	600	208	387	2.99	2.86	59.5	599	7.19	10	15.83	15.95	9.89	3.46
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
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	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	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 parfaits,fruit&gran HS	serving	150	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	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	542	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

Mar 25, 2019 thru May 3, 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)
Weighted Daily Average			771	1109	11.67	7.11	589.0	14466	52.51	*55	40.04	109.27	21.49	6.32
% of Calories										*28.4%	20.8%	56.7%	25.1%	7.4%
Nutrient Guideline			750-850	1420										<10.00

Thu - 04/25/2019														
High School Lunch	Total	600												
buffalo chix wrap w/ tortilla	1 EACH	325	510	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	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	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	200	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	75	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
baked beans^	1/2 cup	50	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
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	542	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	681	3.22	2.19	328.7	314	4.89	5	21.15	31.37	16.36	8.07
Weighted Daily Average			772	1422	10.12	4.23	451.0	3531	18.30	*28	34.45	92.75	30.85	9.75
% of Calories										*14.5%	17.8%	48.0%	35.9%	11.4%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)
Fri - 04/26/2019														
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
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
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
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
banana,small	1 each	270	90	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	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
Hamburger bar	1 each	200	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	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	542	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	80	0.96	0.52	5.5	368	0.0	*7	1.57	16.54	6.69	2.66
Weighted Daily Average			805	1439	8.68	4.45	396.9	2648	25.35	*34	37.33	105.78	27.58	8.95
% of Calories										*16.8%	18.5%	52.6%	30.8%	10.0%
Nutrient Guideline			750-850	1420										<10.00

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Linn-Mar Community Schools

Mar 25, 2019 thru May 3, 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)
Mon - 04/29/2019														
High School Lunch	Total	750												
chicken mandarin orange	700	150	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0	3.0	3.00	
brown rice,chicken flavored	1/2 cup	700	71	166	0.63	0.27	5.0	0	*0	1.58	14.16	0.95	0.15	
egg roll,chick/veg,whlgr	1 EACH	400	160	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	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	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	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	0.82	0.29	16.4	82	9.81	16	0.82	17.99	0.0	0.00
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	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
sweet & sour sauce^	1 TBSP	75	30	54	0.00	0.00	0.0	0	0.0	5	0.0	6.89	0.0	0.00
potato bar	serving	250	510	758	9.60	4.21	158.2	3256	68.83	*17	17.5	82.07	13.6	4.34
pizza line HS	1 EACH	200	351	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	15	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			765	1275	11.25	5.74	464.4	5241	52.81	*44	41.10	112.90	17.38	7.65
% of Calories										*23.2%	21.5%	59.0%	20.4%	9.0%
Nutrient Guideline			750-850	1420										<10.00

Tue - 04/30/2019														
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
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
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	50	62	14	0.00	0.00	0.0	0	11.4	13	0.5	14.5	0.0	0.00
ketchup^	1 tbsps	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	542	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

Mar 25, 2019 thru May 3, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 20

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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			759	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 - 05/01/2019														
High School Lunch	Total	600												
pork tenderloin s/w	1 each	500	430	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	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	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	200	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	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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			768	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

Mar 25, 2019 thru May 3, 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 - 05/02/2019														
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 beans/w/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
fruit salad fresh, tropical	4 oz	200	104	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	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	125	320	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	50	162	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
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	542	985	5.74	3.90	311.2	231	0.92	*12	28.27	57.24	24.16	4.36
Weighted Daily Average			821	1523	9.18	4.97	535.2	3331	20.34	*25	39.24	81.09	37.89	12.14
% of Calories										*11.9%	19.1%	39.5%	41.5%	13.3%
Nutrient Guideline			750-850	1420										<10.00

Fri - 05/03/2019														
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
Kiwi and grapes	1/2 cup	500	77	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	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
Hamburger bar	1 each	50	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	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	542	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

Mar 25, 2019 thru May 3, 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			704	1290	12.83	7.12	667.9	11909	91.18	*29	34.07	98.73	20.76	6.83
% of Calories										*16.6%	19.4%	56.1%	26.6%	8.7%
Nutrient Guideline			750-850	1420										<10.00

Weighted Average			773	1325	9.59	5.63	555.2	4950	38.50	*36 *42.3%	39.85 20.6%	100.29 51.9%	24.84 28.9%	7.58 8.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	773		750 - 850	100%				
Sodium 1 (mg)	1325		1420					
Sodium 2 (mg)	1325		1080				245	Correction Required - Sodium too High
Fiber (g)	9.59							
Iron (mg)	5.63							
Calcium (mg)	555.2							
Vitamin A (IU)	4950							
Sugars (g)	36	18.78%			Missing			
Vitamin C (mg)	38.50							
Protein (g)	39.85	20.64%						
Carbohydrate (g)	100.29	51.93%						
Total Fat (g)	24.84	28.94%						
Saturated Fat (g)	7.58	8.84%	<10.00%					

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